



# Mt. Carmel Anchor NEWSLETTER



**Reverend Dr. Donald D. Moore, Pastor**  
**Reverend Dr. Albert F. Campbell, Pastor Emeritus**

## OUR MISSION STATEMENT

*The Mission of the Mount Carmel Baptist Church is to teach, preach and interpret the Gospel of Jesus Christ. Through the Power of The Holy Spirit, we will strive to convert the lost and build up the body of Christ. We will further endeavor to eradicate miseducation, prejudices, and all forms of discrimination and their effects.*

*In order to accomplish this as a community of faith, we must collectively strive to holistically meet the spiritual, physical, emotional, social and economic needs of our membership and community. "Until the kingdoms of this world become the Kingdom of Our Lord," and Savior Jesus Christ . . . "And He shall reign forever and ever." Amen*

## OUR MOTTO

PROVERBS 29:18A

*Where there is no revelation,  
people cast off restraint;*

## OUR DIRECTIVE

1 CORINTHIANS 15:58

*Therefore, my dear brothers and sisters,  
stand firm. Let nothing move you.  
Always give yourselves fully to the work of  
the Lord, because you know that your labor  
in the Lord is not in vain.*

## OUR RESPONSIBILITY

1 PETER 3:15

*But in your hearts revere Christ as Lord.  
Always be prepared to give an answer to  
everyone who asks you to give the reason  
for the hope that you have. But do this with  
gentleness and respect.*

## SUNDAY WORSHIP SERVICES:

Praise & Worship: 9:45 a.m.  
Worship Service: 10:00 a.m.

## PRAYER MEETING:

Wednesdays: 6:00 p.m.

## BIBLE STUDY:

Wednesday: Noonday & 7:00 p.m.

## OFFICE HOURS:

Monday - Friday 9:00 a.m. to 5:00 p.m.  
(Closed 12:30 p.m. to 1:30 p.m. For lunch)



## Pastor's Pen

### What Are You Going To Do?

So you've made it to another year which means all of the stuff you didn't think you would survive in 2018, you survived! Take a moment to celebrate that fact. Now the question I have for you is this, what are you going to do in 2019? I'm not talking about the proverbial list of New Year's Resolutions. What are you really going to do?

What are you going to do with a fresh set of 365 days, 8,760 hours, 525,600 minutes?

Will you spend some time reflecting over some of your shortcomings and ways to address them?

Will you look at some of the things you know you need to do in life and actually do them?

Will you find a new way to become a better you?

Will you take advantage of the opportunity you've been given to mend a broken relationship?

Will you find new ways to strengthen your relationship and walk with God?

Will you finally understand that self-care is not selfish and start taking care of yourself?

Will you take the steps you need to take to get to where you're trying to go?

What are you going to do seems like a simple and direct question. However, your answer requires you to make a decision or to take a step and the only person who can do that is you. Sure there may be other things to consider, there may even be other people who will influence what you decide to do. However, ultimately the decision of what you're going to do rests on you.

Now I don't know what you're going to do. However, I do know that if you're going to be successful in doing it, whatever it is, you will need to be intentional about doing it. Results don't just happen. For example, if you're going to strengthen your relationship and walk with God, you'll have to be intentional about spending time with God. You may need to set your alarm clock to wake up early to spend time with God, you may need to limit your social media or television time or you may need to turn the radio off so you can give God a chance to speak to you. Whatever you choose to do, you must be intentional.

My prayer for you in this upcoming year is that you focus on intentionality. Don't leave your life to chance. Make a plan, even a small plan, and stick to it! If you don't take a step, you will be right here in the same place next year.

*Dr. Donald D. Moore*

QUARTER VOLUME THREE - NO. 4  
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*One Church Working Together . . .*



**OUR FIRST LADY**

**DO YOU BELIEVE!**



*Dr. Pamela*

Every year around this time, I often hear people asking, "Do you believe?" Sometimes the question is asked of a wide eyed child, "do you believe in Santa?" Sometimes the question asked is simply, "do you believe in the miracle of Christmas-Jesus Christ?"

I'll admit, I was struggling writing my article this quarter. I knew I wanted to write something about belief, but nothing I wrote felt right. I decided to put my writing aside and finish the last few pages of the book I've been reading. The book is entitled, "Hello Morning: How to Build a Grace-Filled, Life-Giving Morning Routine" (Karl Lee) and it has been a tremendous blessing to me. As I came to this last few pages, there was a section labeled "Do you believe?"

I don't believe in coincidences. I do believe in divine intervention. I knew instantly that this is what I was supposed to share. I was struggling with my words, but God led me to these words recorded on page 201 of the book. I hope they will bless you as much as they blessed me.

The Bible says that with God, all things are possible (Matt. 19:26). Do you believe that anything is possible in your life? Do you believe God can-and wants to- do important things in and through you?

I know. Sometimes life feels humdrum, and days slowly roll by. But the fact is that each one of us has something meaningful to accomplish in life that no one else can. God created us uniquely to fulfill a specific story in the world.

Your life matters. No matter how small, insignificant, unorganized, or visionless you feel, there never has been anyone like you and there never ever will be. God is not a redundant creator. And whether you recognize it or not, there are people you're meant to love. You have lives to influence, words to speak, work to do, truth to share and peace to offer.

Maybe the person you encourage today will be the person who speaks the same hope into someone else's darkness 20 years from now. Maybe the child in whom you inspire a love of science will discover the cure for cancer. Maybe the person you hold the door open for will be reminded of the power of small kindnesses.

The truth is, we haven't a hint of the width and breadth of our influence. As long as we are alive, we have a purpose to fulfill. And everyday is bursting with hope and possibility. Life is not meant to be lived passively. We are meant to show up for life. We are meant to show up prepared. And the only way to truly prepare is to connect with the One who made us so we can be ready with the words we're meant to speak and the actions we're meant to take.

As we begin this new year, I want to encourage you to believe! Your life has purpose! Your light was meant to be shared. If you are still struggling with making time in your life to hear from God, I encourage you to read this book. It will bless you-If only you believe.

*Dr. Pamm*

**WHAT HAPPEN WHEN 2018 END EVENTS**

**A FITTING PRESENT**

A little boy was somewhat perplexed by all the exchanging of presents on Christmas morning, for he had been taught in Sunday school that it was the birthday of the Savior. Finally, after a long period of silence, he asked, "Mommy, when are we going to give Jesus His present? I thought it was His birthday!"

