In Isaiah 1:17, we find the words, “Learn to do good, seek justice, reprove the ruthless, defend the orphan, plead for the widow.” Mount Carmel Baptist Church — the church I have been called to lead — has served the people of West Philadelphia for the last 135 years. We strive for justice for the vulnerable and oppressed, just as Isaiah teaches us.

It is with this in mind that I must convey that confirming Brett Kavanaugh to the Supreme Court will be an enormous step back in so many areas for congregations like mine, and for African Americans across the United States.

From the moment the 15th Amendment gave us the right to vote, our country has been trying desperately to take it away. For years, Kavanaugh has demonstrated his hostility to basic protections for the right to vote for African Americans. Particularly troubling was his vote in 2012 to affirm South Carolina’s patently racist voter identification law that would have prevented nearly 64,000 people of color from voting in the state. As a native North Carolinian, I understand first hand the struggle my grandparents and others endured in fighting for the civil rights that have benefited so many. I am not going to be silent when a Supreme Court that does not believe in equality tries to undo all of that work. I know that many in my congregation feel the same way.

Kavanaugh has consistently come down on the wrong side of civil rights issues of critical importance to black and brown Americans. As a young White House staffer, he was at the center of the Bush administration’s push to end the equal opportunity admissions policies that have created generations of wealth and opportunity in our communities. As a judge, he has consistently been dismissive of lawsuits that allow people to have their day in court to protest racial discrimination at work. And his comment, made to the Christian Science Monitor in 1999, that he envisions an America in which government treats us all as being “one race” is naive and fails to recognize a basic fact: We cannot be one race while many of us face life-threatening discrimination every day.

Finally, I cannot say enough about what the Affordable Care Act has meant to my community. Before the ACA, nearly 50 million Americans lacked health insurance; more than 16 percent of these individuals were

— continued on pg. 6
OUR FIRST LADY

IGNORE IT . . .

AND IT WILL GO AWAY!

I've always heard that if I ignored a problem long enough, it will just go away. But we know that's not really true, don't we? One of my simple pleasures is looking out my back window. My neighbors have beautiful yards and something about staring out that window just relaxes me. However, we have one neighbor who built a beautiful deck but in the last couple of years, he has not taken care of the maintenance. Weeds and trees have started growing up between the boards, the paint is starting to flake off and a bit of rot is beginning to take hold. If he had done the maintenance a little at a time, it would still be a beautiful deck. But now in order to get it back in shape, it will take a lot of hard work. Doing nothing doesn't make the problem go away, it might just make it worse.

What areas in your life are you ignoring and hoping that they will get better by themselves or just go away? Are there things that you are hoping will get better even though you aren't contributing anything to the effort? Maybe it’s your prayer life, your finances or maybe even your health habits.

One of the things we often neglect are our relationships. We assume that the people we love will always be there. To foster deep and loving relationships, there needs to be:

1. Kind, constant, and honest communication. Without talking, your relationship will not survive. The more you communicate, the closer you will be.
2. The willingness to work through difficulties and disagreements. Throwing in the towel, even if you don’t walk out the door, is not the path to happiness. You must face the discomfort that comes with differing opinions and ideas.
3. A sense of humor, some fun, and a bit of distraction from the rigors of daily life. Take some time to relax, have fun and enjoy the company of the ones you love.
4. Emotional support, validation, and compliments. You have to lift each other up in prayer and let each other know how much they mean to you.
5. Compassion, acceptance, and forgiveness. These will show you the way through a difficult time. Weathering storms together is a big part of what relationships are all about.
6. Being able to admit mistakes and to talk about them. We all screw up. Learning to understand and let go of mistakes that you or your loved one make will turn your life around and give you more time for joy.
7. Finally, be intentional about reaching out to those you love. Take the time to plan something special for the person you love. Write them a note, plan a special event, send them a care package in the mail or do something else that they enjoy. Love them on purpose!

Just as we need to breathe to survive, your relationships need a breath of fresh air to survive. Whatever your situation, I implore you to take charge of your relationships, your prayer life, your health and your finances. After all, if you ignore them, they will go away.

Dr. Pamela Moore

WHAT HAPPENED THEN

VACATION BIBLE SCHOOL

JULY 23, 2018 — AUGUST 3, 2018

Theme Scripture:
Let your light shine before men, that they may see your works and glorify your father which is in heaven (Matthew 5:16 KJV)

What can be said about Mount Carmel Baptist Church's 2018 Vacation Bible School? Much! However, space in this newsletter is limited so here it is: Kudos to Trustee Margo Mango, Deacon Gene Bazemore and Tanya Chandler, the Co-coordinators who orchestrated yet another successful two weeks of leading teachers, food service personnel, memory teams, music ministry, registration, attendance, arts and crafts, clean up and all other support teams.

The monumental effort to teach and guide students that have varying levels of knowledge, understanding and wisdom of the life and teaching of the King of Kings, Jesus Christ, was and continues to be an honor and a privilege for all those who serve. Go ye therefore and teach all nations...is the Great Commission, the command given by our Lord and Savior. The students ranged in age from 5 to adult.

Finally, I would be remiss not to give a "good job, good job, g-o-o-d j-o-b" (our spirit filled VBS chant) to Matthew Johnson. He filled in admirably as the high school boys teacher due to Elmore Johnson's change of schedule. Matthew who was over 750 miles from his home in Chicago was right at home on 5732 Race Street! Thank you Matthew!

Submitted by John Davis

THE 4TH ANNUAL
ONE CHURCH ONE FAMILY OUTING

AUGUST 18, 2018

One Church One Family Outing was again held at the Plymouth Swim Club. The Church had a good turnout to this bring your own food and beverage event. Pastor Moore and Dr. Pam made rounds to chat with everyone. Many enjoyed the swimming pool and the DJ kept the music flowing. Again, thanks to Deacon Burrell for manning an excellent fish fry enjoyed by all. The event ended slightly early due to the onset of a storm.

Submitted by Valerie Merritt

2018 MOUNT CARMEL REVIVAL

SUNDAY, SEPTEMBER 16 - 19, 2018

The MCBC Revival was simply outstanding. The revivalist on Sunday afternoon was the Reverend Dr. Wayne E. Croft, Sr., Senior Pastor of St. Paul’s Baptist Church in West Chester, Pennsylvania. Reverend Croft preached from 2 Kings 19:1-7 and 14-20. The theme of his sermon was “Praying Over Your Problems.” We were ministered through music by St. Paul’s Inspirational Choir.

Monday’s revivalist was the Reverend Dr. Marcus D. Cosby, Senior Pastor of Wheeler Avenue Baptist Church in Houston, Texas. Reverend Cosby delivered his sermon “Worship Still Works,” spoken from the book of Isaiah 6:1. Music was provided by the Jubilation Choir from Monumental Baptist Church.

On Tuesday, we were blessed with the presence of Bishop Rudolph W. McKissick, Jr., Senior Pastor of Bethel Church in Jacksonville, Florida. Bishop McKissick ministered to us from the book of Acts 12:1-5, with his sermon “God’s Response to a Praying Church.” The choir of the evening was Sounds of Joy.

On Wednesday, we were again blessed with the presence of Bishop Rudolph W. McKissick, Jr. The Bishop delivered his sermon “My Victory is in My Vision” based on Mark 8:22-26. We were blessed with the music ministry of the Mount Carmel Baptist Church Combined Choir.

On Wednesday, we had the pleasure to celebrate through song the 86th birthday of our Pastor Emeritus Albert F. Campbell. To God be the Glory and thanks to Pastor Donald Moore for another year of revival inspiration.

Submitted by Valerie Merritt
4TH ANNIVERSARY SERVICE for Our Pastor

Mount Carmel celebrated Pastor Moore’s and First Lady’s fourth anniversary. The congregation was cheerful as everyone was dressed in shades of red and white. The First Lady wore a stunning red dress as she sat proudly with their family. Mount Carmel’s music was provided by the combined Choir and the Mime Troupe did its performance energetically.

The guest preacher for the day was Reverend David M. Nelson from New Hope Baptist Church. Following this spiritual uplifting word, a light fare was served downstairs in the D.W. Hoggard Fellowship Hall.

We would like to acknowledge and thank the Pastoral Anniversary Committee.

Submitted by KimLa Robinson

A MOMENTOUS DAY in the Life of Our Church!!! TUESDAY, AUGUST 21, 2018

The street directly in front of Mount Carmel Baptist Church at the intersection of Cecil and Race was named, Rev. Dr. A.F. Campbell Way in honor of our own Rev. Dr. Albert Franklin Campbell, Pastor Emeritus.

