

Sick and Shut-In continued

Gladys Thompson

Kearsley Rehab & Nursing Center, #55
2100 N. 49th St. (31)

Doris Warren

39 N Hobart St.
Philadelphia, PA (39)

Viola Winston

Saunders House, Rm. 126W
100 E. Lancaster Ave., Wynnewood, PA 19096

Members Who Are Ill

Olive Chandler

5751 Windsor Ave.
Philadelphia, PA 19143

Alma Goodwyn

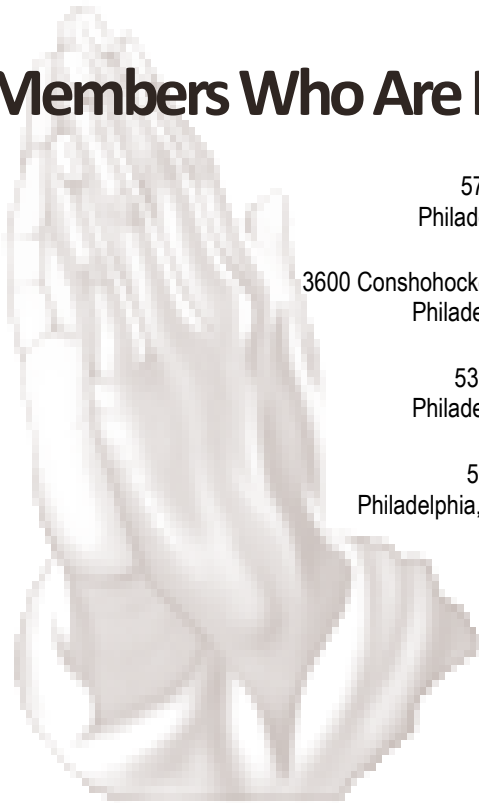
3600 Conshohocken Ave., Apt. 905
Philadelphia, PA 19131

Joyce Gordon

5334 Lebanon Ave.
Philadelphia, PA 19151

Emily Redmond

5552 Delancey St.
Philadelphia, PA 19143-7328



Remember our sick in your prayers with cards and visits.

Sunday, February 28, 2021 Black History Sunday

Mount Carmel Baptist Church

5732 Race Street

Philadelphia, PA 19139

Reverend Dr. Donald D. Moore, Pastor

Reverend Dr. Albert F. Campbell, Pastor Emeritus

BLACK HISTORY FACTS

1. Cathay Williams was the one and only female Buffalo Soldier, posing as a man named William Cathay to enlist in the 38th infantry in 1866. She served for two years before a doctor discovered that she was a woman, leading to her discharge.
2. Both Condoleezza Rice and Martin Luther King, Jr. started college when they were just 15 years old. She studied political science at the University of Denver; he majored in sociology at Morehouse College in Atlanta.
3. Journalist Ida Wells-Barnett refused to give up her railcar seat for a white man in 1884, and bit a conductor on the hand when he tried to force her. She was dragged off the train. She sued the railroad and initially won, but the decision was overturned.
4. In 2008, Jamaican sprinter Usain Bolt became the first man to ever set three world records in a single Olympic games.
5. The media made the Black Panthers notorious for their Afros, dark apparel, and willingness for armed self-defense, but their manifesto for change launched programs that benefited Black communities nationwide, like free dental care, breakfast for low-income children, even drama classes.
6. Lincoln University in Pennsylvania is the first institution of higher education founded for African-Americans. It paved the way for the 104 other historically Black colleges, which have produced distinguished alums like Thurgood Marshall, Spike Lee, and Oprah Winfrey.
7. Black ingenuity helped devise creative — and effective — plans to escape enslavement. In 1848, husband-and-wife team William and Ellen Craft made it to the North, and eventually England, when she dressed as a white man and he posed as one of her slaves. A year later, Henry “Box” Brown literally mailed himself to freedom in a shipping box during a 27-hour trip from Richmond to Philadelphia.

ANNOUNCEMENTS

Second Sunday in Lent: February 28, 2021

*Genesis 17:1-7, 15-16; Psalm 22:23-32; Romans 4:13-25;
Mark 8:31-38 or Mark 9:2-9 Psalm 25:1-10; 1 Peter 3:18-22;
Mark 1:9-15*

*"...It is necessary that the Son of Man proceed to an ordeal of suffering, be tried and found guilty by the elders, high priests, and religion scholars, be killed, and after three days rise up alive." He said this simply and clearly so they could not miss it."
Mark 8:31 -32*

Suffering is an inevitable, inescapable, and non-negotiable part of life. Forewarned is to be forearmed. By not attempting to "run" from discomfort or pain and even mental anguish, prepares us to find and embrace relief from unexpected sources and unpredictable places.

We will suffer withdrawal when we give up a creature comfort during Lent. Perhaps, the isolation of covid-19 restrictions has surfaced painful thoughts and feelings buried in busyness. Or survival fears are raised by the financial crises of unemployment or underemployment brought on by the pandemic.

Awareness, though painful is the first step toward finding redemption. Next is open and authentic prayer before God: The nitty, gritty cries that rise from the depths of our souls.

Then we wait because...

*"He (Jehovah) has never let you down,
never looked the other way
when you were being kicked around.
He has never wandered off to do his own thing;
he has been right there, **listening**." Psalm 22:24*

O God, widen our 'spiritual field of vision' to see Your deliverance from the hands of a neighbor. 'Open our ears to a new voice', to hear Your victory call even in the words of an enemy, from within or without. Amen

Sick and Shut-In

Carrie Adams	Wayne Center 30 Wayne Ave., Wayne, PA 19087
Mildred Banks	Simpson House, Rm 219 2101 Belmont Ave. (31)
Mary Brown	Simpson House, Rm. 201 2101 Belmont Ave. (31)
Louise Coleman	Dresher Hill Nursing Home, Rm. 112 1390 Camphill Rd., Fort Washington, PA 19002
Thomasina King	4925 Fairmount Ave. (39)
Lewis H. Long	Manor Care Wallingford 115 S. Providence Rd., Wallingford, PA 19086
Rosetta Maddox	Philadelphia Nursing Home 2100 W. Girard Ave. (30)
Luther McNeal	Powerback Rehabilitation, Rm. 304 1526 Lombard St. (46)
Agnes Nelson	Broomall Rehab and Nursing Center 50 N. Malin Rd., Broomall PA 19008
Anita Nottingham	Simpson House, Rm. 319 2101 Belmont Ave. (31)
Morgan Pelzer	812 Arbor Road Yeadon, PA 19050
Beverly Phillips	Walnut Care Pavilion, Rm. 168 6212 Walnut St. (39)
Frances Phillips	Walnut Care Pavilion, Rm. 153 6212 Walnut St. (39)
Richard Spencer	36 E Moyer Dr. Bear, DE 19701

