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 29:18
Where there is no revelation, people cast off restraint; but blessed is the one who needs wisdom’s instruction.

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)

Several weeks ago I preached “The Cost of Clutter” from Luke 15:1-10. Regardless if we agree or not, there is a price to pay for having too much clutter in our lives. And as we turn yet another page in the seasons of time and life, this time of the year almost always lends itself to the proverbial theme of “Spring Cleaning”. After all it is officially Spring. And yes, there may be areas in our lives that we can and need to de-clutter to position ourselves to move forward in a more productive and healthier way. However, I would like to challenge you individually this Spring to do something different. Instead of cleaning out the clothes in our closets and chest-of-drawers. I want you to go through your emotional closets and determine what can go. Really, similar to that one clothing item you’ve held on to for years but somehow you haven’t worn. And not because it’s out of style. But simply because it does not fit, has not fit, and even with hard work and exercise probably will never fit again.

Too often we clean out to create room for more stuff. That philosophy however keeps our lives cluttered. Consider this, as you sift through your emotional closets, rather than cleaning out to make room for more stuff. Clean out to have more space. More space to live, more space to think, more space to reflect, and more space creating room for you to grow. Here’s the point. Sometimes we simply just need more space. I know that at times your situation and circumstances seem insurmountable and may even be too painful. C.S. Lewis said, “Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward.” Beloved, instead of trying to clean something out of your life to help you move forward. You may simply need to just let something go, create the space to live and move on.

In order to become the person God has intended you to be; we must step out of what is our unsatisfactory normal and do something different. Yes, change is hard and sometimes, it is difficult to let go of the things which we have grown painfully comfortable with. But, God is calling us to live better and fuller; to do that, we must try something different. This spring do something different. Don’t just clean out... create space. You just might discover how much easier your life is to navigate simply by creating space.

Dr. Donald D. Moore

Mt. Carmel Anchor Newsletter
Easter

Pastor’s Pen
“The Cost of Clutter”

One Church Working together . . .
In 2017, Pope Paul VI shared these words, “We Christians are a people of spring time rather than autumn: we see the sprouts of a new world rather than the yellowed leaves on the branches.” These words resonate with me because I see spring as a time of hope and new beginnings.

It’s the time of year when everything in nature is changing and promising new life and new hope.

After the long and dark winter months, spring is literally a breath of fresh air. The official start of spring for me is the first day that I’m awakened by the melodious chirping of birds outside of my bedroom window. There is something truly miraculous about that moment.

Spring is also the time when the world seems to come alive with vibrant colors right before our eyes. Little did we know that beneath the cold hard ground the plants and trees were preparing such a beautiful display of color and life. Everything seems possible.

Last year I wrote about decluttering for spring. Spring is truly a good time to let go of the old and make room for the new. This can apply to the traditional spring cleaning but more importantly we need to apply it to letting go of old grudges, resentments, and anger that holds us back from enjoying inner peace and more happiness in our lives. Everything seems possible.

Last year I wrote about decluttering for spring. Spring is truly a good time to let go of the old and make room for the new. This can apply to the traditional spring cleaning but more importantly we need to apply it to letting go of old grudges, resentments, and anger that holds us back from enjoying inner peace and more happiness in our lives. When we hold on to the old we keep rehashing and re-visitng old wounds and they keeps us stuck. And sometimes we don’t even know it. When we choose to let go of the old we make room for the new and open the door to the endless possibilities that God has for us. This allows us to see the sprouts of a new world in every person around us rather than seeing their yellowed and withered branches. After all, spring allows us all the opportunity to bloom again!

So step outside and be rewarded with a crescendo of bird song, a display of nature bursting into colorful life and the endless opportunities awaiting you in this spring season of your life.

Dr. Pamela Moore

Lenten Season

The Lenten Season is from March 6, to April 18, 2019. Ash Wednesday is the first day of Lent and the season ends just before Easter Sunday. The forty day celebration consists of prayer, fasting, and reflection. Easter represents the resurrection of Jesus Christ.

Scripture references:
The Crucifixion - John 19
The Resurrection - John 20

Written and submitted by KimLa Robinson.

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Easter . . . Did You Know?

On the first day of the week, at early dawn, they came to the tomb, taking the spices that they had prepared. (Luke 24:1-2)

Why do you look for the living among the dead? He is not here, but has risen. (Luke 24:5)

They were saying, “The Lord has risen indeed, and he has appeared to Simon!” —(Luke 24:34)

Jesus said to her, “Mary!” She turned and said to him in Hebrew, “Rabbouni!” (which means Teacher). (John 20:16)

Jesus came and stood among them and said, ‘Peace be with you’ (John 20:19)

The resurrection was a great surprise to Jesus’ followers. Terror and amazement had seized them and they said nothing to anyone, for they were afraid. The presence and power of the risen Christ among his followers soon led them to tell the world, “Christ is risen! He is risen indeed!” Alleluia, which means “Praise ye the Lord!” is our response to what God has done.

Sunrise Services

Like the women who came to the tomb at dawn, many churches have sunrise services as the first service of Easter. A widespread belief once held that the sun danced for joy on resurrection Sunday. The sunrise is a symbol of Jesus’ resurrection.

Easter Colors

White and gold are joyous and festive colors to use at Easter and throughout the Easter season on cloths for the altar, pulpit and lectern and on stoles and banners.

Date of Easter

The date for celebrating Easter is the first Sunday after the full moon that occurs on or next after March 20, thus Easter can be anytime from March 22nd through April 25th.

Submitted by Gerri Ambush
Source unknown
**HE SEVEN LAST WORDS**

Please be mindful to meditate on each of these Seven Last Words of Jesus Christ. They are taken from different Gospels but assembled into what was probably their chronological order. According to a simple harmony of various gospel accounts of the crucifixion:

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

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

Reprinted - Submitted by Linda Adams

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**The Jelly Bean Prayer**

RED is for the blood He gave,
GREEN is for the grass He made,
YELLOW is for the sun so bright,
ORANGE is for the edge of night,
BLACK is for the sins we made,
WHITE is for the grace He gave,
PURPLE is for His hour of sorrow;
PINK is for our new tomorrow.

A bag of jelly beans-colorful and sweet.
Is a prayer, is a promise, is a special treat.

