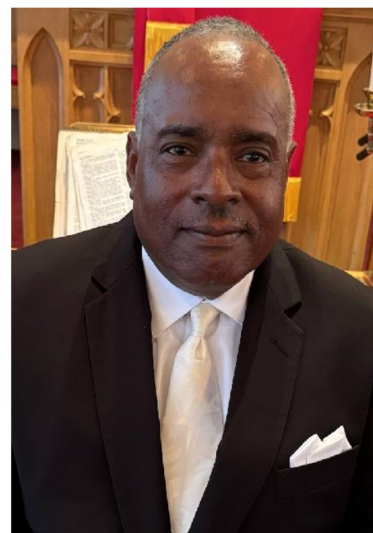


From The Desk Of Our Parent Body President

I bring greetings on behalf of our Lord and Savior Jesus Christ and the National Baptist Deacons Convention of America and Its Auxiliaries.

I was honored and humbled to be elected as the next President of this distinguished body. I do not take this opportunity to serve lightly. I will do everything in my power to continue the legacy left by so many of God's faithful servants. We have just returned from our 90th session in Springfield, Massachusetts. A wonderful time was had by all who attended. The Word was bought forward in a mighty way. The classes and seminars were excellent. We thank all who made this Convention what it was, "An overwhelming success." This Convention showed what we can do as a body when we work together in harmony. The work we must accomplish in the future has just begun. All of us has the responsibility of helping to grow this Convention spiritually and numerically. We know some changes must be made to grow and keep up with the times. We are asking everyone to get on board and assist wherever they can to promote the growth of our organization. Always put the Convention first when considering things to improve the experience of being a part of our organization. This will be a busy year of Worshiping, Training, Fellowship and Growing. Are you ready to do your part? Some of us have already started to prepare for the Convention in Winston Salem in 2025. The North Carolina delegation is getting ready to host us in a mighty way. We are looking forward to seeing you all there. Lastly, if you are coming to the Convention and you're not scheduled or assigned to do anything, please let us know. We will put you to work. I found it is much more enjoyable to have something to do and be an actual part of the work we are doing. Thank you again for placing your trust in me to lead this great organization. We have a lot to get done. **"Let's Do It!"**



May the Lord Continue to Bless You and Keep You in His Care,

Deacon Curtis M. Smith, Jr.

Deacon Curtis M. Smith, Jr.

President, Parent Body



The Mission Statement Of The NBDC

National Baptist Deacons Convention of America, Inc. and its Auxiliaries was established July 26, 1934, when members of the local Deacons organization National Baptist Deacons' Convention of America and its Auxiliaries from Washington DC, Richmond VA, Hilltop MD, met to initiate a closer relationship among Deacons and Pastors. National Baptist Deacons Convention of America, Inc. and its Auxiliaries is to provide help and hope to a body of Christian Laymen, Women, Youth and Young Adults with a mission of Fellowship, Education and Charity. We affirm that the individuals we serve share with each other common human needs, desires and wants. We celebrate our individual and cultural diversities in this manner. **Quality;** we commit ourselves to the pursuit of excellence in everything we do, with the aid of the Holy Spirit. **Integrity;** we believe that our personal and professional integrity is the basis of Public Trust, through Faith, Love, Joy, Peace, Gentleness, Longsuffering, Goodness, Meekness, and Temperance. **Dedication;** we take pride in our commitment to Public Service Christian Organizations and to People we are privileged to serve. **Innovation;** we are committed to developing an environment that inspires innovation, foster dynamic leadership and rewards creativity among our members, volunteers and people we serve. National Baptist Deacons Convention of America, Inc. and its Auxiliaries offers a vast array of positive and impactful programs that revolve around the purpose of Worship, Education, Fellowship, Missionary Work and Christian Leadership and Training.