The ceremony began at 10:00 a.m. The skies were cloudy, but spirits were high! We gathered in front of the Church, mostly everyone in blue, greeting our Church brethren and family. Smiles and hilarity were all around.

Prior to the ceremony the guest of honor, Pastor Campbell and his wife Iris arrived. After taking pictures and speaking to several Mount Carmel members, the ceremony began. Pastor Moore gave the opening remarks, followed by a prayer by Reverend Charles Quann. Councilman Curtis Jones gave a gracious speech and presented a citation from the City of Philadelphia. Then, the guest of honor stood and gave his remarks. As we all know, Pastor Campbell is often hilarious, always soliciting chuckles and laughter. We all now know that Pastor Campbell loves loud, colorful socks! Pastor Moore closed the ceremony by providing the benediction.

In attendance was Reverend Marshall Mitchell, Al Spivey, Congressman Dwight Evans, Reverend Kenneth Woodson, Julian Nix, Reverend Kyle Benson and other long-time friends and associates of Reverend Campbell, who couldn’t miss this momentous and significant ceremony.

Afterwards, a reception with a light fare was served in the D.W. Hoggard Fellowship Hall to all in attendance.

This was such a proud moment! Thank you to Pastor Moore for initiating this entire process to commemorate the life and legacy of this wonderful man of God! As it has been said, “Give me My Flowers While I’m Living”!

God bless our dear Pastor Campbell!

Submitted by Robin Rhone Photos by John Davis

AFRICAN HERITAGE DAY SUNDAY, AUGUST 19, 2018

After many years of Mt Carmel celebrating African Heritage, this date was historic in that it was the first time we had a female guest minister. Reverend Dolores McCabe blessed us with a wonderful sermon which emphasized Gye Nyame, represented by an Andinkra symbol expressing the omnipotence of God.

Morning worship was enhanced by the melodious singing from the chorus was accompanied by the Spoken Hand, African drummers. The sanctuary was decorated by the Flower Guild with African inspired cloth and art.

Immediately following service, members and friends were treated to delicious food from the featured country, Zimbabwe. During the meal participants were able to enjoy a power point presentation that showed many aspects of Zimbabwe which focused on the land, the people, and government. Dr. Emeka Nwadiora, Temple professor and radio host at WURD 900 AM, 96.1 FM then gave an educational and entertaining presentation. Spirited questions and answers followed which helped to further educate us.

Some African Heritage Sunday History

African Heritage Sunday developed as part of the church’s 125th Anniversary celebration. The Program Committee chaired by Minister William P. Henry was exploring ideas for the anniversary. In keeping with the theme, “This Far by Faith, A Plateau Not A Pinnacle, Taking Time To Remember”, the committee decided on programs that reflected some of the old activities that took place in Mt. Carmel’s history as well some innovative services. As the committee pondered the theme, it was decided that it would be good to have an activity that reflected our rich history as a people of faith. It was decided that one event should reach back to our African roots. We would celebrate our place of origin. It would be a Sunday dedicated to African themes honoring past and present members and acknowledging the diaspora. A decision was made that the Sunday would not take place in February which is celebrated as Black History month. It was expressed that a celebration of this sort need not be confined to the month that traditionally focuses on African-American history. Additionally, February is a cold month that does not easily lend itself to the wearing of African attire for warmer climates.

I thought that Sis. Cathryn Anyumba would be a great chair as she lived in Kenya working for the U.N. for 33 years and also had a business there. She would bring a wealth of information to the sub-committee. She graciously declined, and I became the chair by default. Fortunately, she agreed to help. She was and remains an enthusiastic member of what eventually became the African Heritage Ministry. The other committee members were Gloria Lighty, Elizabeth Bell (Treasurer) and Jana Davenport (Secretary). Each woman brought special talents and a unique perspective that made a budding idea bloom into a wonderful spiritual and cultural celebration.

The tradition continues under the supportive and prayerful leadership of Pastor Moore. Other activities include Coffee Africana in May and Kwanzaa in December. The African Heritage Ministry meets on the third Thursday of the month in Room #3 at 6:30 p.m. except in January and February. All are welcome.

Submitted by, Cateria R. McCabe President African Heritage Ministry
A Minister’s Guide: A Little Every Day

~Written by Kenneth Copeland~

If you’re going to grow in the kingdom of God, you’re going to do it just like a seed that’s been planted in the ground. How does a seed grow? All at once? No, it grows constantly—24 hours a day—little all the time until it accomplishes what it was created to do.

Many of us don’t operate that way spiritually. We study and pray hard for a few days and then quit. Then when some disaster comes, we make a mad attempt to pray and stand on the Word, all the while realizing that, for some reason, we’re just not as strong as we ought to be.

There’s no such thing as an overnight success in the kingdom of God! Real strength, and real growth, comes as you consistently and constantly keep the Word before your eyes, in your ears, and in the midst of your heart. Not just when you want or when you feel like it, but constantly, like the seed, it happens a little at a time.

Make up your mind to begin that daily process of constant growth today. Determine to start putting the Word in your heart consistently. Every day a line here, a line there—a tape here, a tape there.

Begin to act as though that Word is true every hour of the day, regardless of what comes or how you feel. Keep adding to your faith, meditating on it, confessing it, seven days a week!

Eventually, your faith will be bigger than you ever dreamed it could be.

SCRIPTURE READING: LUKE 13:18-21
Submitted by Deaconess Gloria Lighty

REV. DR. WILLETTE A. BURGIE-BRYANT
STAFF MINISTER

MY MOUNT CARMEL HOME

I was startled some time during the Spring of 2014 to find myself seated in the pulpit of Mount Carmel Baptist Church thinking, “I could BE here. This feels so right.” I had been invited to preach for a Sunday morning service because Pastor Donald D. Moore was out of town. I was not looking for a church “home” because I was already a member where I knew the Lord wanted me to be at that time. So, imagine my bewilderment when Mt. Carmel’s spirit of fellowship and worship tugged at my heartstrings that day! Sitting there, getting ready to preach that morning, I savored the notion of “belonging” at Mt. Carmel for a few moments, and then stored the memory away as a strange impulse. I wondered before the Lord about it, but did not mention it to anyone else. I consider it nothing less than miraculous that about nine months later, seemingly “out of the blue,” I received a phone call from Pastor Moore asking me to consider becoming part of the full-time ministry of Mount Carmel Baptist Church. Some two years later, I am very clear that what Pastor Moore was doing was inviting me to come “home.”

Some folks may have noticed that initially, I felt led by the Holy Spirit to take each Sunday as an opportunity to sit somewhere different in the congregation, in order to better learn my new home and family. Not only have I gotten to meet and love some individuals and families close-up, but I have also been able to see, feel and hear what it is like to experience Mt. Carmel worship and fellowship from the many angles in the pews — which is a different experience from the pulpit. Teaching Wednesday noon Day Bible study each week has also been a pure joy, as we huddle around God’s Word and I am privileged to witness the faith, insight, curiosity and intelligence of my sisters and brothers. Yes: “home.”

The most unexpected and mystifying endeavor since I began serving at Mt. Carmel has been my involvement with our Haiti Missions effort. I was thrilled to learn and grow as I watched Dr. Hazell summon and marshal vast resources, while I did my best to put my gifts and skills in service of the effort. Last year no one could have told me I would gladly go to Haiti to serve TWICE this year. Yes: “home.”

I have found home at Mt. Carmel Baptist Church. Our work and our joy in the midst of Mt. Carmel is to help find, help build, help repair “home” for many, many, many others who need safe, nourishing, empowering places to heal, to grow, to be. The person next to me in the pew needs “home;” the family around the corner needs “home;” and The Principal, that precious little girl in Haiti, needs “home.” We rejoice because the Gospel of Jesus Christ is that we are reconciled with God, and so we are HOME in God; and from that Home, we can serve and bear witness, going farther and farther afield, till the love of God has become shelter and life to every homeless, needy soul. To God be the glory; Hallelujah!

