



The Diaokonate Leader

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

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

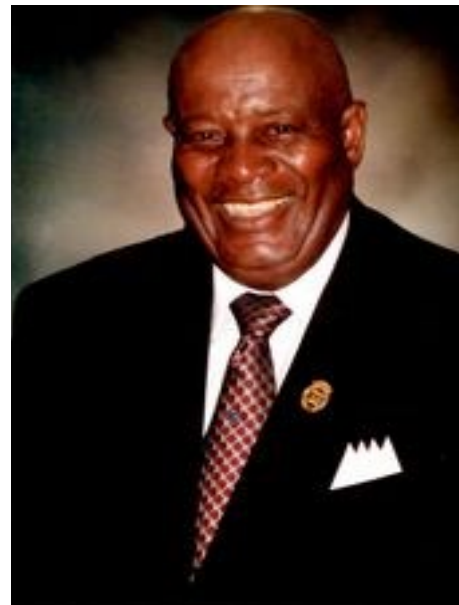
SPRING QUARTER
2022



From The Desk Of Our Parent Body President

My Dear Brothers and Sisters in Christ, I greet you in the matchless name of Jesus Christ.

We praise God for letting us see the year 2022. Although many obstacles were presented in 2020 and 2021, I thank God He brought us through. We are not totally clear of this pandemic, so I encourage each and every one of you to continue to remain vigilant and safe. As I reiterate, I am truly grateful for technology which enables us to stay connected virtually. A gratitude of thanks goes to the Women's Auxiliary for an awesome presentation on Dr. Martin Luther King Jr Day. Also, our Youth And Young Adults did an outstanding presentation on Love in February.



This year is off to a great start and we are gearing up to close out the first quarter with our Arnetta Thomas Youth Day Session which will be March 25-26, 2022. I praise God for our Youth and Young Adults and their zest to learn more about Jesus. Special thanks to our Youth and Young Adult Director Sister Sheryl Bruce Johnson for her leadership.

We are gearing up for our in-person Annual Session July 18-22, 2022 in Cherry Hill, New Jersey. More information is forthcoming. We are working fervently and prayerfully to have a successful year for the National Baptist Deacons' Convention of America and its Auxiliaries. We need your support as we strive to do the work of the Lord. I would like to personally thank all our delegates and committees for the outstanding work you are doing to help make this Convention GREAT. May God richly bless each and every one of you.

SHOLAM

Yours in the Mighty, Matchless Name of Christ

Deacon Earl G. Wilson Sr.

President





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



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Praise God from whom all blessings flow.

As I bring you greetings for our Spring edition of our Newsletter, The Diaokonate Leader, this is the time of year when the season begins to change and the flowers are starting to bloom. The red robins are coming back, the grass is turning greener, the weather is getting warmer as well as the days are getting longer. The season of Spring is upon us bringing hope. Let this be the start of rekindling your faith in the Lord Almighty. It is the time to renew your faith, and acknowledge His presence. Trust in Him, and you will prosper. Recognize Him again, and wait for His light to shine upon you. Let us believe in His blessings—both visible and invisible. Follow His words, be righteous and loving, and do good deeds to others. Let Him lead you in the right way. That's the essence of Spring. Ephesians 4:23 says "Instead, let the Spirit renew your thoughts and attitudes."



The Spring time is also a time we will come to together on March 25 and 26th to join our youth to celebrate on Arnetta Thomas Day. I pray that you can join us on Zoom the evening of the 25 and the day of the 26th. Our youth are preparing for us a blessed and wonderful program for this year's mid-session.

During this edition we will pass through many seasons and events. Spring is the time of year where we celebrate the holiest holiday in the Christian world that is, Lent which leads us into Easter/Resurrection Day when we celebrate the death, burial and resurrection of our Lord and Savior Jesus the Christ!

We will wrap up this season with the celebration of Mother's day. God bless all the mothers, mother figures, god mothers, aunts, mentors, and spiritual mothers. We salute you and honor you. Psalm 127:3 – "Lo, children are an heritage of the Lord: and the fruit of the womb is his reward". This year will bring us into our 3rd year of the Covid pandemic and we are continuing to pray that as we see our country moving towards opening up more; that with wisdom, science, and the help of God we will remain safe from this virus.