"Study to show thyself approved unto God, a workman who needeth not to be ashamed, rightly dividing the word of truth." 2Timothy 2:15 KJV

Our Women's Auxiliary President

Greetings in the Precious Name of our Savior Jesus Christ,

As I begin my tenure as President of the Women's Auxiliary of the National Baptist Deacons' Convention of America, Incorporated, and Its Auxiliaries, I am honored and humbled to serve in this position to be used by God. I extend an invitation to any devout Christian woman of our faith to join us in working in the vineyard to spread the good news about our Savior. We can use your expertise and life experiences to disseminate God's message.



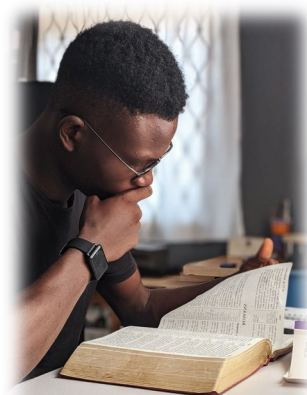
We are looking for women who enjoy serving God and working with other women building the kingdom. We are on a mission and any woman who wants to enrich her walk with our awesome God, we welcome you.

To God Be The Glory,

President Mary C. Lomax



OUR MONTHLY VIRTUAL PRAYER AND COMMUNION SERVICE



Hosted By the NBDC Robert Wiggs Early Morning Prayer Service:

EVERY SECOND MONDAY OF EACH MONTH

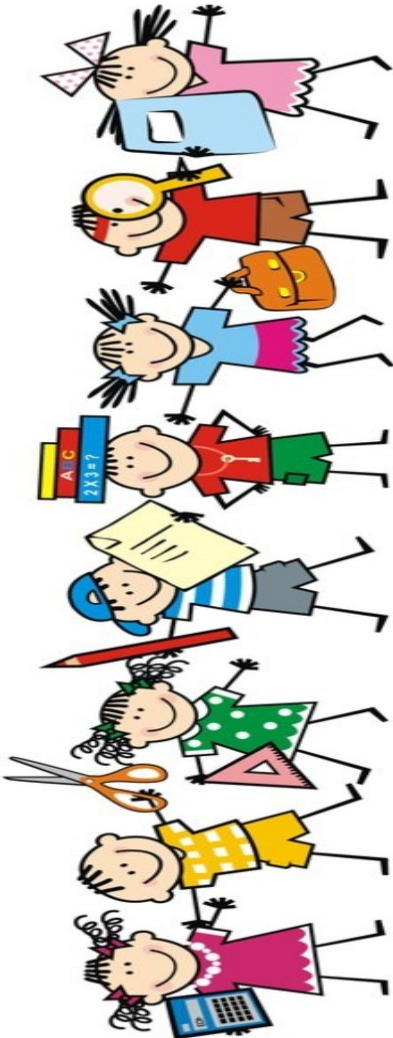
AT


6:00 PM

Zoom Meeting ID: 857 9301 3277

Password: 490279

Dial In: (301)-715 - 8592





From Sunshine to Harvest Moon

Golden sun rays play,
Children laugh and run,
Fields of green delight,
Summer's song is sung.

August days are bright,
Long and lazy beams,
Blue skies endless reach,
Dreams float in the breeze.

September whispers change,
Cool nights softly creep,
Leaves begin their dance,
Autumn starts to peep.

Colors paint the trees,
Orange, red, and gold,
Crisp air nips at dusk,
Stories old unfold.

October nights grow long,
Harvest moon ascends,
Summer bids farewell,
Autumn gently blends.