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REV. JULIA BRUTON-SHEPPARD
ASSOCIATE MINISTER

Rev. Julia Bruton-Sheppard has been a long-standing Associate Minister at Mt. Carmel Baptist Church since 1989. She was ordained in 1993 under the direction of Pastor Emeritus Dr. Albert F. Campbell. Rev. Sheppard currently serves under Pastor Donald D. Moore as a member of the Counseling Ministry for Marriage and Bereavement Support and Evening Bible Study Coordinator. She also serves on the Youth Ministry “Knit-Witness” program. This is an inter-generational ministry teaching knitting and crocheting afghans and prayer shawls for the sick, shut-in, bereaved members and baby dedications. Reverend Bruton-Sheppard serves on the Mount Carmel Church Choir and sings with other groups.

Reverend Bruton-Sheppard brings to bear her experience as a Registered Nurse with 14 years in Hospice Care at Albert Einstein Medical Center Rehabilitation and one year as Hospice Chaplain, and Education Coordinator for Bayada Home Care. This experience contributes to her involvement in the Bereavement Ministry. She also serves at the Philadelphia Baptist Association as Facilitator for the Learning Community, which is comprised of three groups with a focus on Diversity, Domestic Violence Education and Leadership Strategy for pastors.

Reverend Julia Bruton-Sheppard belongs to the following organizations:

- Kairos School of Spiritual Formation, Board Member, a Christian ecumenical ministry with Anabaptist roots in PA that provides classes in spiritual formation, spiritual direction training and spiritual guidance as well as weekend retreats. (2009-present)
THE ASSOCIATE MINISTERS OF MT CARMEL

- Philadelphia Baptist Association Minister’s Meetings (2010-present)
  She loves to garden because it is a place where she feels especially close to God. Her life verse is Psalm 27:4, “One thing have I asked of the LORD that I may dwell in the house of the LORD, all the days of my life, to behold the beauty of the LORD and to inquire in his temple.”
  Provided by Reverend Julia Bruton-Sheppard

KENNETH WOODSON
ASSOCIATE MINISTER,
EXECUTIVE MINISTER TO THE PASTOR

I’ve been a member of Mt. Carmel Baptist Church for over forty years. When I joined Mt. Carmel all those years ago, I was seeking a church that would allow me to grow as a Christian and as a person. I discovered a church with strong traditional values, where God’s word was taught, preached, and lived. Mt. Carmel however, was different than all of the other churches that I visited, it exhibited a certain sense of style and self-assurance built on over one hundred years of effective service to God and community. The worship service was spiritual and sophisticated, with impactful sermons and joyous music. I also met individuals who challenged me, encouraged me, loved me, and supported me. Because of them and this Church I’ve grown spiritually, personally, and professionally.

At Mt. Carmel, I have served in a variety of leadership roles: President of the Young Adult Fellowship, Deacon, Trustee, Church School teacher, Church School Superintendent, and Associate Minister. On November 23, 2013, I was set apart and ordained to the Christian Ministry under the pastorate of Pastor Emeritus, Reverend Dr. Albert F. Campbell. As an ordained preacher, I believe that my responsibility to the Church Universal and to Mt. Carmel Baptist Church in particular, is summarized in Luke 4:18, 19. Jesus reads from the book of Isaiah and proclaims that he has been called to serve the poor and neglected among the community.

My formal title, Associate Minister, Executive Minister to the Pastor, is to do everything in my power to be faithful to the mission of the church. As Executive Minister to the Pastor, my duties vary from the strategic to the tactical. I take on projects and or tasks as requested, and provide advice and counsel when needed. For example, Pastor Moore has assigned me to chair a committee that has been organized to prepare a development strategy for the Mt. Carmel Gardens apartments. I also work with Pastor Moore and the ministerial staff to maintain the quality of Sunday morning worship by assigning worship leaders.

Titles are important because they help to define relationships and the nature of ones work. More important to me however, is one’s commitment to those relationships and to the work that has been assigned. I am committed to do the work that Mt. Carmel has ordained me to do, and equally committed to my relationship with my Pastor. Our relationship has grown; we trust and appreciate our commitment to do the best job possible for Christ and for the Mt. Carmel Baptist Church.

Submitted by Ministers’ Project Coordinator: Deaconess Gloria Lighty

BIографIчалнOй скетч OФ
ROBERT ARNOLD WILSON
SENIOR ASSOCIATE MINISTER

I was born on December 6, 1952 to Frances Ann Wilson and Charles Rutherford. I was a child of the suburban town of White Plains, New York and, Bedford Sty, Brooklyn, New York.

I was an avid reader of the Hardy Boys, Nancy Drew, and comics, in addition to Black history, fishing, train, and garden books. My 4th grade music teacher taught me to play the baritone horn, the tuba, and the discipline of both instruments required. I stopped stuttering after many phonetic lessons in elementary school. However, Ma still calls me Motor Mouth. I just wanted to be a preacher. My favorite Old Testament is Psalm 46 and John 3:16-17 is my favorite New Testament. My step-dad, Doyle Roberts, detoured me to law. The pivotal years of 1968 confirmed my legal career. However, the ministerial seeds continued to grow throughout Junior and High School.

I had fallen in love with the Penn Relays in April 1969. Upon my 1971 graduation, I developed cross-country and distance running skills. The rest is history, as the Ivy League Penn Relay shows from New York City had my name all over it. A 1975 Thouron Scholarship for Jurisprudence at Saint Jones the Baptist College at Oxford University in Oxford England, enabled me to study the King’s English, experience the tutorial method, and meet the Lord’s call while studying Jurisprudence at a historical, religious and angelic college and university.

Upon returning to the United States in 1977, I enrolled in the University of Pennsylvania Law School. I was invited to Mount Carmel in the fall of 1978 and met Pastor Campbell, Mr. Hester and George Brown Sr.

Reverend James D. Forbes, Bible studies, worship, and a love for West Philly, really led me to become a member of Mt. Carmel on Youth Sunday 1978.

Pastor Campbell asked me after Bible Study “What is a Pharisee?” When I looked the word up and informed Pastor after the next Wednesday Bible Study, that a Pharisee is an Old Testament religious lawyer. The rest is history.

In His Words,
With Prayerful Thanksgiving

Rev. Wilson submitted this bio on August 25, 2018 in response to the Spotlight Coordinator, KimLa Robinson’s request for the Senior Spotlight in which he was chosen for this issue.

His homegoing service was held on Friday, September 14, 2018

“COURAGE IS WHAT IT TAKES TO STAND UP AND SPEAK’ COURAGE IS ALSO WHAT IT TAKES TO SIT DOWN AND LISTEN.”
MEMORIES OF Reverend Robert Arnold Wilson

S ome memories of our beloved Reverend Robert Arnold Wilson seems fitting. During my struggle to leave the crooked path to the walk along the straight and narrow, Rev. Wilson played such an integral part. He successfully defended me in criminal court and led Linda and me in our first joint bible study at Mount Carmel Baptist Church. Often, he shared stories of interactions between he and my Uncle Hart and with my Dad, Melvin Davis.

These incidents took place in White Plains and Harlem N.Y. as well as West Philadelphia. Only a few weeks ago, we spoke about the Prison Ministry. My desire was to obtain information from Reverend Wilson in hopes that the ministry could move forward from its current hiatus.

Reverend Wilson's bible study classes were so in depth and informative! He once explained that the man released in favor of the Son of the Father, Barabbas, had a name that meant son (bar) and father (abba), and the name Malehus meaning king/my king as he was part of the cohorts that came to arrest the King of Kings.

Never a moment without wonderment, Reverend Bob will surely be missed.

— John Davis

ASH WEDNESDAY — I was running late for Ash Wednesday Service. It had just ended and everyone was leaving. I was sorry I had just missed it. Rev. Wilson was in the isle about to reach the back of the church when he saw how disappointed I was. He asked one of the deacons to get the kit — then Rev. Wilson blessed me that evening. — I will always remember his kindness and what he did for me.

— Donna Miller

* *

WHEN I HAD NO ONE ELSE

O n Thursday August 23rd 2018, I called Rev. Wilson to remind him to begin his biographical sketch for his spotlight. I didn't speak to him directly so I left a message.

On Tuesday Aug. 28th he returned my call letting me know that he had finished and that he'll leave it in the library. He was apologetic for it being untyped and was worried that I may not understand his handwriting. I reassured him not to worry. He asked if he would be in church on Sunday so I could take his picture. I told him that I needed to get back to church. I told him that I went on a couple of trips and that my mother had two medical procedures. His voice was very weak but he still had a joke. "Don't need no doctors or therapist, all you need is God." I laughed and agreed. The conversation ended with “see you in church.”