Submitted by Gerri Ambush

**RESURRECTED LIFE**

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

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

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

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

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

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

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

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

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

He is Risen Indeed!  
Reprint Rev. Julia Bruton-Sheppard

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**STRONG WOMAN VS WOMAN OF STRENGTH**

A strong Woman works out every day to keep her body in shape, but a Woman of strength kneels in prayer to keep her Soul in Shape...

A strong woman isn’t afraid of anything...

but a Woman of strength shows courage in the midst of her fear..

A strong woman won’t let anyone get the best of her.

but a woman strength gives the best of her to everyone.

A strong woman walks sure-footedly

but a woman of strength knows God will catch her when she falls..

A Strong Woman wears the look of confidence on her face.

but a woman of strength wears grace..

A strong woman has faith that she is strong enough for the journey.

but a woman of strength has faith that it is in the journey that she will become strong.

Happy Mother’s Day — Woman of Strength!!
THE 2019 WEST PHILADELPHIA BAPTIST CONGRESS OF CHRISTIAN EDUCATION’S 60TH ANNUAL SPEAKERS & POSTER CONTEST

The West Philadelphia Baptist Congress of Christian Education held the 60th Annual Speakers Contest at the Mount Zion Baptist Church. We are thankful for the encouragement and support from the Mount Carmel Church Family for the students and for this activity.

The attendance count for the Speakers Contest included people that were at the Poster segment on 3/10/19 and the people who were at the Speakers segment on 3/16/19. The Total Attendance Count was 494. Mount Carmel was second in the attendance count with 48. This included the 5 extra points that we got for Pastor Moore’s attendance. White Rock won the 2019 Elisha T. Ridley Attendance Banner with 84 Members.

The Financial Report showed a total collection of $18,368.80. First Corinthian was 1st and won the Albert Pryor Financial Award. They turned in $3,085.00. Second Antioch was 2nd with $2,704.00. Vine Memorial was 3rd with $2,074. Mount Carmel’s $1,405.00 contribution was 4th.

Mount Carmel entered two segments of the Speakers Contest this year. The youngsters who participated in the Speakers Contest are to be commended and congratulated.

12 year old Anthony Taylor competed in the 12 to 14 year old group and gave a three minute speech on the topic: “God’s righteousness changed me. How can I change the world?” Anthony received a large 4th Place Trophy for his speech.

Mount Carmel also competed in the Radio Announcement Segment. The members of the Radio Announcement Group ranged in age from 12 through 15 years. They were: Wisdom Gossett, Elmore Johnson II, Sydney Johnson, Bryce Mc Arthur, and Michael McArthur III.

Mount Carmel’s 60 Second Announcement stood out again and the Mount Carmel Group won the 1st Place Award for the second year in a row.

Thanks are also extended to the parents for encouraging their children and for getting them to rehearsals and required activities.

Submitted by the Activity Coordinator, Barbara Breeze;
Speech Coach, Vivian Barrett;
Radio Announcement Coaches, Dr. Claudia Hurst-Curry and Michael McArthur, Sr.

THE CHURCH CHOIR CELEBRATES 125 YEARS OF WORSHIP AND MINISTRY

SUNDAY, February 24, 2018

The Church Choir, directed by Ann Foster, began its day with the morning worship service and was joined in service by the Pine Forge Academy Choir. This was the kick-off of the Choir’s year-long celebration of its 125th year and the culmination of Black History Month. For the delight of the church, the choir hosted an afternoon concert presenting the gifts and talents of the prestigious Pine Forge Academy Choir led by Director, Jarrett Roseborough.

Last year, the Church Choir’s Annual Concert included a guest appearance of the Pine Forge Academy Choir who brought the church to its feet and much praise by our Pastor. For this year’s 125th celebration, the Church Choir decided to host a full concert by the Academy Choir. This world-renowned choir is known for their harmonious delivery of spirituals, anthems, gospel music, and their testimonial style of loving the Lord. The Pine Forge Academy Choir travels throughout the United States and abroad engaged in many concerts, church services, and community events. We were also surprised with a presentation by the Academy’s String Ensemble led by Director Kerri Williams.

The Mount Carmel Church Choir will continue to celebrate this momentous 125th year with the following events:

• The Anniversary Concert on June 2, 2019 at the Church – Freewill offering
• The Luncheon Celebration on November 16, 2019 at Drexelbrook – Adults $45 and Children $25
• Annual Performance of Handel’s Messiah on December 8, 2019 at the Church - Freewill offering

Thanks to the Choir’s 125th Anniversary Committee, William P. Henry, Chair and Carolyn Merritt Jackson, Co-Chair.

Submitted by Valerie Merritt

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THE BEGINNING & THE END

Invocation: a prayer for blessing or guidance at the beginning of worship service.

Benediction: the blessing with which worship service is concluded and dismissed.

In the Interim

Please ensure that phone ringers are off during service. It is reverence to God, respect to fellow congregants and keeps unwanted stares to the phone ringing party.

Submitted by John Davis

L O O K  W H A T ’ S  C O M I N G . . .

48th LAITY DAY
Sunday, April 28, 2019

• 10:00 a.m. - Worship Service
  Reverend Dr. Steven Blunt, Guest Preacher, Pastor of the First Baptist Church Mahan Street Suffolk, Virginia.

• 5:00 p.m. - Cultural Arts Concert — “An Afternoon of Songs” composed by Carol Antrom rendered by “The Fellowship Choir” assembled for this service.

Remember Your Color
The colors for the day reflect your years at Mt. Carmel.

0-9 - red
10-19 - green
20-29 - purple
30-39 - yellow
40-49 - silver
50+ - gold

“WHAT’S MEANT TO BE WILL ALWAYS FIND A WAY”
“DON’T LET YESTERDAY TAKE UP TOO MUCH OF TODAY.” WILL ROGERS
African Heritage Ministry  
Sponsoring - Igbo

The African Heritage Ministry is sponsoring an opportunity for enthusiasts desiring to be enlightened in African linguistics and culture. It is titled Igbo, pronounced È-ôbo.

The classes are on Saturdays for 10 weeks over an 11 week span, subject to change. They will be conducted from noon until 1 PM beginning April 6, 2019 and run through June 15, 2019. Requested reading is "Things Fall Apart” by Chinua Achebe. Registration fee is $40.00, enrollment is limited.