The Diaconate Leader

"God's Mind Empowering Our Hands To Better Inform His People"

AUTUMN QUARTER

2024

Philippians 1:6, 2:5, Proverbs 16:3





The Diaokonate Leader

"God's Mind Empowering Our Hands To Better Inform His People"

Philippians 1:6, 2:5, Proverbs 16:3

AUTUMN QUARTER
2024



General Baptist Deacons Association of Washington, DC and Vicinity and its Auxiliaries
P. O. Box 54021, Washington, DC 20032

Deacon John E. Mills
President

Deaconess Yvonne Harris
Women's Auxiliary President

Min. Justin McCullum
Young Adult President

Bro. Dwight Shanklin
Youth President

GBDA Annual Testimonial Banquet
Saturday, October 26, 2024 at 1:00 pm

Martin's Crosswinds
7400 Greenway Center Dr., Greenbelt, MD 20770

Honorees:

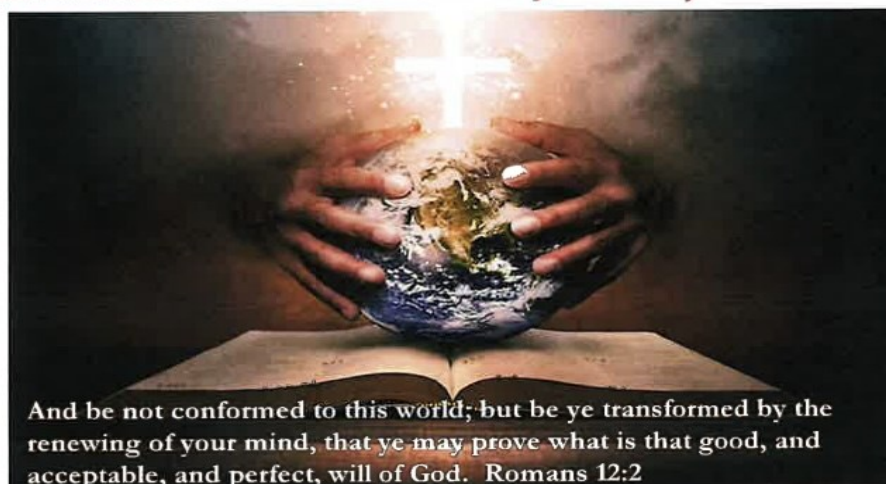
Deacon Holloway Coats, Jr.
St Mark's Baptist Church, Washington, DC

&

Deaconess Alice Williams
Enon Baptist Church, Temple Hills, MD

Minister Justin McCullum
Mt Gilead Baptist Church, Washington, DC

Theme: EMBRACING CHANGE and ADJUSTING for the FUTURE!



Please plan to join us for this grand celebration. Visit our website: <https://dmvgenbapdeacons.org> to register and purchase tickets by clicking the "Give now with Givelify" link and select "2024 Testimonial Banquet Ticket". Ticket prices are \$90.00 (adults) and \$50.00 (children 10 & under). Checks and money orders should be made payable to GBDA (General Baptist Deacons Association) and mailed to GBDA, P.O. Box 54021, Washington, D.C. 20032. **THE LAST DATE TO PURCHASE TICKETS IS OCTOBER 12, 2024.** For more information contact: Deaconess Barbara Dryden Stanard, Committee Chair at: (240) 413-6921 (cell) or Deaconess Ann Gilliard, Committee Co-Chair at: (301) 520-8798 (cell).

We would also be honored to have you support us by placing an advertisement in our Souvenir Journal. If you wish to place an advertisement in the journal, see the list below, and send your information (camera-ready only) to honoreesjournal@gmail.com, **No Later Than October 5, 2024.** Mail your payment to our address above or by using the **Givelify link** on our website. The advertisement prices are as follows:

Full Page: \$125 1/2 Page: \$65 1/4 Page: \$35 Front/Back Inside Cover: \$200

Back Outside Cover: \$250 Sponsor: \$20 Patron: \$10



SELECT
#50977

General Baptist Deacons Association of Washington, DC and Vicinity and its Auxillaries

Honors Deaconess Ruth Harris

President Emeritus Women's Auxiliary
in Celebration of her 100th Birthday!



With our greatest appreciation for her
Outstanding Support throughout the years.
August 25, 2024

Deacon John Mills
Parent Body
President

Deaconess Yvonne Harris
Women's Auxiliary
President

NJSBDC & PBC

Golf Classic

Deacon Samuel Nails Memorial Luncheon

Monday, August 5, 2024

Knob Hill Country Club
(Manalapan, NJ)

A Successful & Fabulous Time
Was Had By All Attendees!