Strange, isn't it, that most of us give gifts to everyone but the One whose birthday we celebrate. A good question we might ask ourselves is this: What am I going to give to the Lord Jesus this Christmas? If you have never trusted in Him as your Savior, the thing He desires most from you is a believing heart. Why not put your faith in Jesus' sacrificial death on the cross so you can be saved from sins?

If by faith you already know Christ as your Savior, then the most wonderful thing you can do this Christmas is to present to God the one gift He most desires to receive from you - your body (Romans 12:1).

Our bodies are to be used for God's purposes. Because we have accepted the gift of salvation from Him, it's only reasonable that we should present ourselves to the Father. When we give ourselves, we give the one Christmas present that truly fits the occasion!

*What shall I give for Christmas; to Him who gave Himself for me?  
To Him, I give my life, my love; for time and eternity.  
Give your all to Christ; He gave His all for you.*

*Source - Christmas Edition - Our Daily Bread  
Submitted by Deaconess Gloria Lighty*

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**SALUTE ON VETERANS DAY**



On November 11, 2018 Pastor Moore acknowledged and thanked all the Mount Carmel members who are veterans. They received a resounding applause from the congregation, for their collective service to our country. In addition, he shared a plaque received on behalf of Mount Carmel's own SSgt. Kimberly Kelley Johnson, who is a member of the Air Force's 111<sup>th</sup> Attack Wing at Horsham Air Guard Station. This plaque is from the 69<sup>th</sup> Expeditionary Bomb Squadron and represents an authentication of the flag flown on a B-52H in Support of Operation Freedom's Sentinel.



*Written and submitted by Valerie Merritt*

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**OCTOBER, NOVEMBER & DECEMBER EVENTS**

Did you have an opportunity to participate in/attend/support some of the previous events of fellowship, food and fun?

- Women's Ministry Hat & Glove Tea on Oct. 20th
- Anniversary Committee's Bowling Party on Nov. 3rd
- Mime Ministry's C.T.W. Celebration on Nov. 10th
- Praise Dance Extravaganza on Nov. 11th
- Youth Week Activities from Nov. 13th to 18th
- Women's Usher Ministry Jazz Luncheon on Nov. 17th
- Men of Mt. Carmel Men's Thanksgiving Prayer Breakfast on Nov. 22nd
- Choir's presentation of Messiah on Dec. 9th
- Soulful Christmas at the Kimmel Center on Dec. 11th
- One Church Christmas Celebration on Dec. 15th
- Kwanzaa Celebration on Dec. 28th

**DON'T MISS OUT IN THE FUTURE**, for there are always a variety of activities that allow each of us to be a part of our "One Church - Working Together".

*If you want to submit a write-up about your past event -  
Just let us know, the Anchor will gladly publish it. See you often in 2019!*

*Written and submitted by Gerri Ambush*

# LADIES WHO RUN THE OFFICE



## KIM V. RUCKER

Mount Carmel Baptist Church welcomes **Mrs. Kim V. Rucker**, who started working in the church office on December 11, 2017 as the Office Manager and Executive Assistant to Pastor Moore.

Mrs. Rucker comes to us with many years of experience working in a financial institution and in a church environment. Her duties include, but not limited to, keeping the Pastor's

schedule, making travel and hotel arrangements for him and guest preachers, scheduling meetings for him, preparing checks for all disbursements approved by the Voucher Committee, formatting, editing and printing the church bulletin, supervising Mrs. Bullock and overseeing the day to day operations of the church and other duties as required.

Although she has been here for only one year, her experience here has been great. She has an excellent working relationship with Pastor Moore and feels that he appreciates her efforts. For her, no two days are the same and she looks forward to each new challenge. She feels it is a fun working environment. She laughs all the time and looks forward to coming to work every day. She truly appreciates the church membership who have all welcomed her with open arms.

Mrs. Rucker likes to entertain, cook for and spend time with her family and friends. She also enjoys jazz and attending concerts with her husband. She has been married for 28 years to Rev. Wayman C. Rucker, Jr., Associate Minister at White Rock Baptist Church. They are the proud parents of one daughter, Cheyenne. I was pleased to learn we both have twin siblings.

Mount Carmel is thankful and appreciates her professional skills and abilities that she brings to us.

*Written and submitted by Deacon Verdell L. Ganges*

## JANICE BULLOCK



We also welcome **Mrs. Janice Bullock** who started working in the church office on July 23, 2018 as the Church Office Assistant.

Mrs. Bullock was content doing volunteer work at her church when this opportunity was brought to her attention. She came in for the interview with Pastor Moore and a Personnel Committee member which was encouraging and positive. It was the perfect fit that we were looking for.

She says that working here has been enjoyable. People have been welcoming. Everyday she leaves feeling accomplished and joyful. Pastor Moore not only is a spiritual advisor, but he is relatable. She admires his organizational leadership and insightfulness.

In her capacity as Church Office Assistant Mrs. Bullock does a variety of clerical duties. She does "whatever tasks she is given," including but not limited to, scheduling meetings for the church calendar, filing, answering telephones and data entry. Although she is part-time, her days are full. She works Monday – Thursday.

Mrs. Bullock is supervised by Mrs. Kim Rucker whom she loves working with because she is meticulous, caring and always challenges her with new tasks.

She continues to volunteer in her church; she sings in the choir, is a Deaconess and serves as the Director of the Bible Institute. She loves to play computer games on her iPad and watch TV when she has a free moment. She has been married for 18 years to Deacon Kenneth Bullock of Mt. Zion Baptist Church in West Philly. They have a blended family consisting of three adult children and eight grandchildren. Welcome to Mount Carmel. Thank you for all that you do.

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## SPOTLIGHT

### DEACONS HOWARD EVANS AND AHMISHA GARDNER EVANS

*To Our Church Family – Have a Blessed New Year*

First, giving honor to God for His goodness and mercy, we wish to share with our church family how much we love the Lord and Mount Carmel Baptist Church!