Submitted by John Davis

TO LEARN MORE, SEE PAGE 7

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Discovery Charter School Gala  
April 13, 2019

In 1999 Rev. Vincent Coles had the desire for children in our church and in the West Philadelphia area to travel outside of the community to have experiences that would enrich their lives and change their view of the world around them. As a result, Mount Carmel’s Camp Discovery was established. Deacon Jacquelyn Y. Kelley picked up this vision and expanded upon it. Hence the vision and mission of The Jacquelyn Y. Kelley Discovery Charter School became international travel and “discovery learning”.

The Second Annual Jacquelyn Y. Kelley Discovery Charter School Gala was established as a way to honor Discovery’s Founder and first CEO, Deacon Jacquelyn Kelley and to offset the cost of students international travel. Many of Mount Carmel’s children still attend Discovery and your support would be a wonderful way to support our families.

The Gala will be held at 4700 Parkside Ave, Phila, on Saturday, April 13th with the social hour beginning at 5:00 p.m., dinner at 6:00 p.m. and a show at 7:00 p.m. Tickets for Mount Carmel members are $65 and will be sold outside of the Library each Sunday after worship service until April 7th.

Submitted by Joyce Woodson, Lay Minister

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A Special Election  
was held on March 12, 2019 for the 190th State House of Representatives seat.  
The victor was  
MOVITA JOHNSON HARRELL.  
The next Primary election is on  
May 21, 2019  
GO VOTE

As we continue our series on Our Church Leaders, this Installment is:

DEACON BOARD MINISTRY

The Mount Carmel Baptist Church’s Centennial Anniversary edition, 1882 – 1982, reports the following: “Board of Deacons, Organized in 1888 – ‘To serve and care for the membership and proclaim the gospel.’ Five deacons were originally appointed. We now have a thirty-six member board.

The deacons serve as instructors for new members and are now engaged in a ‘Unit Membership Plan.’ The plan requires that a deacon is assigned to watch over a given number of members of the church via visits or phone calls.

Our proud Board of Deacons relish in the fact that our church’s beginning was in the home of a deacon.”

The Mount Carmel Baptist Church’s publication, “A Revolutionary Church, Engaged in Revolutionary Services to Make a Difference, Isaiah 61:1-3 & Luke 4:16-21, 1882/2001,” reads as follows: “The use of the Deacons in the Church had its origin and commission in the Scriptures. It is significant to note that the founding of Mount Carmel Baptist Church began in the home of Mr. Nelson Anderson, who was a Deacon. The first Mount Carmel Board which was established in 1888 included five deacons. During the early founding years of the Church, it is recorded that the men who served as Deacons were very dedicated and very hard working. It was the Deacons, with a few strong members, who kept the church operating when the Church was without a minister.

The Board of Deacons works closely with the Pastor to conduct the functions of the Church. Through the Deacon’s Unit Management Plan, Deacons interact closely with individual church members and families. Deacons are also assigned to work with the Church Ministries and Auxiliaries. Mount Carmel Deacons perform a wide range of services in the Church and in the community in order to achieve the goals listed in their mission statement.

The mission of the Deacons Ministry is to assist the Pastor in serving the congregation by implementing the mission of the church and by the power of the Holy Spirit, to promote all aspects of Church life through discipleship, edification and spiritual growth.”

Reverend Dr. Albert Franklin Campbell proposed female deacons in the early 2000’s. With the approval of the membership, the first females ordained were:

Teresa G. Campbell  
Alma G. Goodwyn  
Pamela Coles  
Sandra U. Myers  
Verdell L. Ganges  
Jacquelyn Y. Kelly

Presently, The Board of Deacons is comprised of 22 members; Calvin A. Austin Sr. is the Chairman

Harry E. Allen  
Clarence Freeman  
William Long  
Michael A. Baker  
Verdell L. Ganges  
Clifford L. Miller  
Gene Bazemore  
Elmore Johnson, Jr.  
Joseph Reed, Jr.  
Teresa G. Campbell  
Ottis T. Jones, Sr.  
Herbert S. Rodwell  
Pamela Coles  
Kenneth Justice  
Rita Shoultz  
Ahmisha Evans  
Henry Knox  
Eric Solomon  
Howard Evans  
Lee A. Little, Sr.  
Jeffrey Whittington

There are five Emeritus; Malcolm H, Darden, Alma Goodwyn, George E. Moody, James E. Moore and Michael Perkins.

Currently, there are three “Walking Deacons,” as they participate in the Diaconate (the office or dignity of deacon). They are Carol Dessus, Dwayne Jones and Henry “Rick” Spady.

If you do not know your Deacon, please contact our Chairman, at 215-471-8996/215-704-8964 or the church office at 215-476-5320

— Submitted by Deaconess Gloria Lighty

Do what you can with all you have, wherever you are.” – THEODORE ROOSEVELT
The Mt. Carmel Anchor Newsletter - March 2019

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

JUNIOUS RHONE, SR.

Brother Junious Rhone, Sr. was raised by his grandparents in Tuskegee, Alabama.

Influenced by the legacies of Booker T. Washington, George Washington Carver, C. Alfred “Chief” Anderson, and the Tuskegee Airmen, brother Rhone fulfilled his military obligation in World War II by serving in the United States Army Air Force from which he received an honorable discharge. He entered Hampton Institute (now Hampton University) in 1947 and graduated with a B.S. degree in Business Management in 1951. Further studies included Accounting and Geriatrics at Temple University as well as Extended Care Facility Management at Rutgers University in Camden, N.J.

His work experience includes being a General Manager at Eden Cemetery Company where he retired in 2015 after 50 years of service, being Community Manager for the handicapped, disabled and blind at Park Towers in Philadelphia, and being a Nursing Home and Apartment Administrator for Stephen Smith Geriatric Center.

Mr. Rhone has been a loyal member of Mount Carmel Baptist Church and has served on our Trustee Board for over 30 years. As Treasurer of that ministry for 10 years, he also served as Chairman of both the Budget and Personnel committees. He now enjoys his status as Trustee Emeritus.

Junious has dedicated his life to community service, and served on the Professional Advisory Board of the United Way; Chairman of the Board of Directors for the Parkside YMCA; Advisory Committee of the Medical Record Technology Program of the Community College of Philadelphia; Chairman of the West Philadelphia Branch of The American Red Cross; Vice President of Frontiers International; Member of the Charter Review and Presentation Committee of the Allegheny District of Boy Scouts of America; President of the Hampton University Alumni Association and continues to serve on the Board of the historic Eden Cemetery Company in Delaware County, PA.

He is a proud member of Kappa Alpha Psi and was inducted into the Beta Chi Chapter in 1950 at Hampton Institute (University). In 2017, he received his white jacket, an honor distinguishing those members who have been an integral part of the fraternity for over 60 years!