Enjoy this Spring Edition of our Newsletter The Diaokonate Leader. The staff worked hard to bring it to you. Please share it with your family, friends and co-laborers. My prayer, as always, is that you are able to glean something beneficial to your life from it.

May grace and blessings be in your path,

Alfreda Levaine

President NBDC Women's Auxiliary



NATIONAL BAPTIST DEACONS CONVENTION

VIRTUAL PRAYER SERVICE

Every month on the Second Monday,

Join Zoom Meeting

[https://us02web.zoom.us/j/85793013277?
pwd=T2pNbGxXZXJJRkZKckM0R0ZFa2JLdz09](https://us02web.zoom.us/j/85793013277?pwd=T2pNbGxXZXJJRkZKckM0R0ZFa2JLdz09)

Dial by your location

- +1 301 715 8592 US (Germantown)
- +1 929 436 2866 US (New York)
- +1 312 626 6799 US (Chicago)
- +1 669 900 6833 US (San Jose)
- +1 253 215 8782 US (Tacoma)

LIVE STREAM on Facebook •

<https://www.facebook.com/nbdcoa/>

WWW.NATIONALBAPTISTDEACONSCONVENTION.ORG

ALL ARE WELCOME

PARENT BODY PRESIDENT
Deacon Earl Wilson

WOMEN'S AUX PRESIDENT
Deaconess Alfreda LeVaine

YOUNG ADULT PRESIDENT
Sister Joleeta Williams

YOUTH PRESIDENT
Sister Tress Jacobs



SPONSORED BY
Robert Wiggs Early Morning
Prayer Service
Deacon George Bradley
President



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The National Baptist Deacons Convention of America, Inc. & Its Auxiliaries Field Workers Ministry Virtual Workshops

Presenter:

Theresa M. Sheets, M.Ed.
New Horizons Consultants
Corporate Trainer • Facilitator • Leadership Coach

Part One

Saturday, January 29, 2022
10:00 am – 11:30 am EST

Leadership Development
Communication

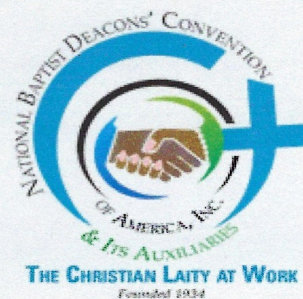
Part Two

Saturday, March 19, 2022
10:00 am – 11:30 am EST

Leadership Development
Collaboration & Teamwork

Target Audience

Leaders in ministries/organizations
at the local, state, and national levels



Workshops are Free & accessible
through Zoom or by Call-In

Zoom Login ID: 454 942 8405
Phone Number for Call-in
301.715.8592

Contact

Deacon Theodore Jackson
Director of Field Workers Ministry
803.549.1906 or
jtheodjac@gmail.com

Presenter:

Dr. Montez L. Kaufman
M. Div., Master of S.T.D., DMin
Pastor • Army Chaplain • Adjunct Professor

Topic:

Conflict Management in the Church

Part One

Saturday, April 16, 2022
10:00 am – 11:30 am EST

Part Two

Saturday, May 7, 2022
10:00 am – 11:30 am EST

Target Audience

Leaders in ministries/organizations
at the local, state, and national levels

You are being called to participate in working the “field” as we work to complete the “harvest” through Christian service. If we do our work well, we will be rewarded with respect from others... Timothy 3:13 a light will shine before others as our good deeds will be noticed by all which will give direct praise to our heavenly Father.....

Matthew 5:15-16

Theme

“Only What You Do For Christ Will Last”
1 Corinthians 15:58

Welcome Spring

*“ARISE, my darling,
MY BEAUTIFUL ONE, AND COME WITH ME.
SEE! THE WINTER IS PAST;
THE RAINS ARE OVER & GONE.*

*Flowers appear on the Earth;
THE SEASON OF SINGING HAS COME
Arise, come, my darling
MY BEAUTIFUL ONE, COME WITH ME.”*

SONG OF SONGS 2:10-13



A Lenten Prayer...