We are both glad to be a part of this family of God! You all are awesome and are always in our prayers. We are blessed with two wonderful Pastors during our membership time – Pastor Emeritus Campbell (a great teacher/preacher – (we learned a lot of new vocabulary words!) and our energetic, dynamic Pastor Donald Moore. Howard came to Mount Carmel Baptist by way of White Rock Baptist Church and Ahmisha, well, she had been a prodigal child from attending church services for approximately 27 years. Mount Carmel Baptist is her first Baptist experience. Thank God for the revival flyer left in her mail slot by her neighbor Barbara Prince who she did not know at the time. Howard and I met by way of the Deacon Board where Howard served since 2009 and I since 2008. Through being on the Deacon Board Ministry serving our members, we were paired to serve communion, go to nursing homes and going to visit the sick at home or in hospitals. We met many of you through serving on the Deacon Board Ministry and we thank our Church family for all you have done for us. Continue to pray for us that God will continue to shape us and mold us according to His will.

Being of service to others became our dates. God brought us together and we were married here at Mount Carmel Baptist on June 26, 2016. James 1:17 says it all. We love you all and continue to pray for us as we continue to pray for you.

*Written by Mr. and Mrs. Evans*



## MORE F.Y.I . . & THINGS TO REMEMBER

### KWANZAA

Cateria McCabe is the President of the African Heritage Ministry (AHM) and we spoke briefly about the importance of Black people knowing more about our African Heritage. The church leadership has mentioned on more than one occasion that other cultures know their heritage and respect it. For example, the Jewish religious culture knows about the Menorah and what it represents.

Kwanzaa was developed by Dr. Maulana in 1966. We celebrate Kwanzaa from December 26th through January the 1st.

*The country of Zimbabwe was the focus of this years program.* Every year this ministry presents a different country. On Friday, December 28, 2018, the AHM celebrated Kwanzaa with its rich foods, cultural history, music and gifts. The church family invited friends and family to participate in this gala of an event. There was a dynamic guest story teller named Jawara. They celebrated the third principal called Ujima which means collective work and responsibility. The attendees brought hand made presents for the traditional gift giving exchanges. Finally, Kwanzaa has seven core principles also known as Nguzo Saba:

- **Umoja**- this means to strive for and maintain unity in the family, community, nation and race.
- **Kujichagulia**- this means self determination.
- **Ujima**- means collective work and responsibility.
- **Ujamaa** - means cooperative economics
- **Nia**- means purpose.
- **Kuumba** - means creativity.
- **Imani** - means faith.



Let us thank Sister Cateria McCabe and all ministry members for their hard work and dedication to educate us by presenting these yearly programs.

*Written and submitted by KimLa Robinson*

### HISTORY AND SIGNIFICANCE OF AFRICAN AMERICAN HEAD WRAPS

African American women often complete their outfit with a head scarf, turban or head wrap. Wanda Denise Taylor, a member of Mount Carmel Baptist Church often wears head wraps. She states that “headwraps are an extension of who I am, They make me feel royal, beautiful and complete.”



The African American head wrap holds an unique position in the history of American dress, both for its longevity and for its symbolism and significance. It endured the horrors of slavery and continues to be fashionable. The headwrap represents far more than a piece of fabric wound around the head. It is usually worn exclusively by African American women. The headwrap originated in the sub-Saharan Africa.

The African American style and colors replicate those worn in the sub-Sahara Africa. The headwrap technique always leaves the forehead and neck exposed and by leaving the face open, the headwrap enhances the facial features. The headwrap thus works as a regal coronet, drawing the onlooker’s gaze upward. In slavery, the white overlord imposed its wear as a badge of enslavement. The enslaved woman and her descendants wore the headwrap as a badge of courage and communal identity. The headwrap has served as a “uniform of rebellion”, signifying absolute resistance to loss of freedom.

*Written and submitted by Gwen Travis*

## SOMETHING TO THINK ABOUT

### AMERICA: ALL MIXED UP

Throughout history the United States of America was the country that people around the world wanted to come to in search of a better way of life.

***By nature there are three (3) races of people: Negroid meaning Black; Caucasoid meaning White; Mongoloid meaning Indian.***

Due to migration and slavery, ***races are slowly becoming a dying definition being replaced by the word culture.*** For example, we can take two White people from Europe: one is from England and another from Paris. Each culture speaks a different language, celebrates a way of life that differs from the other. This applies to Africa, India and all countries. A White child in America can be part French and part Italian.

Mixing of races took place during early America when Europeans arrived killing off Native Americans and began what we know as the slave trade. Black people from the continent of Africa (different cultures, languages and religions) were captured and uprooted from their natural habitats and forced to America being raped from being who they were. White slave owners known as "massa" raped slave girls and women creating what we would call bi-racial people. Black males sometimes ran off with a white woman. If they were caught they were punished if not killed. After slavery, mixed couples were forced to leave the South but it did not change the genetic fact that their offspring were mixed.

In our society it has become common that science is becoming more sophisticated. Now we can do more than make a family tree or do research to find family, heritage and our roots. We have something called DNA. This word became popular during the O.J. Simpson trial.

The genetic kit named “23 and Me” uses any part of our genes to determine who we are and where we came from. It may also explain why we behave the way we do.

Fellows, did you know that you have 11 pairs of your mother's chromosomes and 11 pairs of your father's chromosomes. Your 23rd pair determines your gender. If you choose to procreate, you will pass 50% of your genes to your offspring. Ladies, you too have 11 pairs of you dad's chromosomes in you and 11 pairs of your mom's. Your 23rd pair determines that if you choose to procreate, you will pass half of your DNA to your offspring.

In closing, I'll share something that a friend shared with me. Her name is Melissa. Melissa did her DNA and discovered that 60% of her heritage is African from The Ivory Coast (West Africa). Roughly 25% traced her roots to the Cherokee tribe and finally 15% of her genetics were white, from England.

She made me laugh and gave me something to think about when she said, "my white ancestors slaughtered and stole land from my Native American ancestors, then went to Africa and held my Black ancestors in captivity as slaves for 400 years."