Brother Rhone has been married to his lovely wife Shirley for more than 60 years. He is the father of the late Junious Rhone, Jr. and father in law to Robin Dickerson-Rhone. He has one grandson, Junious Rhone, III and is the proud grandfather to one great-grandson, Ender Leonodis Rhone.

Written and submitted by Robin Rhone

ATTENTION DEFICIT/HYPERACTIVITY DISORDER (ADHD)

ADHD is the most common neurobehavioral condition in childhood. A person with this condition has differences in brain development and brain activity that affect attention span, the ability to sit still and self-control. All children struggle at times to pay attention, listen and follow directions, sit still, and wait their turn. But for children with ADHD, the struggles are harder and happen more often. They are unable to focus, concentrate and stay on task. This condition may continue into adulthood. Some symptoms may improve as the child ages. In order to make sure the child with ADHD reaches their full potential it is important that they are diagnosed and begin treatment as soon as possible. Although ADHD cannot be cured, it can be successfully managed.

Treatment must include the child, the family, the psychiatrist who specializes in the management of ADHD. In most cases, treatment includes education for the full family, a combination of behavioral/cognitive therapy and medication. Treatment plans will include close monitoring, follow-up and making changes when necessary along the way. In addition to behavioral therapy and medication, having a healthy lifestyle would make it easier to cope with symptoms. An environment that is structured, compassionate and stable is valuable to assist in controlling symptoms. Eating a healthy diet is also good. Participating in physical activity sixty minutes a day is essential. Limited time spent with social media, computers and television viewing for all children and especially for the person with ADHD is suggested.

The recommended amount of sleep each night is important for both the child and the family.

* MUMPS OUTBREAK AT TEMPLE UNIVERSITY

In recent days, the Philadelphia Health Department has reported an alarming number of cases of mumps among Temple University students.

The public should be cautious and know the facts. Mumps are highly contagious and are spread from person to person via coughing and sneezing. Someone with mumps are identified by puffy cheeks and swollen jaws which are caused by the inflammation of salivary glands (mumps).

Other common symptoms include fever, muscle aches, loss of appetite and headaches. These symptoms occur 16-18 days after infection, and can last for 15-25 days. The treatment for mumps is similar to that as the flu unless complications are present. Complications include, encephalitis, meningitis and deafness. Most people recover completely. To prevent getting the measles, mumps and rubella GET THE VACCINES (MMR).

Written and submitted by Gwen Travis

“Whether you think you can or think you can’t, you’re right.” — Quote by Henry Ford
**F.Y.I... & THINGS TO REMEMBER**

**SENIOR CORNER 18 OR OLDER**

**BENEFITS OF MUSIC THERAPY FOR PEOPLE WITH DEMENTIA**

According to the Alzheimer’s Association, music adds something crucial to the lives of people with any dementia-related illness. Even in the later stages of dementia, music provides a way for patients to express themselves and engage with other people. The overall goal of music therapy is to improve functioning and quality of life.

If you do not have access to a music therapist or would like to use music with a loved one, the Alzheimer’s Association suggests:

- Use music that is familiar and enjoyable
- If they are able, let your loved one choose the music
- Use a music source that does not have commercials (can be confusing)
- Eliminate competing noise such as the TV, open windows or appliances
- Make sure the music is not too loud
- Encourage clapping, dancing or any type of movement
- Use tranquil, slower music to help your loved one relax or an upbeat song to boost mood.

*Source: Erickson Tribune*

**TIME TO GET REAL ABOUT REAL ID**

As of October 2020, anyone 18 or older will need a REAL ID or other federally accepted identification, such as a passport or military ID, to board a commercial flight or to visit secure federal buildings or military bases. Current driver’s licenses won’t be enough.

The state will begin issuing REAL ID licenses and photo identification cards marked with a gold star in the spring.

To get the REAL ID card you need to go to a driver’s license center for verification. There is a one-time fee in addition to the normal license renewal fee.

You will need to take:

1. Proof of identity, such as an original or certified copy of a birth certificate with a raised seal issued by an authorized government agency or a valid U.S. passport.
2. Social Security card
3. Two proofs of current, physical PA address, such as a current, unexpired PA license or ID and a valid PA vehicle registration.
4. Proof of all legal name changes.

For more information about documents required visit www.PennDOT.gov/REALID and click the “Document Check” icon.

*Source: AARP Bulletin AUG, 2018*

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**LEARN MORE FROM PG. 4 — AFRICAN HERITAGE MINISTRY — 2017 CLASSES RECAP**

In the spring of 2017, the African Heritage Ministry sponsored a program featuring a panel of distinguished speakers in African American studies. Dr. Emeka Nwadiosa was a member of this panel. Dr. Emeka is a long time host on Philadelphia’s only black-owned radio station, WURD (900 AM). Dr. Emeka possess a doctorate in Clinical Psychology as well as Clinical Social Work. Dr. Emeka is a tenured professor at Temple University, operates a private practice and possess a law degree.

Dr. Emeka has a distinct Afro-centric philosophy that he shared with us during the panel discussion. He argues that for the African essence to thrive politically, economically, culturally and globally, it must celebrate and promote its fundamental theology as opposed to European interpretation and false assumptions of the African legacy on the world stage. He states that African Americans and African people must join together and develop a new paradigm for creating “the beloved community”. At that time he offered to teach a class on the Igbo language.

The class began in April of 2018. The Igbo people are an ethnic group native to the present day south central and south eastern Nigeria. The Igbo people are one of the largest ethnic groups in Africa. They are primarily Christians with a minority Islamic population. The foundation of the Igbo culture is based on theocratic democratic republic that venerates their ancestors. The Igbo political organizations are based on a quasi-democratic republic system of government. The tight knit communities were usually governed and administered by a council of elders. Their spiritual paradigm was based on a theosophic philosophy that God interacts with His creation and is worthy to be worshipped.

During the ten weeks of class we learned vocabulary words, basis syntax and pronunciation. For some of the members of the class forming the mouth and tongue to pronounce Igbo words which required a lifting use of the tongue. English, which is based on Anglo-Saxon and Anglo-Germanic origins, is more guttural, so Igbo was challenging to our normal pronunciation techniques.