Inflammation: The Beginning of most Diseases!

Chronic inflammation plays an important role in the development of many diseases.

Although there may never be such a single path, mounting evidence suggests a common underlying cause of major degenerative diseases. The four horsemen of the medical apocalypse – coronary artery disease, diabetes, cancer, and Alzheimer's – may be riding the same steed: inflammation. **If you've ever twisted your knee**, cut your finger, or been stung by an insect, you have firsthand experience with inflammation. The familiar sensations of pain, redness, swelling, and heat that result from an injury or infection are hallmarks of the inflammatory process. Inflammation represents an essential survival mechanism that helps the body fight off hostile microbes and repair damaged tissue. Yet there is another side of inflammation that can be harmful rather than helpful to human health. There's evidence that inflammation, promoted in part by such factors as obesity, smoking, and a sedentary lifestyle, contributes to a variety of diseases.

There are two forms of inflammation: acute and chronic. **Acute inflammation** comes on rapidly, usually within minutes, but is generally short-lived. Many of the mechanisms that spring into action to destroy invading microbes switch gears to cart away dead cells and repair damaged ones. This cycle returns the affected area to a state of balance, and inflammation dissipates within a few hours or days. **Chronic inflammation** often begins with the same cellular response, but morphs into a lingering state that persists for months or years when the immune system response fails to eliminate the problem. Alternatively, the inflammation may stay active even after the initial threat has been eliminated. In other cases, low-level inflammation becomes activated even when there is no apparent injury or disease. Unchecked, the immune system prompts white blood cells to attack nearby healthy tissues and organs, setting up a chronic inflammatory process that plays a central role in some of the most challenging diseases of our time, including rheumatoid arthritis, cancer, heart disease, diabetes, asthma, and even Alzheimer's.

This report will examine the role that chronic inflammation plays in these conditions, and will also provide information on the breadth of drugs currently available to alleviate symptoms. Drug choices range from simple aspirin, a nonsteroidal anti-inflammatory drug that's been available for more than a century, to disease-modifying drugs and so-called biologics that promise more targeted treatments. Lifestyle choices, diet, and even family history play a role in the diseases and conditions brought about by chronic inflammation, and each will be discussed in turn. An understanding of how chronic inflammation influences health can lead to a better conversation between you and your doctor, and speed treatment and prevention. Prepared by the editors of Harvard Health Publishing in consultation Robert H. Shmerling, MD, Corresponding Member of the Faculty of Medicine, Harvard Medical School, Division of Rheumatology, Beth Israel Deaconess Medical Center Senior Editor, Harvard Health Publishing 51 pages (2024) Doctors are learning that one of the best ways to reduce inflammation lies not in the medicine cabinet, but in the refrigerator. By following an anti-inflammatory diet you can fight off inflammation for good.

What does an anti-inflammatory diet do? Your immune system becomes activated when your body recognizes anything that is foreign—such as an invading microbe, plant pollen, or chemical. This often triggers a process called inflammation. Intermittent bouts of inflammation directed at truly threatening invaders protect your health.

However, sometimes inflammation persists, day in and day out, even when you are not threatened by a foreign invader. That's when inflammation can become your enemy. Many major diseases that plague us — including cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's — have been linked to [chronic inflammation](#).

One of the most powerful tools to combat inflammation comes not from the pharmacy, but from the grocery store. "Many experimental studies have shown that components of foods or beverages may have anti-inflammatory effects," says Dr. Frank Hu, professor of nutrition and epidemiology in the Department of Nutrition at the Harvard School of Public Health.

Choose the right [anti-inflammatory foods](#), and you may be able to reduce your risk of illness. Consistently pick the wrong ones, and you could accelerate the inflammatory disease process.

