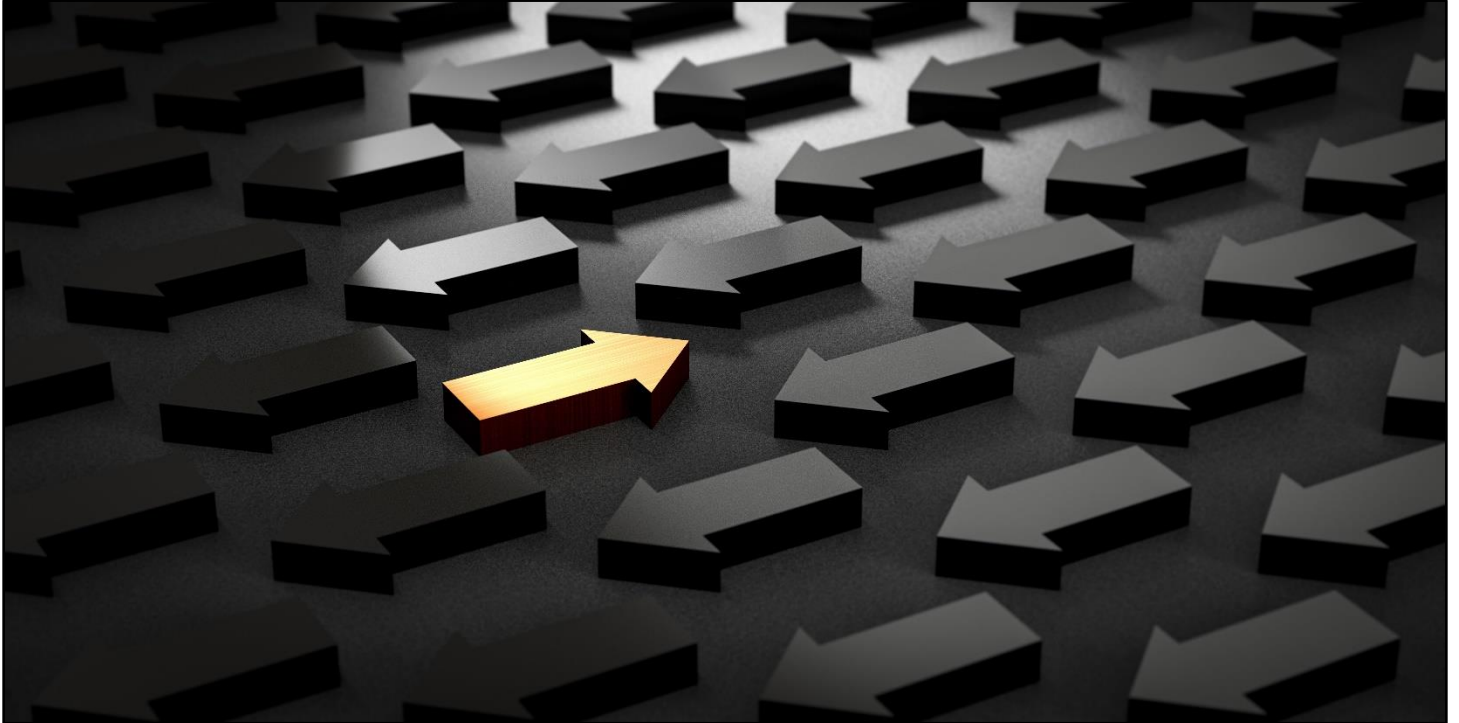


The Scoop – March 2023

From the Desk of Pastor Sadler

“SHIFT”



In April, Daylight Savings Time, the Season of Spring, Lent, Passion Week, and Resurrection Sunday commanded a *SHIFT* in our lives. We are responding to the new and different seasons of life that demand change. “The Preacher” (as he is called in the book of Ecclesiastes) Solomon inspires our transition and lets us know that new and different experiences will always be present in life.

This inspiration is written in Ecclesiastes 3: 1-8:

“To everything there is a season, and a time to every purpose under the heaven: ²A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; ³A time to kill, and a time to heal; a time to break down, and a time to build up; ⁴A time to weep, and a time to laugh; a time to mourn, and a time to dance; ⁵A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; ⁶A time to get, and a time to lose; a time to keep, and a time to cast away; ⁷A time to rend, and a time to sew; a time to keep silence, and a time to speak; ⁸A time to love, and a time to hate; a time of war, and a time of peace,” (KJV).

Join us as we *SHIFT* from hybrid to in-person worship each week. Sunday School is now held in-person at 9AM each Sunday morning and Bible Study will begin in-person during the month of May.

In –Person Worship Schedule (Social Distancing Observed & Mask Required)

- Sunday, May 7th, 2023 @ 10:30 AM **Regular Worship**
- Sunday, May 14th, 2023 @ 10:30 AM **Mother’s Day Worship**
- Sunday May 21, 2023 @ 10:30 AM Communion
- Sunday, May 28th, 2023 @ 10:30 AM **Regular Worship**

Take the
In-person Worship Survey

Upcoming Activities Highlights

S.A.L.T. - Serving and Learning Together (Growth & Development Series) - First Saturday of Every Month at 10 am (May 6, 2023) Zoom: <https://us02web.zoom.us/j/89126764163> | Audio: (301) 715-8592 | Meeting ID: 891 2676 4163

Central Mission Union Outreach In-person Worship “No One Should Live Hungry And Homeless”: Every third Wednesday at 7 pm (May 17, 2023), *in person only*, at 65 Massachusetts Avenue, NW Washington, DC, 20001.