The Igbo culture has six defined periods of life. It begins with birth progressing through childhood, adulthood, and elderly culminating in death. These defined periods of life gives an individual a clear path to knowing who he is and whose he is. This path of life is engulfed by the concept of CHI, which gives the Igbo speaking people of Nigeria a central unifying theme. It integrates the mind, body and spirit into striving to have a personal relationship with God the creator of all things. CHINEKE is the CREATOR or the GOD that creates all things. This theosophy places the Igbo culture as a beacon for monotheism and democracy.

Dr. Emeka gave each member of the class an Igbo name. He gave me the name Chima which means God knows. The class was a blessing as it encouraged each of us to develop and use a dynamic and ancient language while we learned history, customs and traditions. I look forward to another Igbo class. The Igbo class starts April 6, 2019. I will be there.

*Submitted by George J Brown Jr.*

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**THE FOCUS “WORD”**

**ENCOURAGING THOSE AROUND YOU**

*Pleasant words are as a honeycomb, Sweet to the soul, and health to the bones.*

Proverbs 16:24

Are you an encourager? Are your words pleasant and cheerful when you enter a room? Do you find yourself talking mostly about yourself, or do you focus on the other person in the conversation?

The tongue is a powerful thing. Words can encourage or discourage, build up or tear down. As you go throughout your day today, seek to be one whose words are healing to the body and sweet to the mind as the writer of Proverbs describes. If you are in the workplace, take time to greet your coworkers with a genuine “Good morning.” Be sure to truly listen for an answer when you use the phrase “How are you?” Rather than moving on as if your question were rhetorical. You will find that while kind words encourage the person that receives them, speaking them, speaking them to others will also bless you. You will feel good knowing that you have lifted someone’s spirits or shared in their sorrow. You will begin to focus on others rather than going on and on about your own problems or plans.

It has been said that conversation is an art. Hone your conversation skills this week. Speak words of encouragement, words of life that remind the hearer that they are special to you, and more importantly, to God.

Father help me to speak life today. May my words be pleasant, sweet, and healing. May my conversations be pleasing to You. —Amen.

*Source: The KJV Daily Devotional — Submitted by Donna Miller*
THE STORY OF
ROBERT L. BOSTON

I was born on Thursday, November 26, 1953 which also happened to be on Thanksgiving evening about 10:30 p.m. About 35 minutes later, my twin sister, Robin Rebecca Ann Boston was born. She died from lupus two and a half years after she graduated from high school. Our parents were the late Norman Gibson and Camilla Victoria Boston. There were also five other siblings who were born in my grandparents’ home on Lincoln Street in Denton, Maryland.

Mom was the rock and glue who held us together and disciplined us when needed. I credit God and my mom who saw me through many health challenges as a child. I was born extremely bow-legged and endured many years of people making fun of me. But after high school graduation, my legs were surgically repaired.

Another medical condition occurred in my early years. I had developed swollen glands, which are a part of the lymphatic system. I had nodules which grew on my neck and became painful and sometimes irritating. I had surgery each year at ages 13, 14, 15 and 16. At my final follow-up visit to the doctor, he was amazed. He said that we don’t know what happened, but every nodule, every symptom was gone and they couldn’t explain it.

I have had several jobs over the years, but I am most proud to be President and CEO of my own company, Robert L. Boston Transportation Services, Inc. My biggest day was during the 2006 Super Bowl in Detroit, Michigan. That day I was selected to drive Miss Aretha Franklin to mid field to sing the National Anthem and also drove the Rolling Stones for their half time performance show.

Recently, the Lord has blessed me to purchase a new 2019 Lincoln Navigator L which is one of the top SUVs in the transportation industry.

In 2016, I formed a network “The Firm” of chauffeurs so that we could all grow our businesses. We started with 5 chauffeurs and now have 72 and still growing.

I have been a member of Mount Carmel Baptist Church for nearly 39 years. I attended by way of a request from a friend. I have served in many different ministries. However, my first and favorite has been serving on the Men’s Usher Board Ministry. I have served as a sponsor for the Young Peoples Ushers Ministry for more than 30 years. I served on the Trustee Board for 24 years and have earned the honor of Emeritus Trustee. Also, I am one of the original members of the Security Ministry for 20 plus years. Lastly, I have been an inactive member of the Transportation Ministry; serving as a van driver from 1983-2016.

Presently, I am married to Katherine D. Stokes Boston. We have a son, Steven (mother Darlene Medley Boston) and two daughters, Mariah and Maiya. My favorite scripture is Psalm 23… “The Lord is My Shepherd.”

Written by Robert L. Boston
Submitted by KimLa Robinson and Deacon Verdell L. Ganges

WOMEN’S HISTORY MONTH

JACKIE JOYNER-KERSEE

INTRODUCTION

Jackie Joyner-Kersee is a retired track and field athlete. She was a talented and well rounded athlete. She was great at the heptathlon and the long jump as well as other sports. In 1988, she won 3 Olympic gold medals, one silver medal, and two bronze medals.

Education and demographics

- She was born on March 3, 1962 in East St. Louis.
- She attended the University of California in Los Angeles.
- She married Bob Kersee in 1986.
- Her parents were Alfred Joyner Sr. and Mary Joyner.
- Her siblings are Al Joyner, Debra McNair, and Angela Joyner.

She grew up poor in East St. Louis when she began track at the age of 9. Her sisters furnished their backyard with sand from the park across the street in potato bags to make a jump pit. This helped her train for the long jump.

She was a dominating athlete in high school. She won a basketball scholarship to UCLA where she met her track coach who eventually became her husband, Bob Kersee.

She won a silver medal in the 1984 Olympic Games Heptathlon, which is a grueling 7 events in two days of 100 and 200 meter dashes, long and high jumps, shot puts and the javelin. Unfortunately, a torn hamstring prevented her from getting a third gold medal.

On August 6, 1992 Jackie made history by becoming the first to ever win back to back Olympic Gold Medals in the heptathlon.

Finally, in Seoul, she won her second gold medal in the long jump and the heptathlon games. This set a new world record and a new Olympic best for the long jump.

Written and Submitted by KimLa Robinson

* * *

Have you heard of — SUPA CENT?

If you believe that you can’t make money creating a makeup line in the super saturated makeup market, read on…

Supa Cent, whose real name is Raynell Steward, is a New Orleans African American social media sensation who recently launched her own makeup line. She made headlines on Tuesday, November 27, 2018 for making one million dollars in 90 minutes after the sale went live. It has been used by celebrities and celebrity makeup artists alike.