Foods that cause inflammation

Try to avoid or limit these foods as much as possible:

- refined carbohydrates, such as white bread and pastries
 - French fries and other fried foods
 - soda and other sugar-sweetened beverages
 - red meat (burgers, steaks) and processed meat (hot dogs, sausage)
- margarine, shortening, and lard

Anti-inflammatory foods

An [anti-inflammatory diet](#) should include these foods:

- tomatoes
 - olive oil
 - green leafy vegetables, such as spinach, kale, and collards
 - nuts like almonds and walnuts
 - fatty fish like salmon, mackerel, tuna, and sardines
- fruits such as strawberries, blueberries, cherries, and oranges

Benefits of anti-inflammatory foods

On the flip side are beverages and foods that reduce inflammation, and with it, chronic disease, says Dr. Hu. He notes in particular fruits and vegetables such as blueberries, apples, and leafy greens that are high in natural antioxidants and polyphenols – protective compounds found in plants. Studies have also associated nuts with reduced markers of inflammation and a lower risk of cardiovascular disease and diabetes. [Coffee](#), which contains polyphenols and other anti-inflammatory compounds, may protect against inflammation, as well.

Anti-inflammatory diet

To reduce levels of inflammation, aim for an overall healthy diet. If you're looking for an eating plan that closely follows the tenets of anti-inflammatory eating, consider the [Mediterranean diet](#), which is high in fruits, vegetables, nuts, whole grains, fish, and healthy oils.

In addition to lowering inflammation, a more natural, less processed diet can have noticeable effects on your physical and emotional health. "A healthy diet is beneficial not only for reducing the risk of chronic diseases, but also for improving mood and overall quality of life," Dr. Hu

NOTE:

Google: “The Arthritis Strategy,” by Shelly Manning to learn about a drug free method to cure Arthritis in 21 days. It is an E-Book that can be downloaded. It uses an inexpensive diet of common easily obtainable foods, and offers a guarantee.

PUMPKIN BREAD



INGREDIENTS

2 cups all-purpose flour, spooned into measuring cup and leveled-off
 ½ teaspoon salt
 1 teaspoon baking soda
 ½ teaspoon baking powder
 1 teaspoon ground cloves

1 teaspoon ground cinnamon
 1 teaspoon ground nutmeg
 1½ sticks (¾ cup) unsalted butter, softened
 2 cups sugar
 2 large eggs
 1 (15-oz) can 100% pure pumpkin (I use Libby's)

INSTRUCTIONS

1. Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour (alternatively, use a baking spray with flour in it, such as Pam with Flour or Baker's Joy).
2. In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.
3. In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point -- that's okay.
4. Add the flour mixture and mix on low speed until combined.
5. Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.
6. Fresh out of the oven, the loaves have a deliciously crisp crust. If they last beyond a day, you can toast individual slices to get the same fresh-baked effect.
7. **Freezer-Friendly Instructions:** The bread can be frozen for up to 3 months. After it is completely cooled, wrap it securely in aluminum foil, freezer wrap or place in a freezer bag. Thaw overnight in the refrigerator before serving.

HOMEMADE TURKEY CHILI



INGREDIENTS

- 1 tablespoon olive oil
- 2 pounds ground turkey, white and dark meat combined
- 2 cups coarsely chopped onions
- 2 tablespoons chopped garlic
- 1 large sweet red pepper, cored, deveined and coarsely chopped
- 1 cup chopped celery
- 1 jalapeño, cored, deveined and finely chopped
- 1 tablespoon fresh oregano, chopped, or 1 tablespoon dried
- 2 bay leaves
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 3 cups canned diced tomatoes
- 2 cups chicken broth, fresh or canned
- Salt and black pepper
- 2 (15-ounce) cans red kidney beans, drained
- 2 cups shredded Cheddar
- 1 cup sour cream (optional)
- Sliced lime, for garnish (optional)

DIRECTIONS

Step 1

Heat the oil over high in a large heavy pot and add the turkey meat. Cook until lightly browned, about 5 minutes, chopping down and stirring with the side of a heavy kitchen spoon to break up any lumps.