*AMERICA: ALL MIXED UP.  
Written and submitted by KimLa Robinson*

**SOMETHING TO THINK ABOUT****IN THE KNOW . . . F.Y.I.****THEN I MET JESUS!***By Betty M. Tilley*

*I've walked down some lonely, dark and dusty roads,  
Carrying my backbreaking burdens and some heavy loads;  
Nobody to call on the telephone,  
I cried a flood of bitter tears,  
And I cried them all alone.  
No family, no friends no one to really care,  
Just a life filled with misery and heart-breaking despair.  
This so-called life was not worth the living for me,  
But...then I met Jesus and my soul was set free!  
It was during the midnight hours as I tossed on my bed,  
That I recalled the words my beloved Mother had said:  
"Child, in this life when you need a faithful friend,  
Call on the name of Jesus, He'll be a friend to the end!  
He'll be with you in your troubles, His love will carry you through;  
He'll never forsake you, whatever you do!  
Ask Jesus to come into your heart to stay!  
To guide you and lead you all along the way!  
Put your trust in the LORD, He's faithful and true!  
He takes care of the little sparrow,  
Won't He take care of you?"  
Remembering those words my Mother had said,  
With tears of joy flowing, I leaped from my bed,  
Falling on my knees, I called on His name;  
With Jesus in my heart now, life will never be the same!  
Once broken and shattered, my dreams crushed to the ground,  
I surrendered all, all to my Savior, and He has turned my life around!  
I've been washed in His Precious Blood, forgiven every sin,  
I've found my victory in Jesus! Hallelujah, Amen!*

*Copyright 2018 -Good News Poet***A SAINT TO BREAST CANCER SURVIVORS**

**R**obin Roberts is a well known African American journalist. Her father was a Tuskegee Airman and her mother was a graduate of Howard University. Robin is the youngest of four siblings. She was also one of the first Black female pro basketball player and began her career on ESPN.

A few years later she became a co-anchor on GMA (Good Morning America). GMA is the number one television morning news, talk, and entertainment show.

Unfortunately, Robin developed breast cancer. She took time off to care for herself and returned to GMA. However, about 2 years later she got sick again.

I chose to write about Robin because she encourages women to get mammograms. One of her current colleagues was going to skip a year and she encouraged her not to. It's a good thing that she followed Robin's advice. The colleague had breast cancer.

Robin also did a six week series with WebMD called "The Cutting Edge of Cancer" encouraging all women to be on top of their health. Thank you Robin.

I'm going to switch gears to discuss when my mother was diagnosed with breast cancer this past spring. My youngest brother and I went to meet her team of doctors and we were pleased. The tumor was very small and successfully removed. She had radiation and has chemo in the form of a pill that she must take for the next five years.

When I was little, it was always someone in the family who died with cancer. I thought it was an old persons disease. As an adult, I've lost dear friends, family members and associates from this horrible disease. It affects every age group so it is time FOR AN ANSWER TO CANCER!!!!

*Source # 1 Everybody Got Something by Grand Central Publishing 2014*

*Source #2 GMA@ Yahoo.com; Source #3 WebMD*

**Let us pray,**

Dear Father God Almighty, You are the creator of the heavens, the earth, and us all. We trust that you will keep your promise that you will never forsake us.

This prayer is for all survivors of cancer here at Mount Carmel and around the world.

Survivors of cancer need the touch of Jesus. When Jesus walked the Earth as He did His ministry he let the people know that He was the Son of God and the Savior of the world, He touched the lame and the sick giving them instant healing and cures. God gave us the gift of Jesus and our gift to Jesus is to celebrate His birthday.

"It was a Silent Night and a Holy Night" in the little town of Bethlehem when baby Jesus was born in a manger. The Three Wise Men followed the North Star to "Go Tell It On The Mountain". Oh "Halleluejah" for this brought "Joy To The World".

May we all be blessed in the blood of Christ and His precious name. We pray that you had a Merry Christmas and a happy and safe New Year. Amen.

*Written and submitted by KimLa Robinson*

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**Don't Put Off For Tomorrow What You Can Do TODAY!!!!**

**H**ow many of us have said..."I'm going to go on a diet right after the holidays?" or "I'm going to start exercising, stop eating junk food, etc.?"

We are in a never ending battle to "get around to it". Each new day is a blessing in our lives and we have to be considerate of the "Temple" God has given us. It is so easy to just move through life and hope that we don't get sick, have a stroke or heart attack or worse. Reality is that we need to take care of ourselves right now. The plaque in your blood vessels is not going to wait for you to start exercising, it is accumulating now. The hypertension you have is not going to walk away as you pour more salt on your meals. The diabetes is not going to stop breaking down your internal organs resulting from chronic high blood sugars as you eat sweet delicacies each night.

Don't ignore the signals of excessive sweating, palpitations, heart fluttering, dizziness, chronic G.I. upset, etc.

Make sure you have had your yearly check-up which should include bloodwork. A simple blood test can tell you so much about what is going on inside your body. You can't judge a book by its cover so you definitely can't look in the mirror and say "I'm healthy". Only the Lord knows what is going on under the surface.

For 2019 make a FIRM COMMITMENT to stop using salt in your already delicious meal, stay away from white breads & refined sugars, walk or do some type of cardiovascular exercise for 20-30 minutes at least 4 days a week. Show God how much you care about the beautiful Temple He has given you.

Show your love for God and yourself right now!!!!

**TAKING CARE OF GOD'S TEMPLE**

*Written and submitted by Dr. Rhonda Hazell*

## MENTAL AND PHYSICAL HEALTH

### DEPRESSION

The weather is shifting and the holidays are rolling in. At times, changes to the weather can trigger a type of depression called Seasonal Affective Disorder (SAD). This type of depression usually occurs as the seasons change from summer to fall & winter months, as well as, from winter to spring and summer. It affects individuals who already are diagnosed with Major Depression. Symptoms can include feelings of tiredness, loss of sleep or too much sleep, loss of interest in activities that are usually enjoyable, changes in eating or irritation. As with any other illness, depression is diagnosed by trained mental health providers like psychiatrists, psychologists and licensed clinical social workers. Please reach out to a trained professional if you or someone you know is experiencing these changes. They can offer support groups, individual therapy or medication, if needed.

The holiday season can also bring up memories, feelings of loss or longing for loved ones. If you experienced loss, grief, or loneliness during the holidays please understand that you are not alone. Seeking support from others can be helpful during this time. Support persons can be your family, friends, or church family. There are also community organizations who may offer support groups or engaging activities you can participate in. I also encourage all of my clients to find out what brings them joy and incorporating the activity into their daily routine. Things like coloring, journaling, reading or going for walks can be used to cope with day to day stress. Regardless of whether someone has a clinical diagnosis or not, help is always available. Please reach out to a mental health professional for support whether you are going through a stressful situation or want to build healthier habits.