Today, God we are praying that you will teach us to slow our pace, as we walk in your will, that we won't get ahead of where you are leading us, as we focus on hearing your voice so still.

What you are saying to us and all that is concerning our hearts, we recognize is in your hands,

as we submit to your complete and sovereign control, being at peace under your commands.

Spending more time with you in meditation and prayer, becoming totally available to your call,

as we study your word and witness to those, who are in the world that have no hope at all.

Receiving your word every day and trusting you more in this eternal process and plan,

realizing that you're shaping, molding and preparing us, to offer your gift of salvation to every man.

Help us to understand the boundaries in our lives, to be able to make good choices and decisions, to get to the place that our service for you, is aligned completely in your holy and divine vision.

As we walk hand in hand carrying out your plan, while your Holy Spirit encompasses our hearts,

empowering our lives with wisdom, discernment and great love, you anointed us with from the start.

Strengthen us in every area of our lives, for we know that the enemy, Satan will be sure to attack,

knowing you've given us all things pertaining to life and godliness, we declare all your glorious acts.

Now, receiving all this in your Son Jesus' name, we promise to stand firm and stay focused on the task.

Lord keep us in perfect peace, in a right relationship with you, in this we sincerely and humbly ask.

We claim new sight, new hearing, new speech and a new walk, as we recommit ourselves to you.

In our hearts we will proclaim Your Holy and Righteous name in everything we think, say and do.

To God Be All The Glory. AMEN.

Archaeological Finds Continue to Validate Bible Accuracy!

Important Biblical Archaeological Discoveries in 2021: An Update from Dr. Bryant Wood Author: Bryant G. Wood PhD

Category: Amazing Discoveries in Biblical Archaeology Created: 12 September 2021



Credit: Hophra stela | Egyptian ministry of Tourism & Antiquities
Newly discovered inscription of Pharaoh Hophra, mentioned in Jeremiah 44:30

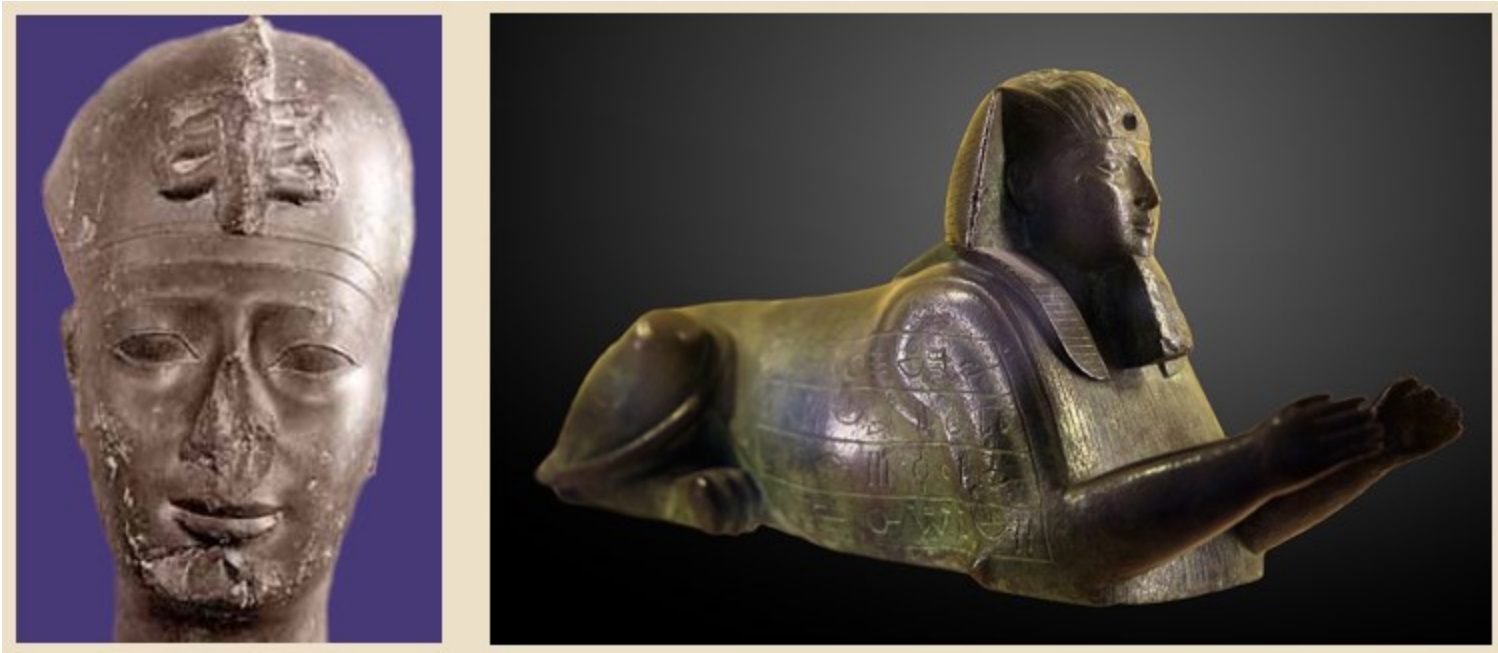
June and July were busy months for archaeological discoveries. Perhaps the most significant was a sandstone inscription of the Egyptian king Hophra, one of six pharaohs mentioned by name in the Old Testament (Jeremiah 44:30). It was accidentally discovered on June 4 by a farmer working in his field near Ismailia in the eastern delta of Egypt. Hophra ruled from 589 to 570 BC and was involved in events surrounding the fall of Jerusalem to the Babylonians in July, 587 BC. His Egyptian name was Wahibre, rendered in Greek as Apries. What is amazing about the artifact is that it appears to be completely intact. The inscription was carved on a stone slab (stela) about 7.5 ft high and 3.4 ft. wide. At the top is a winged sun disk; below that is the cartouche (name ring) of Pharaoh Hophra, followed by 15 lines of hieroglyphic text.