Step 2

Add the onions, garlic, sweet pepper, celery, jalapeño, oregano, bay leaves, chili powder and cumin. Stir to blend well. Cook for 5 minutes.

Step 3

Add the tomatoes, chicken broth, salt and pepper to taste. Bring to a boil, reduce heat and simmer, stirring occasionally, for 15 minutes.

Step 4

Add the drained beans and cook, stirring occasionally, for 10 minutes longer. Serve in bowls with Cheddar, and sour cream and lime wedges, if desired.

OLD FASHIONED APPLE CRISP



INGREDIENTS

- 6 golden delicious apples, peeled and chopped (*other varieties can be used, can also be sliced*)
- 2 Tbsp granulated sugar
- 1 3/4 tsp ground cinnamon, *divided*
- 1 1/2 tsp lemon juice
- 1 cup light brown sugar
- 3/4 cup old fashioned oats
- 3/4 cup all-purpose flour
- 1/2 cup cold unsalted butter, diced into small cubes
- pinch of kosher salt

DIRECTIONS

Preheat oven to 350 F degrees. Butter an 8×8 baking dish, or spray with non-stick cooking spray. Set aside.

In a mixing bowl, add chopped apples, granulated sugar, 3/4 tsp of the cinnamon and lemon juice. Stir to combine, then transfer to prepared baking dish.

In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use a pastry cutter to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembled pea-sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.

Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly.

Serve warm and enjoy!

SWEET POTATO CAKE WITH CREAM CHEESE FROSTING



INGREDIENTS

1 large (12- to 14-oz.) sweet potato (makes about 1 1/2 cups mashed)

Baking spray with flour

2 1/2 cups bleached cake flour (such as Swans Down)

2 tsp. baking powder

3/4 tsp. kosher salt

3/4 tsp. ground ginger

1/2 tsp. baking soda

Pinch of ground nutmeg

3/4 cup whole milk

1/4 cup molasses

1 tsp. vanilla extract

1 1/4 cups granulated sugar

3/4 cup unsalted butter, softened

3 large eggs, at room temperature

DIRECTIONS

- **Preheat oven to 350°F . Coat 2 (9-inch) cake pans with baking spray.**
- Whisk together flour, baking powder, salt, ground ginger, baking soda, and nutmeg in a medium bowl.
- Whisk together milk, molasses, vanilla extract, and mashed sweet potato in a medium mixing bowl.
- Beat sugar and butter until pale yellow and fluffy, about 3 minutes. Add eggs, one at a time, until combined. Reduce speed to low; blend in one-third of the flour mixture. Add half of the milk mixture; blend until smooth. Repeat procedure, alternating dry and wet ingredients, blending fully between additions.
- Bake in pre-heated oven until a wooden pick inserted in center of each cake comes out clean, about 25 minutes. Let cool in pans 15 minutes

Cream Cheese Frosting:

8-oz. pkg. cream cheese, softened

3 tsp. vanilla extract

4 1/2 cups powdered sugar, sifted

3/4 cup unsalted butter, softened

1/4 tsp. kosher salt

Beat sugar, butter and cream cheese until smooth and creamy. Add salt and vanilla extract. Beat until creamy. Spread evenly on cooled cake layers. Garnish with slivered pecans or chopped walnuts to your desired taste. (optional)

