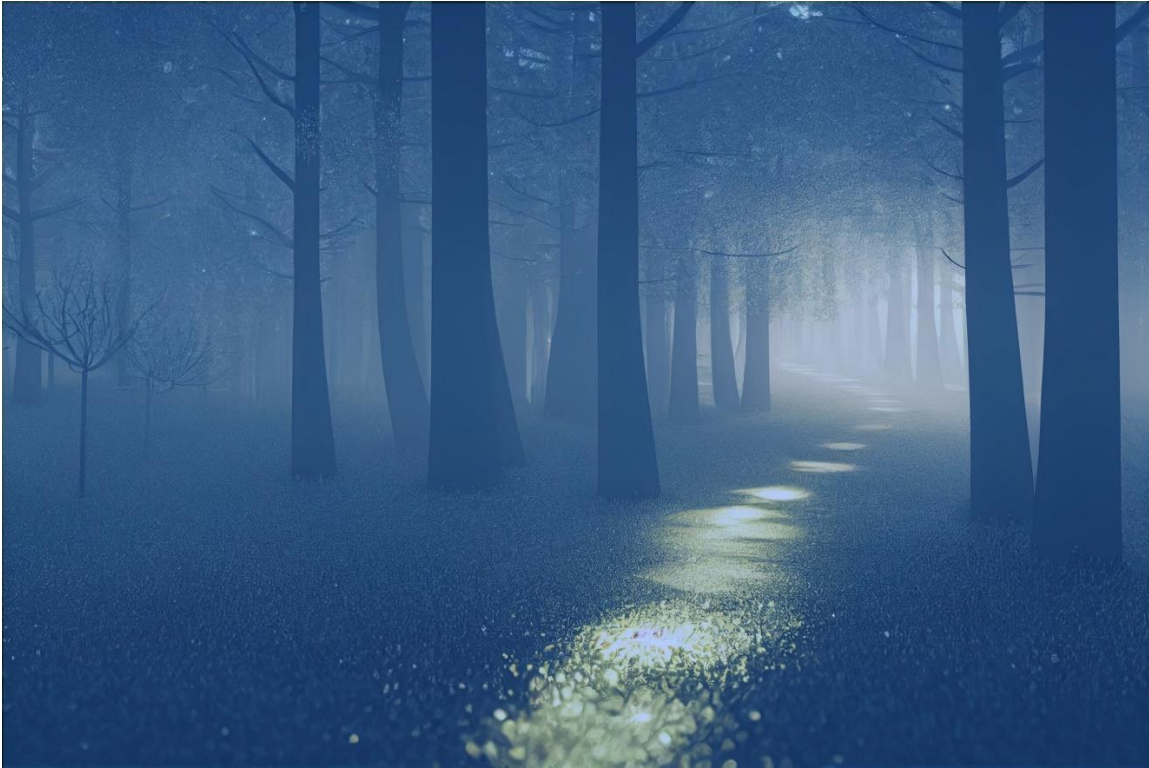


# ***The Scoop – March 2023***

*From the Desk of Pastor Sadler*



## ***“Led by the Spirit”***

The season of Lent allows Christians to focus on a time of fasting, prayer, repentance, and self-reflection. It also helps us to find a way to move us from ourselves, others, and the turbulence of everyday life. During this period, I encourage you to join me and our congregation in the practice of self-denial as we journey to the Passion Week.

The model used by Jesus in Luke chapter 4 verses 1-4 is still relevant today as we do as he did using scriptures and prayers for our mental, emotional, physical, and spiritual wellbeing.

***“And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness, Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered. And the devil said unto him, if thou be the Son of God, command this stone that it be made bread. And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God,” (KJV).***

Join us during the Passion Week Celebration of the triumph-full entry into Jerusalem which begins Palm Sunday April 2, 2023. This celebration will mark the beginning of our church’s transition into full in-person worship and activities. The following week is our Resurrection Sunday Celebration which will be held April 9<sup>th</sup> at 10 am, followed by the drama “Crowns,” performed by the women of the church at 1 pm.