Faience plaque inscribed with the cartouche of Pharaoh Hophra

A translation of the inscription is yet to be released, but Dr. Mustafa Waziry, Secretary-General of the Supreme Council of Antiquities stated, “the stela is one of the border stelae that the king erected during his military campaigns towards the east” (www.egypttoday.com, June 5, 2021). In actual fact, no historical records of Hophra have been found; what we know of him has been gleaned from Greek historians and the Old Testament. If this does indeed turn out to be associated with a military campaign, it would be enormously significant.

The Babylonian king Nebuchadnezzar installed Zedekiah as puppet king of Judah in 597 BC (2 Kings 24:15–17). Zedekiah, however, decided to revolt and sought help from Egypt (Ezekiel 17:15). Nebuchadnezzar responded by laying siege to Jerusalem



Credit: Wiki Commons
Pharaoh Hophra

in January of 589 BC (2 Kings 25:1). Shortly thereafter, Hophra was crowned Pharaoh. His first official act was to come to the aid of Judah:

Pharaoh's army had marched out of Egypt, and when the Babylonians who were besieging Jerusalem heard the report about them, they withdrew from Jerusalem. Then the word of the Lord came to Jeremiah the prophet: "This is what the Lord, the God of Israel says: Tell the king of Judah, who sent you to inquire of me, 'Pharaoh's army, which has marched out to support you, will go back to its own land, to Egypt. Then the Babylonians will return and attack this city; they will capture it and burn it down.'" (Jeremiah 37:6–8) Later, Jeremiah proclaimed God's word to the Jews who fled to Egypt following the fall of Jerusalem:

"This will be the sign to you that I will punish you in this place," declares the Lord, "so that you will know that my threats of harm against you will surely stand." This is what the Lord says, "I am going to hand Pharaoh Hophra, king of Egypt over to his enemies who seek his life, just as I handed over to Nebuchadnezzar king of Babylon, the enemy who was seeking his life." (Jeremiah 44:29–30) According to the Greek historians Herodotus (fifth century BC) and Diodorus (first century BC), Hophra was deposed by Amasis, one of his generals, because of his military failures, then strangled by an angry mob of Egyptians.