Supa Cent became a social media sensation back in 2013 after she went viral on the internet after making her typical funny comments and opinions about life and love. She used her popularity to become a brand influencer.

In 2017, Supa started her cosmetic company, called “The Crayon Case.” It is a cosmetic line dedicated to amateur makeup lovers as well as aspiring makeup artists. The case is an eyeshadow palette with vibrant colors that resemble a box of crayons. Since then, her company has made a mark on the beauty industry, receiving well over 10,000 orders in an unbelievable short amount of time. “The Crayon Case” grossed $1 million in revenue, only 90 minutes after the sale went live. It has been used by celebrities and celebrity makeup artists alike.

Supa Cent now has her own company space in her hometown of New Orleans and has 20 employees overseeing operations.

Before finding success, she worked as a housekeeper and later as a waitress to make ends meet. She is never reluctant to talk about her hardships and struggles and takes every opportunity to leave her followers and fans with motivational words.

Supa Cent has been quoted as saying, “There is no elevator to success, you have to use the stairs”, and has demonstrated that hard work and perseverance can get you to a place you’ve never imagined. Follow her on Instagram, Youtube, Twitter and FaceBook by searching SupaCent or The Crayon Case.

Submitted by Robin Rhone

“If you are working on something that you really care about, you don’t have to be pushed. The vision pulls you.” – Steve Jobs

Submit your stories and photos to KimLaRobinson212@gmail.com

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BLACK HISTORY FACT

Greensboro is a historic city that experienced national attention on February 1, 1960 when four A&T College (located across the street from Bennett College) students sat down at the Woolworth lunch counter which began what we know as the Civil Rights Sit-In Movement.

(L-R) are, Franklin McCain, Ezell Blair Jr., David Richmond, and Joseph McNeil. Former schoolmates of our own Mavis Robinson.

Prior to this movement many African Americans helped to shape the city for many decades. For example, Palmer Memorial Institute, the country’s first Black finishing school is located in Greensboro, as is Bennett College. Alumni of Greensboro Schools include: the late astronaut Ron McNair, Rev. Jesse Jackson who attended A&T University, Justice Henry Frye and former Harlem Globetrotter Freddie "Curley" Neal.

Co-writers:
KimLa and Mavis Robinson

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THE NILE SWIM CLUB

The Nile Swim Club, located at 513 S. Union Avenue in Yeadon, PA, is the first and only non-profit African American member owned and operated swim club in the United States. Established in 1958, the mission of the club is to advance the education, physical and social well-being of its members and its surrounding community. It was formed when Blacks were denied membership to the white swim clubs in the borough. As we know, this practice of denial for membership often continues today.

The Club’s existence is vital to providing us access to an affordable local swim facility and recreational space for our youth and families. Unfortunately, the Club has suffered financial hardship over the past decade and it has fallen into disarray. Beginning in 2018, their Board of directors launched an aggressive fundraising campaign toward a tremendous outstanding tax bill owed to the William Penn School District and the borough of Yeadon. Their goal is to raise $1 million in 2019. Recently, an anonymous donor and The Penn Wood Foundation contributed over $64,000 toward delinquent tax bills of more than $165,000.

Looking forward, the Club plans to challenge their yearly tax assessment of $32,000, increase their membership rolls, and pursue sponsorship and partnership opportunities to keep them afloat.

If you would like to consider making a tax deductible contribution to preserving such an important part of African American history and to ensure The Nile Swim Club’s legacy, please make contributions online at give.nileswimclub.org or mail checks to their P.O. Box 452, Lansdowne, PA 19050. Make checks payable to Nile Swim Club.

Submitted by Robin Rhone

ON THE FIFTH DAY

In the beginning God created the heaven and the earth. And God said, “Let the land produce living creatures according to their kinds; livestock, creatures that move along the ground, and wild animals according to its kind.” And it was so. Genesis 1 & 24 NIV

Camels, part of the fifth day of creation, are ideally suited for life in arid and harsh habitats. The Dromedary (1 hump) and Bactrian (2) are the two distinct types. Camels and their humps have been commercialized and socialized, highlighted in advertisement and jargon. A camel walks through spaces around cubicles asking employees “Guess what day it is?” It’s hump day!

Dromedaries, also known as Arabian camels can be found throughout hot deserts of West Asia, Northern Africa and Australia. Bactrians are native to Central Asia, mainly in the Gobi and Taklamakan deserts.

Adult camels can grow 6-7 feet at shoulder height and weigh 1,600 pounds. They have a life expectancy of fifty years and a gestation period of 11 to 12 months. Baby camels are without humps at birth. Contrary to popular belief, the humps of camels store fat and not water. The fat is a food source when long periods of not eating, which are common, arise.

Physical features include two toed, large flat feet with thick padded soles. The feet spread when touching surfaces allowing better distribution of the heat produced from the hot sand. The width and the spread also averts them from sinking in the yielding sand. Camels can walk or run almost noiselessly.

The ears of camels are protected with tufts of hair stopping fine dust and sand from entering and damaging them. They have the ability to seal their mouths and nostrils during sandstorms. The camels eyelids are lined with two or three rows of long bushy eyebrows, maybe it’s Maybelline. No, it is our Creator’s design to keep sand out.

Camels are herbivores with salt rich diets and the ability to chew thorny vegetation without damage. They can drink up to 30 gallons of water at one time with their blood having the capacity to store water and stay hydrated. Is there any doubt about God’s power?

Submitted by John Davis

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"Develop an ‘Attitude of Gratitude’. Say thank you to everyone you meet for everything they do for you.” – Encouraging Quote by Brian Tracy
Pastor Moore recently preached a sermon called, “Let It Go” and focused on the parable in Matthew 18: 21-35. The Parable of the Unmerciful Servant is an example of a person who received forgiveness and patience in regard to a debt, but he in turn was unmerciful and unforgiving toward someone who owed him a debt. He would not “let it go”. Pastor reminded us of the emotional and psychological hoarding we carry on our own lives. We destroy our families, our psyches, our emotional and physical health because we neglect to rise above certain situations and “let it go”. Calamity, unresolved anger and unforgiveness becomes our normal. He asked, “What are the things you won’t let go of? What situation is causing you sleepless nights? Are you tired of being in a mental prison of your own making?”