Thursday, August the 30th, I received a text from the Anchor Coordinator. It began with "brace yourself ". I didn't want to read any further but I had no choice. "Rev. Wilson passed." I dropped the phone, threw my hands in the air and repeatedly said "no, oh no". My mom wanted to know what was going on so I told her. She couldn't believe it.

My departure from my employer was not pleasant in 2007. It’s a long story but, I came to Rev. Wilson, I told him my story and he told me to bring all of my documentation. I remember my first visit with him in his Upper Darby office. His paralegal and I laid all of my documents in order. He asked to speak with me privately to sign forms and to explain to me exactly what he was going to do which was to get me a hearing in Harrisburg. Even though the attempt was unsuccessful, Rev. Wilson was dedicated and committed to ministering -- that's the legacy he leaves behind.

Continued from Pastor's Pen

African Americans. The ACA has reduced the number of uninsured African Americans, with significant benefits brought to African American women. Simply put, America cannot afford a Supreme Court justice hostile to the ACA. Kavanaugh's opinions have used language that suggests the kind of damage he would seek to cause to the ACA: He called the ACA's individual mandate "unprecedented on the federal level in American history;" suggested that it went beyond Congress's powers; and called its constitutionality into question. It is no secret what Brett Kavanaugh would try to do to the ACA if he were to be confirmed; his confirmation will jeopardize the health of our communities.

I recognize that, with his confirmation hearing in the Senate Judiciary Committee beginning on Tuesday, our work in stopping this nomination is cut out for us. But nobody said the struggle for equal rights and full recognition in this country was going to be easy. We have been fighting for a long time, and we will not stop today.

Dr. Martin Luther King taught us that "injustice anywhere is a threat to justice everywhere." Some 50 years after the March on Washington, as we continue to struggle for equality, the last thing we as a nation need is to take a giant step backward. The confirmation of Brett Kavanaugh would mean exactly that.

Dr. Donald D. Moore

Brett Kavanaugh will be bad for African Americans | Opinion

Posted: September 4, 2018

Rev. Dr. Donald D. Moore, For the Inquirer

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OUR LIVES MATTER

OUR VOTES MATTER!

T he NAACP has galvanized a 2018 voting campaign to engage and empower Black voters in the upcoming primary election and beyond. They, along with advocates and activists throughout the United States are well aware of the lack of engagement and frustration of Black people with the political establishment, institutional racism, rising cost of housing, taxes and healthcare and slow job growth. All of these factors though, should make people aware that distancing themselves from the political process is not the answer! Attempting to elect the right individuals who speak to these issues and who can effect change through legislation is!

The NAACP Civic Engagement program aims to do the following:
- increase voter registration
- increase voter turn-out, and
- engage folks in one-on-one conversations about the issues at community forums and college campuses.

To get all the resources for this program, and join the fight, go to: https://naacp.org/campaign/fighting-for-democracy/ or NAACP.org/civicengagement for downloads and information.

Get Out and Vote !!!

Election Day is

Tuesday, November 6, 2018

By KimLa Robinson

Submitted by Robin Rhone
A FAITH STORY

THIS IS MY STORY

“Many are the afflictions of the righteous: but the Lord delivereth him out of them all.” — Psalm 34:19 (KJV)

When I retired in January 2017, as Minister of Christian Education after roughly 25 years, an Anchor staff member tried feverishly to get to interview me for an article in the Anchor. I refused. Now I have a story to tell.

After having undergone four (4) surgeries in a year, I thought the worst was behind me. On the morning of Friday, July 13th, (how about that?) I awakened unable to breathe. I somehow made it to the second floor where my adopted brother, Deacon Bill Bryant lives and said to him, “I can’t breathe!” He asked me if I wanted to go to the hospital. I answered, “Yes”. He asked, “Do you want me to take you or should I call 911”? My answer, uncharacteristically of me was, “Call 911”.

That’s all I remember until a couple of days later waking up in intensive care. However, Bill told me that they worked on me in his apartment, as well as in the ambulance on the way to the hospital. Waking up in intensive care, I realized they had inserted a tube in my throat. Bill said that at one point the doctor inquired about my living will and should they, if need be, resuscitate me. His answer was, “I don’t care what he wants, do whatever to keep him alive”. That may have been because he didn’t want to deal with my biological family just yet.

I spent a total of seven days in the hospital, and was discharged carrying a pump, with PICC embedded in my arm, giving me antibiotics twenty (24) hours a day.

I have spent many years teaching Bible in camps and church, workshops and conferences, but I’ve come to realize that a close encounter of this kind gives one a deeper understanding of “Many are the afflictions of the righteous (imputed); but the Lord delivereth him out of them all”.

I can’t say enough about the staff at Lankenau Hospital. On the morning of my birthday, July 18th, the nurse on duty, while writing on the white board, exclaimed, “Today is your birthday”! “Happy birthday!”

When my dinner meal arrived, the young man brought me a box with a cake in it. The nurse had called and ordered me a cake. That was the kind of attention I received.

Thank you Mount Carmel, Pastor Moore and Pastor Emeritus Campbell, for your care and concern for me.

Written by William P. Henry

IN THE KNOW * F. Y. I.

192ND WARD

2018 DISTRICT DAY

SATURDAY AUGUST 18, 2018

State Representative Morgan Cephas, State Senator Vincent Hughes, and Councilman Curtis Jones, Jr. presented the 2018 District Day, a community event which was held at the Tuskin Recreation Center, 5901 W. Columbia Avenue from 12:00 noon until 8:00 p.m.

The event consisted of many vendors providing the public with choices of all types of insurance, especially health insurance and give-a-ways. It also allowed those who wish the opportunity to discuss state-related issues and services with Representative Cephas and her staff. There was entertainment for young and old alike, live music, boxing matches, other activities and food of all kinds.

Submitted by KimLa Robinson

LITTLE HISTORY ON

THE MEN OF MOUNT CARMEL

The Men of Mount Carmel began in 1974 at 4929 Woodcrest Ave. Philadelphia, then the home of Charles Quann, now Reverend Charles Quann, Pastor of Bethesda Baptist Church in Penllyn, PA. The ministry formed under the direction of Rev. Dr. Albert F. Campbell, Pastor Emeritus and is taking the reshaping as One Church Working Together under the tutelage of Rev. Dr. Donald D. Moore.

Out of the ranks of the Men of Mount Carmel have come Pastors, Reverends, Deacons, Trustees, Sunday School and Vacation Bible School teachers along with municipal, state and national leaders, including some in the Regional Baptist Laymen’s Movement.

The Conveners of this ministry have evolved from the first, who was John White Sr., to Deacon Malcolm H. Darden, to the current, Deacon Henry Knox.

Through attrition, active participants have decreased which creates a more difficult task for Deacon Knox and the men to support and maintain a highly efficient and productive ministry. The Fathers and Daughters and the Men and Boys breakfasts were combined in 2018. The Men and Boys Black Rock Retreat and The Men and Boys Explosion events have faced similar challenges of staffing and attendance.

Please take prayerful consideration to committing a fraction of your time and talents in rebuilding this earthly ministry to be an essential step in the building of our Lord and Savior's heavenly kingdom. Our youth needs us, and the Men of Mount Carmel summons your help. Jesus the Christ lived, preached and taught in His earthly ministry the value of youth. How can a young person stay on the path of purity? By living according to your word. (Psalm 119:9). How can they learn without someone to teach? Please join us, thank you.

Submitted by John Davis

PEKBA

(Pennsylvania Eastern Keystone Baptist Association)

The Women’s Ministry Citywide Bible Study was held at Mt. Carmel on Saturday, July 21, 2018 from 10 a.m. to noon. The theme was “Are you a focused daughter of the Master?” Our president, Rev. Kari Hill, was an amazing teacher for the day. There were about one hundred women in attendance from churches all over the Philadelphia and suburban areas.

The continental breakfast, fellowship and of course God’s word were great as we learned how to be F.O.C.U.S.E.D. on God’s master plan for our lives. To do so, we must be:

- Filtered
- Obedient
- Connected
- Usable
- Spirited
- Empowered
- Dynamic

To God be the Glory!

written by Missionary Brenda K. Clark

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A TESTIMONY . . . Today I have come to the realization that I am a constant work in progress. No longer being my own worst enemy! Understanding that I come with flaws and shortcomings. Yet and still striving to be better for myself and others. I’m beginning to understand that my past hardships weren’t just bad times, but also learning experiences. No dwelling on the past, instead embracing the present. As well as preparing for the future. Knowing that hard work and determination is the recipe to success. I have to remind myself vigorously that I’m a constant work in progress! ~ Tyree

Written by Missionary Brenda K. Clark
Renter's Insurance

Are you a renter?