Prioritizing your mental health is a brave and necessary decision. Please continue to care for yourself and experience the best life has to offer equipped with sufficient supports and healthy choices.

Anais Mahone, LCSW  
Licensed Clinical Social Work

#### References:

Seasonal Affective Disorder. (n.d.).

Retrieved from

<https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>.

*Submitted by Gwen Travis*



### HEART DISEASE

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.



#### Heart Disease Facts in Men

- Heart disease is the **leading cause** of death for men of most racial/ethnic groups in the United States. About 8.5% of all white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.
- **Half** of the men who die suddenly of coronary heart disease have **no previous symptoms**. Even if you have no symptoms, you may still be at risk for heart disease.

#### Facts on Women and Heart Disease

- Heart disease is the leading cause of death for women in the United States, killing 289,758 women in 2013 that's about **1 in every 4** female deaths.
- Despite increases in awareness over the past decade, **only 54%** of women recognize that heart disease is their **number 1 killer**.

#### Symptoms

- **Heart Attack:** Chest pain or discomfort, upper back pain, indigestion, heartburn, nausea/vomiting, extreme fatigue, upper body discomfort, and shortness of breath.
- **Arrhythmia:** Fluttering feelings in the chest (palpitations).
- **Heart Failure:** Shortness of breath, fatigue, swelling of the feet/ankles/legs/abdomen.
- **Stroke:** Sudden weakness, paralysis (inability to move) or numbness of the face/arms/legs, especially on one side of the body. Other symptoms may include: confusion, trouble speaking or understanding speech, difficulty seeing in one or both eyes, shortness of breath, dizziness, loss of balance or coordination, loss of consciousness, or sudden and severe headache.
- **High Blood Pressure:** high LDL cholesterol, and smoking are key risk factors for heart disease. About **half of Americans** (49%) have at least one of these three risk factors.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes •Overweight and obesity •Poor diet •Physical inactivity •Excessive alcohol use

#### *To reduce your chances of getting heart disease it's important to:*

- Know your **blood pressure**
- **Quit smoking.**
- Discuss checking your **cholesterol and triglycerides** with your healthcare provider.
- Make **healthy food** choices. Being overweight and obese raises your risk of heart disease.
- **Limit alcohol** intake to one drink a day.
- Lower your **stress level** and find healthy ways to cope with stress.

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### SKIN PROBLEMS

**Psoriasis** is a common skin disorder that starts as small, red bump, which grow bigger and form scales. The skin appears thick but may bleed easily if you pick or rub off the scales. **Rashes** may itch and skin may become cracked and painful. Nails may form pits, thicken, crack and become loose.

No one knows the exact cause of psoriasis, but experts believe that it may be a combination of things. Something wrong with the immune system causes inflammation, triggering new skin cells to form too quickly. Normally, skin cells are replaced every 10 to 30 days. With psoriasis, new cells grow every 3 to 4 days. The buildup of old cells being replaced by new ones creates those silver scales.

#### Treatment:

Luckily, there are many treatments. Some slow the growth of new skin cells, and others relieve itching and dry skin. Your doctor will select a treatment plan that is right for you based on the size of your rash, where it is on your body, your age, your overall health, and other things. Common treatments include:

- Steroid creams
- Moisturizers for dry skin
- Coal tar (a common treatment for scalp psoriasis; available in lotions, creams, foams, shampoos, and bath solutions)
- Vitamin D cream (a strong kind ordered by your doctor; vitamin D in foods and pills has no effect)
- Retinoid creams.

*All Articles To Your Health Submitted by Gwen Travis*



**SENIOR CORNER**

**TIPS FOR PROTECTING YOURSELF FROM IDENTITY THEFT**



Make sure all of your financial institutions have your current address and contact information so you can receive statements in a timely manner.

When you receive your statements, make sure to review them carefully within a few days of receipt, so you can report any misinformation immediately.

If using a debit card, it is wise to use automated phone systems weekly at your bank to check transaction history and monitor accounts.

Create strong passwords and PIN numbers and keep all personal and private information in a secure location.

Also consider freezing your credit with the three major credit bureaus, so that someone can not open an account in your name. A new law makes this process FREE with the three major credit bureaus:

*Equifax at 1-800-685-1111*

*Experian at 1-888-397-3742*

*TransUnion at 1-888-909-8872*

*Submitted by Gerri Ambush*

**PEACE**

JESUS is the source of true, genuine Peace. It is a gift of God.

**TO EXPERIENCE PEACE:**

- We must believe God is in control of our life and circumstances
- We must believe his offer of peace is real and be willing to accept his offer in spite of our feelings
- We must surrender our life, mind, will and emotions to Jesus as Lord

**PEACE STEALERS**

- Anger
- Bitterness
- Jealousy
- Disobedience to God
- Self-centeredness (pride)
- Doubt
- Unbelief

**Scriptural References**

Romans 5:1 ▪ John 14:27 ▪ Phil. 4:7

Psalms 34:14 ▪ Eph. 2:14

*Source: Message by Dr. Charles Stanley*

*Submitted by Gerri Ambush*

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**RED LIGHT CAMERA LOCATIONS**

- Roosevelt Boulevard @ Grant Avenue
- Roosevelt Boulevard @ Red Lion Road
- Roosevelt Boulevard @ Cottman Avenue
- Roosevelt Boulevard @ Mascher Street
- Roosevelt Boulevard @ Levick Street
- Roosevelt Boulevard @ Rhawn Street
- Roosevelt Boulevard @ Welsh Road
- Roosevelt Boulevard @ Southampton Road
- Roosevelt Boulevard @ 9th Street @
- Broad Street @ Oregon Avenue
- North Broad Street @ Vine Street
- North Broad Street @ West Hunting Park Ave.
- North Broad Street @ North Penn Square/JFK
- South 58th Street @ Walnut Street
- South Broad Street @ South Penn Square

- 34th Street @ Grays Ferry Avenue
- Belmont Ave @ Parkside Ave
- Rising Sun Avenue @ Adams Avenue
- Castor Avenue @ Aramingo Avenue
- Aramingo Avenue @ East York Street
- Henry Avenue @ Walnut Lane
- Island Avenue @ Lindbergh Boulevard
- Island Avenue @ Bartram Avenue
- Grant Avenue @ Academy Road
- Bustleton Avenue @ Byberry Road
- Woodhaven Road @ Knights Road
- Byberry Road @ Worthington Road
- Ogontz Avenue @ Stenton Avenue
- 2nd St @ Erie Avenue
- 26th St @ Penrose Avenue



*Submitted by Robin Rhone*

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**MEN OF MT. CARMEL \* HELP WANTED**

In October 2018, Pastor Moore shared with us a troublesome statistic. Twenty percent of the West Philadelphia High School student population is homeless. Students without permanent addresses are classified as homeless and approximately 120 of them are at this school alone. Pastor Moore has established a relationship with the principal, Mrs. Mary Dean, as well as the school counselors. During a November lunch meeting, Pastor asked the Men of Mount Carmel to spearhead an effort to assist these young people.