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

Take the  
In Person Worship Survey

- Sunday, March 5th, 2023 @ 10 AM **Regular Worship**
- Sunday, March 19th, 2023 @ 10 AM **Communion**
- Sunday, March 26th, 2023 @ 10 AM **Regular Worship**

## ***Highlights & Upcoming Activities***

**S.A.L.T. - Serving and Learning Together (Growth & Development Series) - First Saturday of Every Month at 10 am (April 1, 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 Monday at 7 pm (March 15, 2023), *in person only*, at 65 Massachusetts Avenue, NW Washington, DC, 20001.

**Enlightenment, Enhancement, & Enrichment: *Discussing the Facts: Let’s Get Moving: Movement, Health and Health Equity***, Wednesday, March 29, 2023 @ 7 pm. Sign up here: Email: [hprecou1@jhmi.edu](mailto:hprecou1@jhmi.edu) or visit: <https://smh.memberclicks.net/03-29-2023-discussing-the-facts#!/>

## ***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**

Mar. 1, 2023 @ 1 pm & Mar. 15, 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, March 31, 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 Colorectal Cancer Awareness Month**

Colorectal cancer, or CRC, is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked starting at age 45. Two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early, when treatment is most effective.
- One in 24 people will be diagnosed with CRC in their lifetime, but you can make a difference today. Learn about ways to build awareness, how to get support, and more by visiting these links:

[CCA National Colorectal Awareness Month](#) | [CDC Colorectal Cancer Awareness](#)

**New Morning Star Baptist Church | 5016 Sheriff Road Northeast | Washington, District of Columbia 20019**

## National Kidney Month

March is National Kidney Month! Did you know kidney disease is often referred to as a “silent disease,” because there are usually no symptoms during its early stages? In fact, as many as 90% of Americans who have chronic kidney disease (CKD) don’t know they have the disease until it is very advanced.

Chronic kidney disease (CKD), a condition that 1 in every 7 adults (age 18 or older) in the United States has, as well as people with end stage renal disease (ESRD) who need dialysis or a kidney transplant. Kidney disease develops when kidneys lose their ability to remove waste and maintain fluid and chemical balances in the body. The severity of CKD depends on how well the kidneys filter wastes from the blood. It can progress quickly or take many years to develop.

According to the U.S. Centers for Disease Control, African Americans are nearly 3 times more likely to be diagnosed with kidney failure compared to Caucasians. Other high-risk groups include Hispanics, Asian Americans, Pacific Islanders, Native Americans and seniors 65 and older.

The good news is the earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage. Protecting your kidneys may allow you to continue to work, spend time with family and friends, stay physically active, and do other things you enjoy.

Finding out if your kidneys are struggling before you have symptoms gives you the opportunity to make changes to help keep your kidneys healthier for longer. Even if you have symptoms, you can take steps to slow the disease.

For More Information, visit the following links:

[National Kidney Disease Education Program](#) | [National Kidney Month Info](#) | More [National Kidney Month Info](#)

**I am available for questions and assistance!**

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

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

### ***Know Your Risk***

Even if you feel healthy, if you are over 60 or have risk factors like diabetes, high blood pressure, or heart disease, consider talking with your doctor about getting tested for kidney disease. Your doctor can use your test results to work with you to develop a kidney care plan. Having a plan may reduce your risk for serious health problems, like heart attack and stroke, and give you more healthy moments.

### ***Schedule Your Test***

Your doctor will use two quick tests to check for kidney disease—a urine test to check for damage and a blood test to check how well your kidneys are removing wastes from your blood. If your kidneys show signs of damage, your doctor may refer you to a kidney specialist, called a nephrologist, or recommend annual or more frequent testing.

### ***Follow Your Kidney Health***

Your doctor can work with you to create a treatment or monitoring plan that fits your lifestyle, mobility, health status, and dietary needs. Your plan may include managing your existing risk factors for kidney disease, collaborating with a registered dietician to create a meal plan, or getting help to quit smoking. Because chronic kidney disease is progressive, it is very important to continue to follow your kidney health and to update your care plan as needed.