Do you have renter's insurance?

Many renters assume that their possessions are protected under their landlord’s insurance policy, but landlords typically only insure the building and land – not renters’ property inside. To financially protect yourself as a renter, you need to purchase renter’s insurance.

Renter’s insurance covers the following areas:

- **Personal property:** Your belongings are protected whether you are at home or away.
- **Loss of use:** If damage from a covered loss makes your home inhabitable, many additional living expenses will be paid for by the insurer.
- **Personal liability:** You will generally be protected against lawsuits for bodily injury, property damage and personal injury such as libel or slander. Specific coverages vary by state.

Who should consider purchasing this insurance? All renters should. Full-time college students living away from home may also be at risk for loss. They may have expensive items such as computers and other electronics, musical instruments, and more covered under renter’s insurance.

Are you a renter? Do you have renter’s insurance? Contact your insurance agent to get more specifics if you may be subject to coverage limits.

To Your Health

New Shingles Vaccine

Health news from “CDC” newsletter

The herpes zoster vaccine helps prevent patients from contracting shingles, a painful rash caused by the same virus as chickenpox, according to the Centers for Disease Control and Prevention (CDC). For individuals who contracted chicken pox may develop shingles, primarily those over the age of 60 years of age. The herpes zoster vaccine is believed to provide immunity for up to six years. People who have contracted shingles previously can also be vaccinated to prevent another incidence. The vaccine used within the last 10 years is called Zostavax, which is not as effective as the new vaccine, Shingrix. Shingrix was approved by the Food and Drug Administration October, 2017. Studies showed it to be far more effective than at preventing shingles.

The Centers for Disease Control and Prevention (CDC) recommends that people 50 and older, including those previously immunized with Zostavax, should now get the Shingrix vaccine. Please ask your primary health provider for further information.

Submitted by Gwen Travis

VOTE . VOTE . VOTE.

November 6, 2018

SENATORS / GOVERNORS

Something to Think About

Please be advised that some of the following texts have earthly, maybe commercial entity, viewpoints that are then reflected in a spiritual realm. The intentions are to either apply or seek biblical knowledge while having a little fun doing so.

- The Living Stone (Jesus) 1 Peter 2:4 and the plant living stone (lithops) have interesting similarities. Jesus appeared humble and not the presumed royal countenance with open arms and bared a cross. The aesthetic look of the lithops is what this writer will describe as a hot cross bun, it opens in perpendicular fashion, forming a cross, and like Christ, makes very colorful presentations.
- An apple a day, did not keep Luke away (Colossians 4:14)
- Andrew, Peter, John and James had some fishy business going on (Matthew 4:18-22) while Adam was in the monkey business it was for the birds and bees. (Genesis 2:20a)
- One can profit (Prophet) from the inspiration of Isaiah, Jeremiah, Ezekiel and Daniel. No sense having Lament(tions) over it. (The 23rd through 27th books of scripture)
- Martha Stewart's misdeeds paled in comparison to the ultimate inside traitor (trader), Judas. (John 18:2)
- Elijah's pyrotechnics display on Mount Carmel surpassed all modern fireworks exhibits. (1 Kings 18:38)
- Mark Zuckerberg's Facebook or our face in His book? Choose the latter (ladder), climb high. (2 Timothy 2:15)
- Moses and Aaron were the original census takers. (Numbers 1:2)
- Benjamin Franklin invented the bifocal glasses yet Jesus restored sight to both the physically and spiritually blind. (John 9:1, 5-7)
- While Philadelphia is home to the nations first zoo, the world's first zoo is believed to have been east of Eden with Noah as its chief zoo keeper. (Genesis 7:1-3)
- Seems as though Jonah's run and hide tactics were not so hard to swallow. (Jonah 1:17)
- Victoria's Secret cannot compare to God's secrets. (Deuteronomy 29:29)
- The original olive garden is not a restaurant but is located east of Jerusalem in the Mount of Olives. (Zechariah 14:4)
- Samson's final performance literally brought the house down. (Judges 16:29 & 30)

Submitted by John Davis
NEW PRESCRIPTION BOTTLES

Redesigns are underway to make it easier for us to take needed medicines. Tiny print and unclear directions are on the way out. You will notice the following changes:

EASY OPEN CAPS - Many pharmacies offer lids that require less effort to open. They are especially good for patients who have arthritis. Don’t be shy about asking for one.

KEY INFO - A bulleted list has the drug’s side effects

LARGE PRINT - The name and strength of the drug are in the largest print with directions stated simply.

BIGGER BOTTLE - By not always using the smallest possible bottle, pharmacies can ensure that the label is large and easy to read.

DOSAGE - Times are indicated by a rising sun (morning), red sun (mid-day), setting sun (evening) and moon (bedtime).

PATIENT NAME - The patient’s name is in large bold print to prevent medication mix-ups.

Source: AARP Bulletin
Submitted by: Gerri Ambush

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AGAPE LOVE

Being a friend to someone gives real purpose and meaning to one’s life. We meet people and as the years go by, we wonder how we became connected. Ruby Bullock is that person. Over 20 years has passed and we are closer now than then. Through ups and downs, good and bad, the bond is forever deep!

For me to see how free God’s love is spread. It is awesome.

A spotlight has shown on her through a tragic illness and caregiving of her son. Haliburton (Hal) until his death. She was always with a sweet spirit. She has lived to be 93 years old and still drives! She just attended her High School Reunion, graduating in 1943 from The Fuquay Consolidation High School.

Ruby Bullock joined Mt. Carmel in 1965 under the Pastorate of Reverend D. W. Hodgard. She is a member of Just Us Ministry and the Grandmother of Deaconess Monica Taylor. Ruby is a very soft spoken individual that should be mentioned to have lived through so much but continues to have a sweet spirit that gives many inspiration.

My Friend,
Doris Jackson

A MOMENT OF PATIENCE CAN PREVENT A GREAT DISASTER.

THE FOCUS “WORD”

Theme Scripture:

I Chronicles 29:11-12 (NASB)
(David’s Prayer of Praise)
11.) Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, indeed everything that is in heaven and the earth; Yours is the dominion, O LORD, and You exalt Yourself as head over all. 12.)"Both riches and honor come from You and You rule over all, and in Your hand is power and might; and it lies in Your hand to make great and to strengthen everyone”....

DEVOTIONAL READING
(The Sovereign Lord)

The Old Testament
(New American Standard Bible)

Deuteronomy 4:39
Psalm 135:5-7
Isaiah 46:9-10

The New Testament

Ephesians 3:20 (RSB)
Revelation 1:8 (NIV)
Revelations 19:1 (AMPC)

BONUS - Scripture
*Nehemiah 9:6* (NIV)

Sovereign

Sovereign, Sovereign

The Lord my God is Sovereign
He can do whatever he wants to do
He can do whatever he wants to do
When He wants to
God can do whatever he wants to do
Whatever he wants to do, when he wants to
How He wants to
Because He’s Sovereign, God is God
Who am I to question His Wisdom
Who am I to question God’s judgement
Who am I to be offended by His ways
By word He allows to be

I must realize that my God is

Sovereign

The Lord is Sovereign

Sovereign

The Lord my God is Sovereign
HE is Sovereign
God can do whatever he wants to do,
When He wants to
God can do whatever He wants to do,
When He Wants to
How He wants to - Because He’s Sovereign

God is God!

Lyrics Written by Carol Antrom
Reran - Submitted by Linda Adams

HOW TO STAY YOUNG & USEFUL ALL THE DAYS OF YOUR LIFE

A few easy steps......

• Keep Learning (using the word of God first)
• Keep Loving (yourself and others)
• Keep Laughing (remember the joy of the Lord)
• Keep Leaving (leave your cares behind, don’t drag the past along)
• Keep Longing (dream about the future)
• Keep Looking (look your best each day)
• Keep Laboring (keep busy — the bible doesn’t teach retirement)
• Keep Leaning (rely on the Lord)
• Keep Listening (learn to listen to God)

It all begins with trusting God with your life. Your mind sends your body messages. You are young and useful at any age if you are still planning for tomorrow. Remember - God can do all things.

Summarized from a message by
Dr. Charles Stanley
Submitted by Gerri Ambush

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ELDER ABUSE & 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.

F.E.A.R.

F.E.A.R. has two meanings.
Forget Everything And Run or Face Everything And Rise.

The choice is yours.