This leads us into the subject of hoarding. The renowned Mayo Clinic defines a hoarding disorder as persistent difficulty discarding or parting with physical possessions because of a perceived need to save them. Excessive accumulation of items, regardless of actual value, occurs. The American Psychiatric Association says that people with a hoarding disorder excessively save items that others may view as worthless. They have persistent difficulty getting rid of or parting with possessions, leading to clutter that disrupts their ability to use their living or work spaces.

Hoarding disorder occurs in an estimated 2 to 6 percent of the population and often leads to substantial distress and problems functioning. Some research show hoarding disorder is more common in males than females. It is also more common among older adults by 3 times as compared to adults 34 to 44 years old.

Please note - hoarding and collecting are not the same. Collectors look for specific items, such as model cars or stamps, and may organize or display them. People with hoarding disorder often save random items and store them haphazardly. In most cases, they save items that they feel they or someone else may need in the future, are valuable or have sentimental value. Some people feel they don’t want to waste anything. Often, the items still have tags on them or have never been opened. Some people may also feel a sense of safety being surrounded by all the things they save.

Hoarding ranges from mild to severe. In some cases, hoarding may not have much impact on a person’s life, while in other cases it seriously affects daily functioning. The bad part is, often, people with a hoarding disorder may not see it as a problem.

Hoarding often creates such cramped living conditions that homes may be filled to capacity, with only narrow pathways winding through clutter. Every countertop, sink, stove, desk, and stairway is usually piled with stuff. Some people even hoard items that they feel they or someone else may need in the future, are valuable or have sentimental value. Some people feel they don’t want to waste anything. Often, the items still have tags on them or have never been opened. Some people may also feel a sense of safety being surrounded by all the things they save.

Hoarding ranges from mild to severe. In some cases, hoarding may not have much impact on a person’s life, while in other cases it seriously affects daily functioning. The bad part is, often, people with a hoarding disorder may not see it as a problem.

Many people who have a hoarding disorder may also experience other mental health disorders, such as: depression, anxiety disorders, obsessive-compulsive disorder (OCD), or attention-deficit/hyperactivity disorder (ADHD).

If you or a loved one has symptoms of hoarding disorder, talk with a doctor or mental health professional as soon as possible. It is difficult, but if a hoarding disorder threatens health or safety, you may need to contact local authorities, such as police, fire, public health, child or elder protective services, or animal welfare agencies. I would be remiss if I did not provide you with some agency information that may be of some help. Let it Go!!!

- The Philadelphia Hoarding Task Force seeks to improve outcomes for people who hoard and reduce the catastrophic consequences related to hoarding for residents of the City of Philadelphia If you have questions regarding the Task Force, please email info@philadelphiahoarding.org. For people under 60 years of age: 215-751-1800
- For those 60 years of age and above: 215-545-5728
- American Red Cross of Southeastern PA can provide immediate shelter for displaced households including pets, 2221 Chestnut Street, Philadelphia, PA 19103 Phone: 215-299-4000 Website: www.redcross.org/PA/philadelphia
- Animal Care and Control Team of Philadelphia (ACCT) Location: 111 W. Hunting Park Ave, Philadelphia, PA 19140 Phone: 267-385-3800 Website: www.acctphilly.org
- Clutterers Anonymous (CLA) A peer-led support group for those with concerns with clutter. Location: Center City West, 19103, Wednesdays, 11:15am – 12:45pm Contact: Diana 215-847-4006 or CLAPhiladelphia@gmail.com for more information
- Weston Enhanced Living near Pennypack Park, 8401 Roosevelt Blvd., Wednesdays, 7:30 pm – 9:00pm, Contact: 215-722-4859 Rita Meeting Information: (866) 402-6685 Website: www.ClutterersAnonymous.org

HEAVY CLEANING SERVICES:
- Delete My Trash - David Anyamba - 888-477-4368 www.deletemytrash.com
- Address Our Mess 866-575-7455 www.clutterhoardingcleanup.com
- JDog Junk Removal and Hauling - Bill Read (844) GET-JDOG; jdogjunkremoval.com
- PhillyJunk - Marty Ingram 888-810-5865 Marty@PhillyJunk.com www.PhillyJunk.com
- ServiceMaster by Artec, Inc. 610-626-9002 svmartec.com

THERAPY:
- Philadelphia Society of Clinical Psychologists - www.philadelphiapsychology.org
- Pennsylvania Psychological Association - www.papsy.org

Philadelphia Corporation of the Aging (PCA) endeavors to improve the life of older citizens Main office location: 642 N Broad St, Philadelphia, PA 19130, Phone: 215-765-9040. Website: www.peacares.org

Written and Submitted by Robin Rhone

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OUR CONDOLENCES

We would like to extend our sincere expressions of sympathy to all the members of Mt. Carmel Baptist Church who have lost loved ones recently and throughout the year.

May God bless and keep you.

The Anchor Ministry
**F.Y.I. IN THE COMMUNITY**

**OUR REVIVALSIST**

**REVEREND DR. CHARLES E. BOOTH**

The Reverend Charles E. Booth, wonderfully talented preacher and community activist, and dear friend to Mount Carmel Baptist Church for many years, died on Saturday, March 23, 2019 after what was described as an illness of several months.

Reverend Booth, 72, was senior pastor at Mount Olivet, a downtown Columbus, Ohio church on East Main Street, where he had preached for more than 40 years.

Reverend Booth was influential in his community, serving on committees touching on issues concerning the police and education. A native of Baltimore, Reverend Booth earned a bachelor’s degree from Howard University in Washington, D.C.; a master’s degree in divinity from Eastern Theological Seminary in Philadelphia and a doctorate of ministry from United Theological Seminary in Dayton. He received the Distinguished Ministry Award from United Theological Seminary in 2016.

In 1993, he founded the Mount Olivet Christian Academy. The school continues to teach students in kindergarten through sixth grade. The Columbus Education Association awarded him the 2014 Martin Luther King, Jr. Humanitarian Award for his commitment to the issues of unemployment, homelessness, education and health.

Surviving Reverend Booth is his wife, Crystal, and a daughter. The viewing was held on Wednesday, March 26th. The funeral service was on Thursday at Mount Olivet at 11 a.m. Reverend Booth is buried in Union Cemetery.

Mount Carmel will miss Reverend Booth tremendously. He opened our Revival season for many years with so much unbridled enthusiasm and joy, and his knowledge of the Word was unmatched. Rest in Glory, dear Sir!