In conversations with staff members at West Philly, specific needs for these children were disclosed. The everyday and basic need of food topped the list. Uniforms are another high priority.

As you can imagine, the help that these kids can use covers a wide range. Some situations have been looked into with positive feedback. For example, barbers and hair stylists have committed to provide reduced or no cost services. Do we not fill uplifted when our hair's tight, our clothes neat and clean?

It is about 40% girls and 60% boys that fit into this category of needing help. As the hearts and hands of West Philadelphia, let's serve our Lord and Savior, feed the hungry and clothe the naked. Suggestions are welcome and contacting a member of the Men of Mount Carmel can help us to move forward. Thank you.

*Written and submitted by John Davis*

**THE FOCUS "WORD"**

**LIFE WILL WORK FOR ME WHEN I REALIZE... I MUST PUT FIRST THINGS FIRST!**

The Law of First Things is a mandate for all of our lives. This principle encourages us to acknowledge, accept and embrace God first in all things that we do. First, inquire of God. Then, listen to God. When you hear God, respond. Then, trust God to lead and guide you. If and when we do these things, the Law of First Things ensures that God will reward us ten times over.

When you breathe, that's God. When you move, that's God. When you think about where you need to be and what you need to do, that's God giving you the power to take the thought and translate it into action. When you speak, that's God. When you eat, it's God. For without God's love, God's mercy and grace, nothing you consider important would be possible. The truth of the matter is, God is first. The Law of First Things simply asks that we acknowledge it.

When you take your first breath in the morning, remember it's God who is making it possible. When you swing your feet over the side of the bed, acknowledge God for moving through you as the source of your life. Before you do one thing in the day for yourself or anyone else, thank God for every ability, talent, gift and opportunity that lies within you or before you. As you move through each day, keep God informed about what you are doing and ask that you be guided toward right thought and right action. And don't forget to invite God to participate in all of your activities. As your activities begin to bring you rewards, thank God first. If you make an earnest effort to follow the Law of First Things, you will never have to worry about being left out of God's good.

Until today, you may have believed that you needed to go someplace special to find the power, strength and love of your Creator. Just for today, be devoted to remembering, acknowledging, trusting and expressing gratitude to God for being present right where you are.

***Today I am devoted to putting God first in all things!***

*Source - Until Today by Iyanla Vanzant  
Submitted by Deaconess Gloria Lighty*

***Shew me thy ways, O LORD; teach me thy paths. Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.***

*— Psalm 25:4-5*

## BLACK HERITAGE MOMENTS . . .

### ARE YOU FAMILIAR WITH SENECA VILLAGE IN NEW YORK?

Reverend Christopher Rush, who escaped slavery and became the second ordained bishop of the AME Zion Church laid the cornerstone of the First African Methodist Episcopal Zion Church in 1853. He was not aware that the lane where the church was to stand, which was part of a thriving African American community, had been condemned two weeks before as part of the plan to create New York's Central Park.

The community, according to the New York Historical Society, was called Seneca Village. It ran along the west side of what would become Central Park between 82nd and 89th Streets. It began in 1825 and eventually spanned from 82nd Street to 89th Street along what is now the western edge of Central Park. By the time it was razed in 1857, it had become a refuge for African Americans. At that time, most landowners refused to sell to African Americans. A white couple who lived in an outpost of Manhattan was an exception, subdividing and selling off their land to African Americans, including the AME Zion Church. Slowly, more and more houses were built. The area was eventually anchored by three churches and a school.

Laws in New York at the time required that all voters own at least \$250 worth of real estate, so buying property meant that at least men were afforded voting rights. Later, it was determined that Seneca Village was an established stop on the Underground Railroad.

As Seneca Village was building up, support for Central Park grew. The slums were spilling over as more and more immigrants arrived, especially after the Irish potato famine started in 1845. These conditions did not appeal to well-to-do New Yorkers, who had already started migrating further uptown. By the 1840s, wealthy New York families owned land in the vicinity of the proposed park. Real estate developers could easily determine a demand for an exclusive neighborhood in that area.

More than half of the African Americans who lived there owned their own property, a rate that was five times higher than the city average. Although the village remained mostly black, immigrant whites had started to live in the area as well.

But, it was all torn down in 1857.

The original settlers fought for their lands in court. While some were paid what their land was worth, others lost hundreds of dollars.

Researchers from Columbia, CUNY, and the New York Historical Society have been working on excavating the site of Seneca Village since the early 2000s. The only official artifact that remains intact on the site is a commemorative plaque, dedicated in 2001 to the lost village.

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*Submitted by Robin Rhone*

### LET'S PATRONIZE OUR OWN!

*Have a sweet tooth — try one of these bakeries*

#### **BAKERIES:**

**Denise's Bakery** – Denise Gause, owner. After a fire closed her 25-year-old North Philly homage to sugar, eggs and flour, she did what any strong baker would do: She rebuilt it. Today, lines once again form out the door and the phone rings off the hook for Denise's pound cake, pies, brownies, doughnuts, cookies and wedding cakes. 2916 N. 22<sup>nd</sup> Street, (215) 225-5425, [cakesbydenises.com](http://cakesbydenises.com)

**Sweet Nectar Dessert Kitchen** – Robin Broughton-Smith, owner. She's gone from Jay-Z's accountant to the creator of cookies, cakes, baked donuts, cupcakes and all manner of seasonal specialties in the Art Museum neighborhood. The shop also offers classes and private parties. 547 N. 20<sup>th</sup> Street, (267) 318-7143, [sweetnectardk.com](http://sweetnectardk.com)

VISIT PHILADELPHIA® is their name and mission. As the region's official tourism marketing agency, they build Greater Philadelphia's image, drive visitation and boost the economy. Their website: <http://www.visitphilly.com/>

*The Anchor will continue to feature black-owned businesses  
in our upcoming newsletters.*



### HISTORIC EDEN CEMETERY COMPANY

Eden Cemetery, America's oldest African American Public Cemetery, located in Collingdale, Pennsylvania in Delaware County, has been in existence since 1902. Eden is a both a historic and unique sacred place, which has a long legacy of serving the African American community.