Submitted by Gerri Ambush

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EVERYBODY WANTS TO WALK ON WATER, BUT NOBODY WANTS TO GET OUT OF THE BOAT.

“God is in the midst of the storm with you, and He’s not there just as an observer. He cares for you more than you could possibly imaging. Instead of expecting defeat or meditating on tragedy, you need to take a step of faith and expect a miracle from God.

You’ve got to get away from doing everything in the natural and only depending upon God as a last resort. God ought to be your first resort!”

Muhammad Ali or Rocky Marciano, Tiger Woods or Jack Nicklaus, Michael Phelps or Mark Spitz, Michael Jordan or LeBron James, Jim Brown or Bo Jackson, Carl Lewis or Jim Thorpe, Hank Aaron or Babe Ruth? The list of great athletes is long, the debate of who is considered better, can become heated. With different eras and sports with little in common, how can fair comparisons be made? This writer would like to throw out the acronym G.O.A.T., Greatest Of All Time. It makes no literal sense because it does not include what future athletes may accomplish. The greatest of all time belongs only to God.

That being said, let’s try favorite athlete, who is yours, is that person on the list above? My favorite is not, as a matter of fact the athlete is not a he, it is a she, Serena Williams.

Much credit has to go to Richard Williams who groomed both Serena and big sister Venus to be champions, both reaching the status of #1 in the world during their careers. Venus Ebony Starr Williams ranked #1 on three occasions for a total of 11 weeks. Serena ranked #1, eight separate times for a total of 318 weeks, once for 186 consecutive weeks. That’s over 31/2 years atop the Women's Tennis Association (WTA) rankings.

Controversy has followed both women from the outset. In her early playing days, Venus was intentionally bumped by Irena Spirlea during a cross over. Serena was banned from wearing the catsuit she donned to treat blood clot issues. The ladies handled these and similar situations with poise and dignity, to no surprise. Dad moved to the tough streets of Compton, Calif. specifically to expose them to an environment where gang activity and high crime were widespread. His mantra of education and hard work served as an alternative to the ugly possibilities of life. The tennis courts there were cracked creating a more difficult ‘playing field. A current Nike ad shows past and current Serena with Richard Williams instructing her as a child, “Just like you were in the U.S. Open” he exclaims to his then young daughter. He predicted then that Serena and Venus would be number #1 due to his foresight, wisdom and teaching of work ethics.

Venus and Serena have been credited to ushering in a new style of play combining power and athleticism. Add to it that they brought a darker hue of skin color that was very uncommon in tennis. This could be considered the cream — their dignity, the cherry on the top.

Serena has won 23 Grand Slam (Wimbledon, Australian, French and U.S. Open) tournaments singles titles, the most in the Open era. She also has 14 Grand Slam doubles titles with Venus and 4 Olympic gold medals. What is remarkable is that she was carrying her daughter, Alexis Olympia while winning the Australian Open in 2017. Note her daughter's initials, A.O., is the same as Australian Open — it’s not a coincidence. Her $84 million in winnings is almost $50 million more than her nearest competitor.

During childbirth on September 2, 2017, Ms. Williams suffered blood clots in her lungs and her emergency C-section incision ruptured when she coughed. When that rupture was treated, a hematoma in her abdomen was discovered, she was hospitalized for a week and bedridden at home another six weeks. On December 30, 2017, Serena returned to competitive tennis playing in an exhibition match. Clearly her faith in Jehovah played a huge role.

While the hope of Serena winning her 24th Grand Slam singles title in the U.S. Open was dashed by the spectacular play of Haitian/Japanese player, Naomi Osaka, what was evident is her winning character. Serena was penalized for her coach's indiscretion which is commonly regarded as a non issue, rarely penalized and never before on such a stage. It ultimately cost Serena being penalized a game and subsequently the match. While Serena’s outbursts were duly noted, it should not have come to that point as it was deemed unfair by every analyst, commentator and player. I heard no one in agreement of the chair umpire's decision to call the initial penalty that led to the two others with the third being the loss of one game.

At the trophy presentation Osaka's tears and the crowd's boos were turned into Naomi's smile and the audience's respect when Serena prompted the crowd, "No more booing!" Serena comforted Naomi with her right arm around her shoulder and soothing words in her ear, that's creme de la creme!

Submitted by John Davis

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RESPECT !!!!

As the world knows, Aretha Franklin, undisputed Queen of Soul, died on August 16, 2018 at the age of 76 from pancreatic cancer. In an excerpt from Aretha Franklin: The Queen Of Soul, best-selling author Diane McKinney-Whetstone shares why the Detroit diva continued to rule in her article from Essence Magazine in October 2017:

I remember Aretha Franklin’s “R-E-S-P-E-C-T.” In 1967 it was omnipresent. The song blasted from record players in blue-lit basement parties and out of solid oak living room stereo consoles. It blared from radios in cars and shops and hair salons. People hummed it and sang it out loud. Little girls even chanted it during their double Dutch games.

And on Friday evenings you could almost feel the song’s essence seeping through window screens up and down the West Philly blocks of my youth. Workweek done, paychecks cashed, bread dough rising, butterfish sizzling in the cast-iron skillet — it was grown women’s “give me my propers” revival time, with Aretha as the “lady preacher” sermonizing to the beat. Men may have snapped their fingers to the invigorated rhythm or danced the boogaloo to the horn solos, but women claimed the lyrics as their anthem. Ironically, however, it began as a man’s song.

Otis Redding wrote and recorded “R-E-S-P-E-C-T” in 1965. But his version was conventional—a man bringing home his money and looking for a little something in exchange. Aretha’s version was like a reversible coat that’s monotone on the outside but richly textured and boldly hued on the inside. She ripped through the seams and let the colors show, turning it into something a woman could let hang from her shoulders like the furs Aretha famously wears. With her sisters Carolyn and Erma singing, “Sock it to me” in the background and Aretha herself going to church on the piano, she...
offered up a voice that is both of this world and holy. It has astounding range and an ability to engage head, heart and soul in a transcendent swirl. She changed the game with that song.

For a period in which “barefoot and pregnant” was still a thing, Aretha was acknowledging that we were moving into T.C.B. time, that now the woman was also the one with the money to give. It was a revolutionary stance in an era of revolution: Raised Black fists demanded it; Black-is-beautiful mile-high fros personified it; an energized women’s movement marched toward equality in pursuit of it. It was galvanizing: R-E-S-P-E-C-T. We sang the song on our way to Sunday school.

Young girls, with our Dixie Peach–infused barrel-shaped bangs and matching coattail ensembles, still in kitten heels and training bras, trying to pilfer money from our church envelopes to buy a bar of candy for a nickel. The lyrics resounded with prognotage, and I’d always stop to breathe before the line, “I’m about to give you all my money.” They were words meant to be belted out, but they were also worthy of being imbibed. Even back then I had the sense that Aretha wasn’t just talking about dollar bills. The money line was also a metaphor for a woman’s value. She was essentially saying this is not about loving—not even about liking. This is about acknowledging my oh-so-worthy existence in all of its fineness and substance and depth. Young-girl me could have aptly sang, “So I’m about to give you a slow dance…my thoughts on the war in Vietnam…a lick of my Mister Softee cone…the right answers to the algebra quiz…the tip of my tongue should we kiss.”

From “You a no good heartbreaker, a liar, a cheat” in “I Never Loved a Man (the Way I Love You)” to “You make me feel like a natural woman” in “A Natural Woman” to “Move your hips with a feeling from side to side” in “Rock Steady” to “A woman’s only human” in “Do Right Woman, Do Right Man,” she makes you understand she’s not just a plaything — she’s flesh and blood just like her man in “Do Right Woman, Do Right Man.” She lays it bare, not with a head-hung-low hopelessness of a victim but with the audacious regality of a queen.

In an age when one is here today and gone 30 seconds later, Aretha has remained relevant because she has been uncompromising in her embrace of her gospel roots, her Black culture, her womanhood. And she can still set a trend. Just consider the hat she wore when she sang “My Country ‘Tis of Thee” at Barack Obama’s first inauguration. The gray, softly felted, close-hugging accessory with an oversize bow outlined in rhinestones stole the show and catapulted its maker, Luke Song, to international fame. The hat has stopped over at the Smithsonian and will ultimately live at President Obama’s library. It’s a fitting home and apt respect for a crown worn by the undisputed Queen of Soul.

An excerpt from an article in Essence Magazine
written by Diane McKinney-Whetstone

Let’s Patronize Our Own!