* *

**KEY FOODS**

**A NEW GROCERY STORE**

Key Foods, a new grocery store to this area will replace the Haverford Avenue ShopRite store that recently closed. The store’s owner, Jeff Brown, blamed the city’s beverage tax as the reason for the closure and cites a drop in sales. As you may know, the tax funds pre-K, community schools, and programs to improve parks, recreation centers, and libraries.

Key Food Stores Co-op, Inc. is a cooperative of independently owned supermarkets, founded in Brooklyn, New York, on April 20, 1937. Its stores are found in Connecticut, Massachusetts, New Jersey, New York, and Pennsylvania. The cooperative also operates stores under the Key Food Marketplace, Key Fresh & Natural, Food Dynasty, Urban Market, Food World, Food Universe Marketplace, SuperFresh, and The Food Emporium banners. Key Foods is expected to sign a lease soon and are expected to open in September.

The announcement comes amid renewed debate over the controversial tax, which likely will be a major issue in this year’s mayoral and City Council elections. The 1.5-cent-per-ounce tax is expected to raise $76.6 million in the current fiscal year;

**LET’S PATRONIZE OUR OWN!**

From VisitPhilly.com:

Ready for Vacation? Relax with a book and here’s a few of some of the city’s standout Black-owned Bookstores:

**Bookstores:**

Black and Nobel – Hakim Hopkins, owner. This independently owned store, almost exactly where Broad Street and Germantown Avenue meet, serves one of the region’s largest cultural centers. Beyond African-American books and DVDs, Black and Nobel’s original art and live music create a creative atmosphere, while delivery—on electric bikes—make this spot more convenient than any online bookseller. 1409 W. Erie Avenue, (215) 965-1559, blackandnobel.com

Hakim’s Bookstore & Gift Shop – Yvonne Blake, owner. One of the country’s oldest Black-owned bookstores resides at the same West Philly address where Dawud Hakim founded it nearly 60 years ago. Rich in history, proudly activist and entirely family-friendly, the bright shop belongs to Hakim’s daughter and feels just like a neighborhood shop should: welcoming, old-school and on point. 210 S. 52nd Street, (215) 474-9495, hakimskbookstore.com

Uncle Bobbie’s Coffee & Books – Marc Lamont Hill, owner. The CNN commentator and Temple prof’s thoughtful hangout is a bookstore that features both works for children and by ancient philosophers, a living room, a La Colombe coffee bar and a cozy restaurant. The spot takes its name from Lamont Hill’s favorite uncle, who nurtured his love of reading. Inspired by Hakim’s and Black and Nobel, the shop resides next door to the Germantown Historical Society in the heart of the neighborhood. 5445 Germantown Avenue, (215) 403-7058, unclobbies.com

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

Submitted by Robin Rhone

**I KNOW WHAT GOD CAN DO!**

WAS/AM

I was a crack addict and a thief
But now, I am addicted to love, with belief
That all things are possible, through faith in God
Evident in those troubling times, our Savior did guide
Never giving up on me when I was blind and couldn’t see
He said ‘John, if you just turn to me,
I’ll transform you most lovingly’
So I did Mount Carmel
And he took this wretched man into the palm of His hand
He removed the pain and the strife
God breathed on me, said you are anew
From that very moment, I blossomed, I grew
So if you ask me, how do I know that Jesus exists
You’ll hear that what once tempted me, I am now able to resist
But I’ll tell you that it’s not me, because I tried it before
Failed every time, until our Father did restore
Me, abundantly
O’ Lord, we praise your holy name
And while some things remain, I’m no longer the same.
You were taught.....to put off your old self...and to put on the new self
Ephesians 4:22 & 24

Submitted by John Davis

“The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.” – Winston Churchill

*Articles Written and Submitted by Robin Rhone*
**HEARTY SAUSAGE LASAGNA**

**INGREDIENTS: SERVES 10**
- 12 Lasagna noodles
- 1 container (32 ounces) ricotta cheese
- 2 cups shredded mozzarella cheese, divided
- 1/2 cup grated parmesan Cheese
- 2 large eggs
- 1 tablespoon dried basil
- 1 teaspoon salt
- 1 pound Italian sausage, crumbled
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 teaspoon crushed red pepper flakes
- 2 jars (24 ounces each) pasta sauce, divided
- 1 jar (6 ounces) roasted red peppers, drained and sliced

**STEP BY STEP**

Preheat oven to 350F. Cook the lasagna noodles according to the package directions. Drain and keep warm. Combine the ricotta, 1 cup mozzarella, the parmesan, eggs, basil and salt in a large bowl. Mix well.

Cook the sausage and onion in a large, heavy skillet over medium high heat until browned, lightly golden, 20-25 minutes. Mix well.

For the topping, place the flour, rolled oats, granulated sugar and butter in a large bowl. Mix well. For the filling, peel, core and slice the apples. Layer the apples slices in the prepared baking dish. Sprinkle the brown sugar and cinnamon over the apple slices. Sprinkle the topping mixture over the top. Bake until the apples have softened and the crumble is lightly golden, 20-25 minutes. Serve warm.

**CHOOSING APPLES**

To get the best flavor and texture from this recipe, use a baking apple variety with more acidity. Granny Smith, Empire and Jonathan are good choices, because they are tart and firm.

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

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** EVENTS AT A GLANCE DATES **

**April 2019**
- Fri. 12th Youth Commission Fish Fry
- Sun. 14th Palm Sunday
- Thurs. 18th Maundy Thursday Service
- Fri. 19th Good Friday Service
- Sat. 20th Hospitality Fashion Show & Luncheon (Hilton Hotel City Ave.)
- Sun. 21st Easter Sunday Service
- Sun. 28th Laity Day Service
  Evening Concert with Carol Antrom

**May 2019**
- Sun. 5th Church Chorus
  75th Anniversary Concert
- Sun. 12th Mother’s Day
- Fri. 17th to Sun. 19th Women’s Retreat
  Lancaster, PA

**June 2019**
- Sat. 1st Youth Fashion Show
- Sun. 2nd Church Choir
  125th Anniversary Concert
- Sat. 8th Father, Sons & Daughter
  Prayer Breakfast - Men of Mt. Carmel
- Sun. 9th Children’s Day
- Mon. 10th to Fri. 14th Youth Week
- Sun. 16th Father’s Day / Youth Sunday
- Mon. 24th Creative Spark Summer Camp Begins

Due to time constrains and spacing, all articles could not be published. In the future, please be mindful of the due date for submittal which is announced in the Bulletin quarterly. Thank You, Anchor Staff