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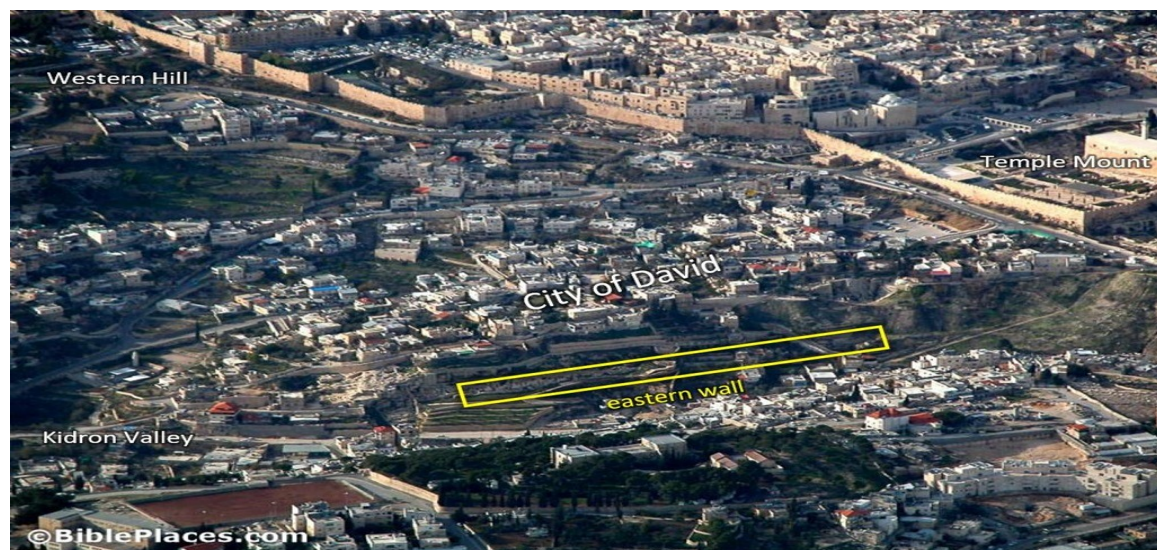


On July 14, just over a month after the discovery of the Hophra stela, the Israel Antiquities Authority announced a discovery that is also related to the Babylonian destruction of Jerusalem—a section of a massive fortification wall on the east slope of the city that had

been torn down by the Babylonians (2 Kings 25:10). The wall was uncovered in excavations conducted by the City of David National Park on behalf of the Israel Antiquities Authority. Two portions of the wall had been found in earlier excavations, a 100-ft. segment 6 ft. or so to the north, and a 300-ft. segment further along the slope to the south. But there was doubt as to whether these wall segments were part of the city wall or other structures. The IAA release stated, “Now we can say with certainty that the city wall did exist, at least on the eastern slope.” Two sections of the wall were found, one roughly 130 ft. long and another around 10 ft. long. It is 16 ft. wide and survives to a maximum height of 10 ft. Inside the wall, houses were uncovered that had been burned in the fire that destroyed Jerusalem in 587 BC. In addition, a Babylonian stamp seal was found that bears the image of a man standing in front of the Babylonian gods Marduk and Nabu, perhaps dropped by a Babylonian warrior.

These amazing finds take us back to Bible times, and demonstrate the accuracy and trustworthiness of God’s Word.

Your continued prayers and support are much needed and greatly appreciated!