Enlightenment, Enhancement, & Enrichment: *Discussing the Facts: Topic to be announced.* Wednesday, May 24, 2023 @ 7 pm.

The Journey

You are invited to join us on “**The Journey**” as we continue during our weekly, daily, and monthly virtual experiences on Zoom and the conference call numbers. The schedule of “**The Journey**” and access to the Zoom links and conference call numbers are listed below for your convenience.

Sunday Morning Worship 9 am

Zoom: <https://us04web.zoom.us/j/525898236> | Audio: (301) 715-8592 | Meeting ID: 525 898 236

Special Prayer of Faith, Intercessory Prayer of Hope & Corporate Prayer of Joy

Monday – Friday at 7 am | Conference Call Number (605) 475-4000 code 1018295#

Midweek Study, Testimonies, Prayer Request & Praise Report – Wednesdays

Use Conference Call Number (605) 475-4000 code 1018295# for the following:

- 12 noon: Prayer, Praise and Bible Study: [Get the current Bible Study Schedule on the Resources page](#)
- 7:00 pm: Prayer, Praise and International Sunday School Lesson Exposition
→Subscribe to a Video Summary of the International Sunday School Lesson on [YouTube](#)

Devotional Reading

[Get the current Devotional Reading Schedule on the Resources page](#)



Focus on the Family: Men, Women, Children, Service

"The News @ Noon"

Hour of Power

Every Wednesday @ Noon

Conference Call Number: (605) 475-4000, code 1018295#

Care Partners Support Group

May 3, 2023 @ 1 pm & May 17, 2023 @ 1 pm

Conference Call Number: (605) 475-4000, code 1018295#

Youth Ministry Rehearsal

Thursdays from 6 – 7 pm

Zoom: <https://us02web.zoom.us/j/87474748295>

| Audio: (301) 715-8592 | Meeting ID: 874 7474 8295

Men and Women's Ministry Joint Fellowship: Last Friday of the Month, May 26, 2023 @ 7 pm

Zoom: <https://us02web.zoom.us/j/89126764163> / Audio:

(301)-715-8592 / Meeting ID: 891 2676 4163

New Morning Star is a SHARE Food Host Site!



HEALTHIER FAMILIES ♦ STRONGER COMMUNITY

The SHARE Food Network is a non-profit, community-based organization dedicated to offering healthy, nutritious groceries at a roughly 50 percent discount to everyone on a monthly basis. Value packages cost just \$25 every month with optional Special Premium packages that can be additionally purchased."

- Get your monthly menu at church or on the SHARE Food Network website:
<https://www.catholiccharitiesdc.org/share/>
- Purchase a value package in our Church's Share Food Network envelope or through Givelify
- Make your payment by the schedule deadline date (See SHARE Calendar)

Health & Wellness Corner

By Gwendolyn Sadler, RN

National Minority Health Month 2023

Every April, the U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) observes National Minority Health Month to highlight the importance of improving the health of racial and ethnic minority and American Indian/Alaska Native (AI/AN) communities and reducing health disparities. This year's theme, Better Health Through Better Understanding.

It is estimated that only 14 percent of the U.S. population has proficient health literacy, which is an individual's ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others. Nearly 20 percent of people in the U.S. speak a language other than English at home. When patients are provided with culturally and linguistically appropriate information, they are empowered to create healthier outcomes for themselves and their communities.

Visit the National Minority Health Month website to find resources. <https://www.minorityhealth.hhs.gov/nmhm/>

Alcohol Awareness Month

Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987 with the intention of targeting college-aged students who might be drinking too much as part of their newfound freedom. It has since become a national movement to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems.

A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general.

NCADD Alcohol Awareness Month encourages organizations and communities to reach out to the public with information about alcohol use and alcoholism as a preventable disease and encourages people who are already addicted to seek treatment.

Visit the National Council on Alcoholism and Drug Dependence (NCADD) website to find resources.

<https://www.cadca.org/resources/get-involved-alcohol-awareness-month>

Autism Acceptance Month

Autism Acceptance Month, previously named Autism Awareness Month, in April aims to celebrate and promote acceptance for the condition that occurs in one in every 54 children as of 2020 in the United States. Autism, a complex developmental condition affecting the patient's ability to interact, communicate, and progress, has not one but many subtypes. First held in the year 1972 by the Autism Society, Autism Acceptance Month emphasizes the need for public awareness to promote acceptance, celebrate the differences, and be more inclusive towards autistic individuals around us.

The aim of this month is to educate the public about autism. Autism is a complex mental condition and developmental disability, characterized by difficulties in the way a person communicates and interacts with other people. Autism can be present from birth or form during early childhood (typically within the first three years). Autism is a lifelong developmental disability with no single known cause. Autism is a wide spectrum disorder, people with autism have sets of symptoms unique to themselves; no two people are the same.

For more information visit these websites: <https://iacc.hhs.gov/meetings/autism-awareness-month/2023/>

OR <https://autismsociety.org/autism-acceptance-month/>

I am available for questions and assistance!

Contact: Gwendolyn Sadler, RN, BSN, CCM | gbs0229@gmail.com | (301) 922-4259

⇒ ⇒ **[Visit New Morningstar Baptist Church Website!](#)**