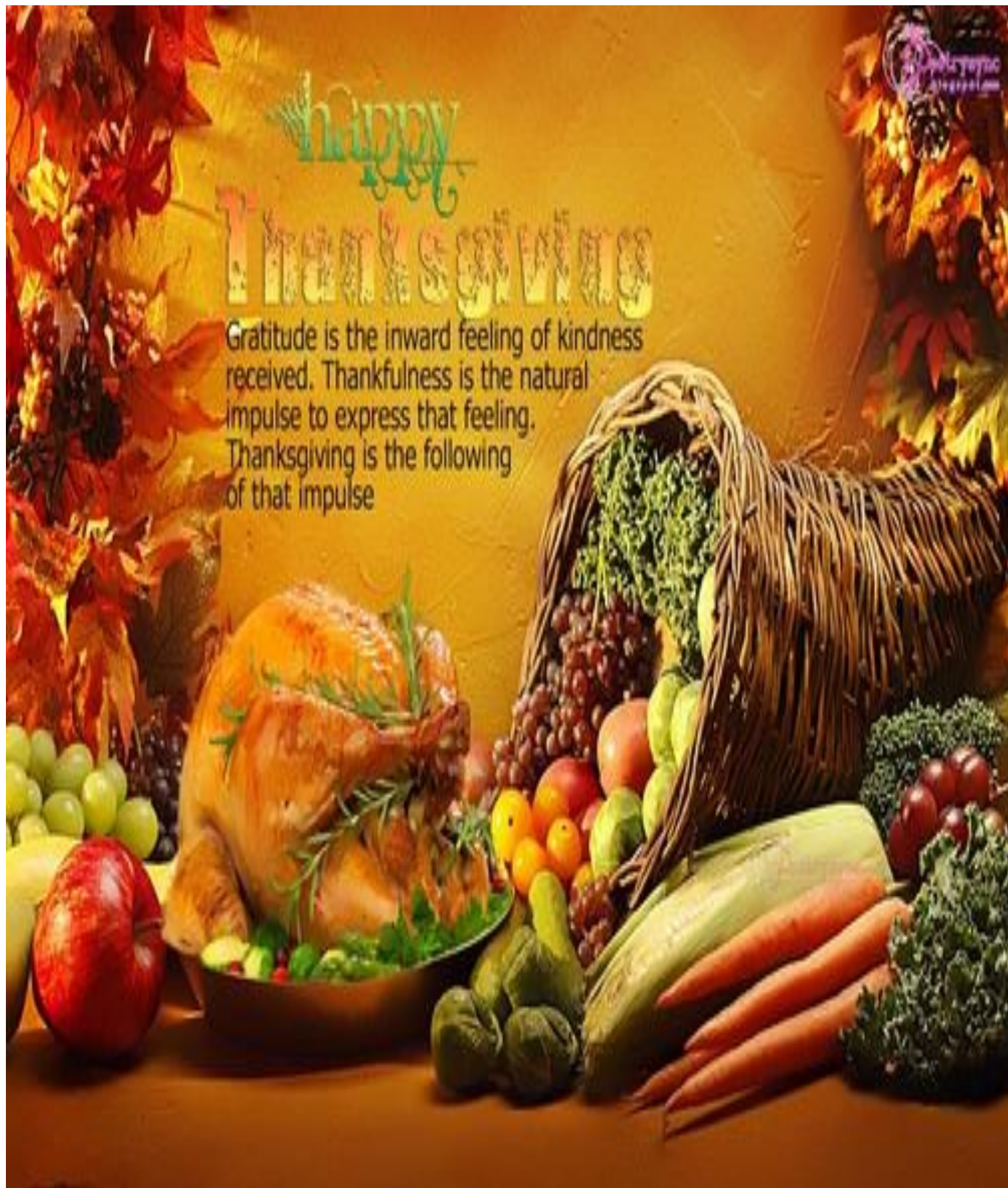
The Diaokonate Leader

"God's Mind Empowering Our Hands To Better Inform His People"

AUTUMN QUARTER

2024

Philippians 1:6, 2:5, Proverbs 16:3



HAPPY THANKSGIVING



A PRAYER OF THANKSGIVING

Lord God, on this day of Thanksgiving,
We ask your blessings on our family,
our friends, our home, our health—and
on the food we are about to eat.

We thank you for this time together and
the many gifts that you have given us.

Help us to remember in this time of
bounty those less fortunate. And may
your love consume us all that we
might share in your glory.

Amen.



The Diaokonate Leader

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