Do a little Christmas Shopping

Boutiques & Shops:

AMAZULU COLLECTIONS – Charita Powell, owner. Seven days a week and for nearly 30 years, this popular Reading Terminal Market stand has represented artists from all over the world and lived the motto, “where cultures meet.” For sale: handmade folk dolls, original paintings, body care, cultural clothing—including Urban Karma, Powell’s pattern-rich clothing collection for women and men—and her signature sterling silver jewelry of her own design, made by Indonesian artisans. 12th & Arch Streets, (215) 627-8667, amazulucollections

CHARLIE’S JEANS – Sebastian McCall, owner. This Old City spot is known and loved for its staff of fit experts. Slim, distressed, dark, flare, pencil, straight, bootcut, styles for work or for play are all on the menu, so is the store’s American-made denim brand, Sebastian McCall Jeans, named for its owner. 233 Market Street, (215) 923-9681 charliesjeans.net

CULTURED COUTURE VINTAGE – Erik Honesty, owner. This Mount Airy bastion of quality style is best known for its stock of designer vintage menswear—well-priced Herms scarves, ties, coats and shirts, Louis Vuitton and Gucci luggage, select women’s pieces and Honesty’s own line of royalty-inspired, sui generis capes. In other words, the selection is a little bit Jidenna with a dash of Fonzworth Bentley. The destination-worthy boutique also hosts art shows and panel discussions. 6379 Germantown Avenue, culturedcouturegallery.com

DAMARI SAVILE – Malcolm Jenkins and Jay Amin, owners. Eagles standout Malcolm Jenkins and business partner Jay Amin opened up their menswear shop along Jewelers’ Row. When the Super Bowl LII safety, named “Best Suit Style” in Sports Illustrated’s “Fashionable 50,” isn’t at practice or working toward social justice, he chills among his boutique’s bespoke, made-to-measure and off-the-rack suits, each one named for a Philly street, and priced from $500. Also in stock: bowties galore. 709 Walnut Street, (267) 218-5760, damarisavile.com

DE’VILLAGE – Owners, Nikki Parks and Joycelyn Parks. Natural stone and wooden jewelry, Shea butter, natural soaps and body washes come from Kenya, Ghana and Nigeria to this standout Reading Terminal Market veteran. 12th & Filbert Streets, (215) 923-9860, readingterminalmarket.org

PERFECTLY FLAWLESS BOUTIQUE – Crystal Jackson, owner. More than just edgy jumpsuits, rompers, bodysuits and going-out wear, this personal stylist boutique doubles as a one-stop shop for beauty. The airy and welcoming Germantown space offers manicures onsite, full makeup by aesthetician Sade Johnson and Brianna King’s Epiphany Beauty Salon for beautiful braids, extensions or affordable wash and curls. 5312 Germantown Avenue, (814) 232-0805, perfectlyflawlessboutique.com

PHILADELPHIA DIAMOND COMPANY – Kenyetta Black, owner. Visitors and locals can create custom engagement and wedding rings and get appraisals at this much-respected jeweler, located in the heart of the Historic District, just steps from the Liberty Bell. 111 S. Independence Mall East, Suite 612, (215) 607-6700, philadelphiadiamondco.com

THE SABLE COLLECTIVE (TSC) – Shanti Meyers and Syreeta Scott, owners. More than a shop, this North Philly spot is a resource for women of color. The warm, chic storefront sells holistic body care, new and used books, Ankara-print socks, eclectic housewares, affirmation flag pennants (“I Am Brave” and “I Am Magic”), South African jewelry and Cuban leather bags. TSC also holds book clubs and yoga workshops—and serves as the hangout for clients from next-door-neighbor Duale Holistic Hair Care, which belongs to Syreeta Scott, stylist to Jill Scott, Ava DuVernay, Questlove, Janet Jackson and others. 3133 N. 22nd Street, (267) 666-0126, thesablecollective.com

SNAPDRAGON FLOWERS & GIFTS – Tolani Lightfoot, owner. Eco-conscious Baltimore Avenue gem features a range of hard-to-find, botanicals, candles and Insta-worthy arrangements for homes and events. Lightfoot and company are known for their terrariums and vertical gardens and have a way with succulents and herbs. 5015 Baltimore Avenue, (267) 209-6066, snapdragongilly.com

YOWIE – Shannon Maldonado, owner and curator. This gallery-esque shop feels right at home along Queen Village’s Fabric Row, which lately has been changing from garment district to chic retail corridor. Former fashion designer Maldonado makes sure each piece in her distinctive and fun minimalist space is made independently and feels like the work of art that it is, a rule that applies to her limited edition stock of Ashley Hardy mugs, Doucement throw pillows and Cold Picnic bathmats. 716 S. 4th Street shopyowie.com

From VisitPhilly.com
**JUST FOR LaUGHS**

**LAND a-GOSHEN!**

Never worry about tomorrow: when it gets here it will be today.

Always live within your income even if you have to borrow money to do it.

Don’t worry about your headaches. They’re all in your head.

When you’re up to your ears in trouble, try using the part that isn’t submerged.

If It weren’t for the fact that the TV and the refrigerator were so far apart, some of us would get no exercise at all.

The three stages of man: He believes in Santa Claus; he doesn’t believe in Santa Claus; he is Santa Claus.

Dancing is the art of getting your feet out of the way faster than your partner can step on them.

Some are bent with toil, and some get crooked trying to avoid it.

Life is not a bowl of cherries. It’s really a bunch of raisins: raisin’ heck, raisin’ kids and raisin’ money.

The trouble with not having a goal is that you can spend your life running up and down the field and never scoring.

Caution is when you’re scared.

Cowardice is when the other guy is scared.

Eagles may soar, but weasels don’t get one and you are our future, so you take it.” “No, Mr. President” she replied, “there are two parachutes left. Donald Trump just grabbed my book bag!”

Submitted by John Davis

**INSPIRATIONAL PoT POURRI**

**THE AWESOME PRESENCE OF GOD**

by Betty M. Tilley

The LORD’S majestic strength is in the whirlwind, Fierce, light’ning fireworks come forth from His hands; Give unto God the great glory due Him, Worship Him in holiness, all ye lands!

God roars like a lion in the thunderstorm, His power commands the winds and the sea; Yet, when we are broken and cry unto Him, He's ABBA, FATHER, to you and to me.

Our God works in a mysterious fashion, As He gently wipes the scales from our eyes, To bless us with stirring 'Ah Ha' moments, "It was God! What a Manifest Surprise!"

Those small miracles which lighten our dark-ness - A rose, suddenly pushing up through the snow, The sound of the red bird’s hymn at twilight - God is in each sacred moment, we know!

May God surprise us with more revelations, To celebrate in our souls, day by day; Shine His light on our road to Emmaus, That we too might meet Jesus on the way.

Dear Saints how our hearts burn at a glimpse of Him, Pray our Divine encounters never cease; May the sense of God’s awesome Presence, Lighten our burdens and bless us with peace!

Be still, take time from the clamor of this world, Sit reverently at the feet of the Lamb; Listen, 0, listen to that still, small voice, In the Presence of the GREAT I AM.

Copyright 2009
Good News Poet

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**PRAYING for MYSELF**

Dear Heavenly Father, I pray that You would help me to...