Eden was created by a collaborative effort of five pioneering African American Philadelphia residents to provide a respectful and beautiful final resting place for our people. After much litigation, and unknown to the then Collingdale residents, Eden finally received a charter to open on June 20, 1902. The very first funeral, for Celestine Mosely Cromwell, who was the wife of an advisory board member, was blocked by Collingdale residents who found out about the charter for the 53 acre lot. They blocked the entrance to the cemetery protesting "a colored burial ground" in their community. Although the burial was delayed for many hours, a court order allowed Mrs. Cromwell's interment at Eden the following evening. That section of the cemetery was and continues to be named Celestine to honor the first burial.

Eden is the burial ground for many prominent 19<sup>th</sup> century Philadelphia African Americans, including: Marian Anderson, renowned Opera Singer; Octavius V. Catto, Civil Rights Leader and Baseball Pioneer; John McKee, Civil War Hero and one of America's first millionaires; Robert Penn, the first African American to receive the Medal of Honor; Stephen Smith, Abolitionist and businessman; Reverend Charles Tindley, Minister and Composer, and "Father of Gospel music"; William Still, Activist, Businessman and Father of the Underground Railroad; and Robert Jones Abele, Physician and Founder of Sigma Pi Phi, the first African American Fraternity, among many, many others.

Current Board Members include some beloved Mount Carmel members including Pastor Emeritus Reverend Dr. Albert F. Campbell who serves as President; Vice President E. Paul Sandidge; and Junious Rhone, Sr., Treasurer Emeritus. Staff members include Deacon Malcolm H. Darden.

Eden Cemetery is a full service cemetery and is on the National Park Service's Underground Railroad Network to Freedom and is on the National Register of Historic Places. There are many ways to learn more and to get involved with their mission. Their website is: [www.edencemetery.org](http://www.edencemetery.org). Contact them at 1434 Springfield Road in Collingdale, PA 19023 or call them at 610-583-8737.

*Written and submitted by Robin Rhone*



**JUST A LITTLE SOMETHING — SOMETHING...**

**“T’WAS THE NIGHT BEFORE JESUS CAME”**

*“Twas the night before Jesus came and all through the house*

*Not a creature was praying, not one in the house. Their Bible were lain on the shelf without care In hopes that Jesus would not come there.*

*The children were dressing to crawl into bed, Not once ever kneeling or bowing a head. And mom in her rocker with baby on her lap Was watching the Late Show while I took a nap.*

*When out of the East there arose such a clatter, I sprang to my feet to see what was the matter. Away to the window I flew like a flash Tore open the shutters and threw up the sash.*

*When what to my wondering eyes should appear But angels proclaiming that Jesus was here. With a light like the sun sending forth a bright ray I knew in a moment this must be THE DAY.*

*The light of His face made me cover my head It was Jesus returning just like He had said, And though I possessed worldly wisdom and wealth, I cried when I saw Him in spite of myself.*

*In the Book of Life which He held in His hand, Was written the name of every saved man. He spoke not a word as He searched for my name; When He said, “it’s not here” my head hung in shame.*

*The people whose names had been written with love He gathered to take to His father above With those who were ready He rose without a sound While all the rest were left standing around.*

*I fell to my knees, but it was too late, I had waited too long and thus sealed my fate I stood and I cried as they rose out of sight, Oh, if only I had been ready tonight.*

*In the words of this poem the meaning is clear, The coming of Jesus is drawing near. There’s only one life and when comes the last call We’ll find that the Bible was true after all.*

Source: Unknown  
Submitted by: Gerri Ambush

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**ROOM #7 - REV. VINCENT COLES**



On Sunday, November 24, 2018 during church service, Deacon Pamela Coles and her family stood proudly as they received a plaque from Pastor Moore in honor of changing **Room #7 to be named after Reverend Vincent Coles.**

Kimberly Kelly-Johnson, president of the Mime Troup, performed on Saturday November 30th at 4pm in honor of this recognition.

Written and submitted by KimLa Robinson

**CELEBRATE ANOTHER YEAR!!**

It’s time to celebrate, GOD has blessed us to see another year. A new year with much promise and prosperity. A new and better outlook on things to come.

Celebrate it’s our faith in GOD that has brought us through. A new and better relationship with our Father. Knowing and hearing the voice of GOD even more clearly than ever before. Even receiving more revelation and confirmation sooner, no more waiting for long periods of time to get a response from GOD.

Celebrate because past trials and tribulations has drawn us closer to our Father. Our circumstances have been teaching us to be more patient in waiting for clear instruction and direction. Not moving ahead of GOD, but allowing Him to do the leading no matter what we see in front of us.

Celebrate because we know that GOD wants the best for us. His blessings are much bigger than anything we could ever imagine or ask for.

Celebrate because we have the victory. We made it over to see a new year in CHRIST. WE WIN!!!! The battle has been fought.

SHOUT NOW!!!— CELEBRATE  
Shared by Minister Loretta Washington  
Submitted by Donna Miller

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Ok — Clear your mind . . .  
If you can figure this out — YOU ARE GOOD!!