**Mind what matters most**

Help me to focus on the important stuff. Don’t let distractions sidetrack me from the good works you’ve assigned me. May I run the race with endurance, glorifying You in everything I do. **Mark 12.29-31 – Ephesians 2.10 – Hebrews 12.1-2 – 1 Corinthians 10.31**

**Yield my will to Yours**

Root the selfishness and self-centeredness out of my heart. Change my desires, wherever they fail to line up with Yours. Grant me wisdom and an eternal perspective. Conform me to the Image of Christ. **Matt 16.24 – Psalm 37.4-5 – James 15 – Matt 6.19-20 – Romans 12.2**

**Serve others with gladness**

Give me a heart for service. Teach me to consider the needs of others as more important than my own. Help me to serve them wholeheartedly and cheerfully, knowing that my work is ultimately an offering to You. **Deuteronomy 10.12 – Philippians 2.3 – Colossians 3.23 – Galatians 5.13-14**

**Encourage the downtrodden**

Help me see others as You see them. Teach me to be an encouragement, building others up rather than tearing them down. May my words be wise, timely, and true-always spoken with love and seasoned with grace. **1 Samuel 16.7 – 1 Thess. 5.11 – Psalm 37.30 – Ephesians 4.15 – Colossians 4.6**

**Love others sacrificially**

Give me a deep, abiding love for those around me. Help me to be patient, kind, gentle, good, and ever faithful in the way I treat them, maintaining hope, enduring hardships, and always believing the best. **John 13.34 – 1 John 4.7-8 – 1 John 4.10.12 – 1 Corinthians 13.4-7 – John 15.13**

**Forgive as You forgive me**

Thank You Lord for forgiving me. Help me extend that same grace to those who hurt me. Protect me against bitterness, hard-heartedness, and resentment. May I dwell on the good and keep no record of wrongs. **Ephesians 1.7-8 – Luke 6.27-29 – Ephesians 4.31-32 – Hebrews 3.8 – 1 Cor 13. 5-6**

Shared by neighbor, Minister Loretta Washington
Submitted by Donna Miller
**Do You Know . . . ?**

- That wooden cooking utensils have the advantage over metal because of a much lower heat conductivity property? Also, unlike plastic utensils, they will not melt when subjected to a relatively hot pot or pan.
- Himalayan Pink salt contains over 84 minerals, high levels of iron, magnesium, phosphorus, calcium, potassium, and chloride. Trace amounts are boron, fluoride, iodine, zinc, selenium, and copper, all without chemical processing or refinement. It enables greater water retention than iodized salt therefore better hydration. Limiting sodium consumption to no more than 2300 mg daily and 1500 mg for those with hypertension is recommended.
- Mixing about 1 tsp. of mayo, 1 tsp. of water, per two eggs results in fluffy, delicious scrambled eggs. Mixing hot water with the mayonnaise prevents coagulation. Add eggs, mix again. Salt and pepper to taste after cooking. Yum Yum. Speaking of eggs, 12 minutes submersed in boiling water allows golden yellow hard boiled eggs, who wants green eggs, with or without ham?

Submitted by John Davis

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**It’s Thanksgiving . . . Try A New Recipe!**

**Baked Mashed Potatoes**

- 6 large potatoes, peeled, thickly sliced (about 2 ¼ pounds)
- 1 medium onion chopped
- 1 (8-ounce) package cream cheese, softened
- ½ cup plus 2 tablespoons milk or cream

1. Combine potatoes using water to cover in a large saucepan. Bring to a boil over high heat. Reduce the heat to medium. Simmer until potatoes are tender, about 20 minutes; drain well.
2. Preheat the oven to 350F. Grease a 3-quart baking dish.
3. Combine potato mixture, cream cheese, 8 tablespoons butter, sour cream, egg, salt and black pepper in a large bowl. Beat with an electric mixer, set at high speed until mixture is smooth.
4. Spoon potato mixture into prepared baking dish. Dot with the remaining butter. Sprinkle with Paprika.
5. Bake until heated through, about 30 to 35 minutes. Serve immediately. Potatoes may be prepared up to 2 or 3 days ahead and refrigerated, covered, until ready to bake.

*Grandma’s secrets*

Ham, onion and potatoes are a naturally delicious combination. If Grandma had ham on hand, she turned this recipe into an economical dinner for her whole family. She simply added 2 cups chopped cooked ham before spooning the potato mixture into the baking dish.

Submitted by Mavis Robinson

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**Glazed Stuffed Cornish Hens**

- 1 cup honey
- 2 tablespoons baking powder
- 1 teaspoon paprika
- ½ teaspoon black pepper
- 2 tablespoons all purpose flour
- ¾ cup plus 1 tablespoon sugar, divided
- 6 large potatoes, peeled, cored and sliced
- 1 medium onion chopped
- 1 (2 sticks) butter, softened, divided
- 1 tablespoon chili sauce
- 1 large egg, beaten

Ingredients:
- 3 tablespoons butter
- ½ cup chopped onion
- 2 tablespoons chopped green bell pepper
- 1 (4-ounce) can chopped mushrooms, drained
- ¼ cup sherry or chicken broth
- 1 tablespoon chili sauce
- 2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley
- ¾ teaspoon salt
- 2 cups fresh bread crumbs
- 2 Cornish hens (about 21 ounces each)
- 1 cup honey

1. Preheat the oven to 375F. Line a roasting pan with foil. Insert a wire rack.
2. Melt the butter in a medium-high heat. Saute onion and bell pepper in butter until tender, about 5 minutes. Remove from heat.
3. Add mushrooms, sherry and chili sauce and mix well. Stir in parsley and salt. Add bread crumbs and toss to mix.
4. Stuff each cornish hen with 3 heaping tablespoons of stuffing. Divide the remaining stuffing evenly between 2 baking cups.
5. Place cornish hens on rack in prepared roasting pan. Drizzle with half the honey.
6. Bake for 15 minutes. Drizzle remaining honey over hens. Bake until an instant-read thermometer inserted in the inner thigh registers 180F for about 1 hour, tenting with foil if necessary to prevent overbrowning. Add baking cups to oven during last 15 minutes of baking time.

*Grandma’s secrets*

Using a tip from a professional chef, Grandma measured the honey without leaving a sticky mess in the measuring cup. If the recipe contained oil, she simply measured the oil first, and the honey just slipped out of the oilled cup. If the recipe did not contain oil, she sprayed the measuring cup with non-stick cooking spray.

Submitted by Mavis Robinson

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**Easy As Apple Pie**

Ingredients:
- 1 package (16 ounces) refrigerated piecrust (2 crusts)
- 6 cups peeled, cored and sliced apples
- ¾ cup plus 1 tablespoon sugar, divided
- 2 tablespoons all-purpose flour
- 1 ½ teaspoons apple-pie spice
- ¾ teaspoon salt
- 2 tablespoons butter, Chilled, cut into small pieces
- 1 ½ tablespoons milk or cream

1. Preheat oven to 425F. Fit 1 piecrust into a 9-inch pie dish.
2. Mix apples, ¼ cup sugar, flour, apple-pie spice and salt in large mixing bowl until apples are coated.
3. Turn apple mixture into pastry-lined pie dish; Spread evenly. Scatter butter pieces over top of mixture.
4. Fit top crust over apple mixture. Wrap excess top crust under bottom crust around edges. Press edges together to seal; flute
5. Brush top crust with milk. Make slits in top crust with knife to create steam vents.

Sprinkle with remaining sugar. Bake pie until golden, 40-45 minutes

Makes 6 servings

*Helpful Hints*

If apple-pie spice is not available, you can use 1 teaspoon cinnamon, ¼ teaspoon ground nutmeg, 1/8 teaspoon ground allspice and 1/8 teaspoon ground cloves.

Submitted by Mavis Robinson
JULY
Mrs. Elizabeth Bryant
Mrs. Ruby Bullock
Mrs. Dorothy Hopkins
Mrs. Shirley Lites
Mrs. Agnes M. Nelson
Mrs. Marion I. Williams

AUGUST
Mrs. Viola Atchley
Mrs. Adelaide Cochran
Mrs. Roma Lee Everington
Juanita Flood
Mrs. Ruth E. King
Mr. Norman B. Lassiter
Mrs. Ruth Logan
Mrs. Constance Moses
Mrs. Ora Bell Taylor
Mrs. Gladys W. Thompson
Mrs. Annie Ware
Mr. Tyrone Washington
Miss Elsie E. Yearwood

OCTOBER
Sun. 18th Youth Sunday
10:00 a.m.
Mon - Tues Thanksgiving Basket Distribution
19th - 20th
Thurs - 22nd Thanksgiving Day Prayer Breakfast
Pinn Memorial

NOVEMBER
Sun. 16th Committee on College Assistance
Tues. 25th CHRISTMAS
Fri. 28th Kwanzaa Celebration
Mon. 31st Watch Night Services

DECEMBER
Sun. 16th
Mon - Fri
Youth Week
Sun. 18th Marriage Retreat
12th-14th Off Site
Wed. 17th Senior Medicare Seminar
Sat. 27th Boo-Spectacular
Sun. 28th 136th Church Anniversary

Sun. 10th Pre-Thanksgiving Dinner
Mon. 12th - 16th
Sun. 11th Annual Deacon & Deaconess

Submit your info to the . . .
NEWSLETTER STAFF
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ACTS 14
Find the words listed below hidden in the grid at the right.

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OWJLCAILAAAJPSSUVCRTO
VFCCWTRFZNVGSEBDLACTIIARI
SPLSHBJKWTAOEOYGAYAGCPMPDP
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ESSPAXTTPROJHYBUGITIYELNIG
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