**Mental Flexibility/  
Creativity Exercise**

▪ Sample: 26 = L of the A  
Answer: 26 = Letters of the Alphabet

- 7 = W of the W
- 88 = PK
- 13 = S on the A F
- 18 = H on a G C
- 32 = D F at which W F
- 54 = C in a D (with J’s)

Answers on pg. 10  
Source: Unknown

**The 3 B’s  
For  
Giving  
Remarks**

**Be Prepared**

**Be Brief**

**Be Seated**

Submitted by Gerri Ambush

**CHURCH FOLK SAYINGS**

- ♦ “I’ll be there if the Lord is willing and the creek don’t rise.” ♦ When it’s God’s will, what else matters?
- ♦ “Too blessed to be stressed.” ♦ Stressed spelled backwards is desserts.
- ♦ “Bow your heads and close your eyes.” ♦ Jesus spoke these things, and lifting up His eyes to heaven....John 17:1
- ♦ “The Lord told me to tell you...” ♦ Hmmm!
- ♦ “Get behind me Satan” ♦ A line I prefer not to be in.
- ♦ “No cross, no crown.” ♦ Earth to heaven.
- ♦ “How are you? I’m blessed.” ♦ Seeing that Abraham shall surely become a great and mighty nation, and all people of the earth shall be blessed in him. We are all blessed, question is, “Are you joyful?”

Written and submitted by John Davis



**OCTOBER**

Jason Brennan, Jr. Cynthia Frierson  
 Jason Brennan, Sr. Emori Moody-Mitchell  
 Mazeir Brennan Parrish Upchurch

**NOVEMBER**

Ronald Aikens Kamyrah Stibbins\*  
 Janet Bundy Anthony Taylor\*  
 Zenola Dennis Anwar Taylor\*  
 Larry Parker\* Amanda Williams

**DECEMBER**

Kim Exum

**\*Baptized - 12/31/18**

*Submitted by Deacon Verdell Ganges*



**Try New Recipes throughout the New Year**

**Maryland Crab Cakes**

**Ingredients**

- 1 celery stalk (about 1/2 cup chopped)
- 1 green onion (about 1/4 cup chopped)
- 1 pound fresh backfin crabmeat, cartilage removed
- 10 saltine crackers (2 inches each), crushed to equal 1/2 cup crumbs
- 1 large egg
- 3 tablespoons tartar sauce
- 1 teaspoon seafood seasoning
- 2 teaspoons vegetable oil
- Lemon slices, optional for garnish

Finely chop celery stalk and green onion; set aside. Combine crabmeat, cracker crumbs, celery and onion in medium bowl; set aside.

**2** Beat egg in small bowl with wire whisk. Add tartar sauce and seafood seasoning to egg in bowl and mix; pour over crabmeat mixture.

**3** Gently combine egg mixture with crabmeat mixture so large lumps will not be broken. Shape into six 3/4-inch-thick patties. Cover and refrigerate



*grandma's secrets*

If Grandma couldn't find fresh crabmeat or if it was out of season, she would substitute canned crabmeat, which she got from her local grocery store. Before adding fresh or canned crabmeat to the recipe, she always picked through the meat, looking for and discarding any shell pieces and cartilage. If she had leftover crabmeat, Grandma would store it in a tightly sealed container in the refrigerator for no more than two days.

**30 minutes.** Add oil to large nonstick skillet; heat over medium-high heat until hot.

**4** Place crab cakes in skillet; cook until cakes are lightly browned, about 3 to 4 minutes each side.

Place crab cakes on heated serving platter. Garnish with lemon slices, if desired.

**VARIATION**  
 Substitute 1/2 cup seasoned bread crumbs for the saltine cracker crumbs, if desired.

**Savory Stuffed Mushrooms**

**Ingredients**

- 8 large fresh mushrooms
- 1/2 bunch fresh parsley or 2 1/2 tablespoons dried parsley
- 1/2 bunch fresh basil or 2 1/2 tablespoons dried basil
- 6 green onions, coarsely chopped
- 3 cloves garlic
- 1 cup (4 ounces) cubed boiled ham
- 1/2 cup Italian-style bread crumbs
- 2 tablespoons lemon juice
- 1/4 cup olive oil
- 1/4 teaspoon black pepper

**1** Preheat oven to 375°F. Lightly grease large baking sheet with nonstick cooking spray. Gently clean mushrooms with damp towel.

**2** Carefully separate mushroom caps from stems by holding caps and twisting off stems. Reserve stems and set caps aside.

**3** For filling, in bowl of food processor or blender, combine mushroom stems, fresh parsley, fresh basil, garlic, green onion and ham; process using on/off pulsing action until finely chopped.



*grandma's secrets*

Mushrooms are very absorbent, so Grandma always cleaned them simply by wiping them with a damp cloth instead of washing them under running water. She never cleaned them until right before she planned to use them because they stayed fresher that way. She usually kept them for 2 to 3 days in the refrigerator in a cardboard carton or a paper bag.



**4** Place mushroom caps upside down on prepared baking sheet. Using teaspoon, carefully stuff caps with filling. Bake until heated through, about 15 minutes. Serve immediately.

Transfer to medium bowl. Stir in bread crumbs, lemon juice, olive oil and pepper until well blended.

*Submitted by Mavis Robinson*

**F. Y. I.**

**Birthday Celebrations 90 Years & Over!!!**

**OCTOBER**

Henry C. Allen  
 Flora Austin  
 Mabel Carter  
 Carroll Ford  
 Rosa Francis  
 Lovie Mars  
 Jeanette Massenberg  
 Dorothy Moody  
 Viola Rocke



**NOVEMBER**

Mary Beville  
 Lucille Fisher  
 Louise Gray  
 Levora Haire  
 Frances Phillips



*Submitted by Deacon Verdell Ganges*

**DECEMBER**

Olive Chandler  
 Helen Chatwick  
 Lillian Cherry  
 Ellen Collins  
 Alberta Estrada  
 Christina McKinnie  
 Lottie Tucker  
 Herman Wells



**EVENTS AT A GLANCE**

**FEBRUARY**

Sun. 24<sup>th</sup> Pine Forge Academy Concert

**MARCH**

Sat. 16<sup>th</sup> Gospel Brunch  
 Sat. 23<sup>rd</sup> Community Shredding Event

**APRIL**

Fri. 12<sup>th</sup> Fish Fry  
 Sat. 13<sup>th</sup> Dental Fair  
 Sun. 14<sup>th</sup> Palm Sunday  
 Thurs. 18<sup>th</sup> Maundy Thursday Service  
 Fri. 19<sup>th</sup> Good Friday Service  
 Sat. 20<sup>th</sup> Annual Hospitality Luncheon & Fashion Show (off site)  
 Sun. 21<sup>st</sup> Easter  
 Sun 28<sup>th</sup> Laity Day and Laity Day Concert

*Submit your event info to the . . .*

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