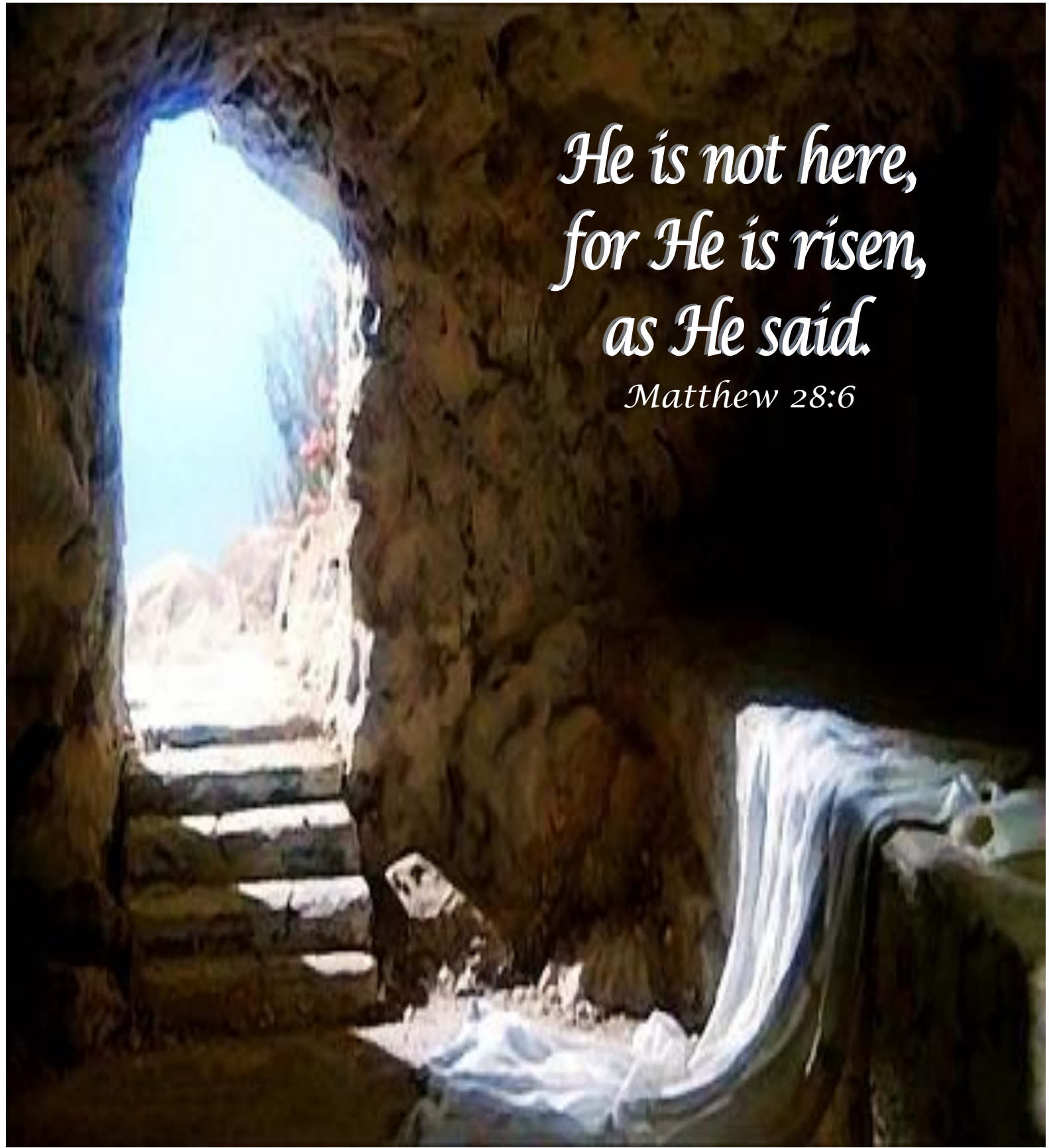


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*He is not here,
for He is risen,
as He said.*

Matthew 28:6

Is Type-2 Diabetes Reversible?

What Do The Experts Say?

By [Adele Hite, PhD, MPH, RDN](#) , medical review by [Dr. Michael Tamber, MD](#)  –

Updated February 7, 2022 **Evidence based**

[What is diabetes?](#)

[About blood sugar](#)

[Food & diabetes](#)

[Improving blood sugar](#)

[Science of diabetes reversal](#)

[A message of hope](#)

Do you have type 2 diabetes, or are you at risk for diabetes? If so, then you've come to the right place.

This guide gives you an overview of what you need to know about treating and reversing type 2 diabetes.

Our other guides can teach you more about the [symptoms of diabetes](#), as well as provide specific information about [type 2 diabetes](#) and [type 1 diabetes](#).

Many people with diabetes or pre-diabetes have improved their health with dietary changes. You can too! Making these changes may allow you to reduce or eliminate diabetes medication, as well as help you lose weight.

1. What is diabetes?

Simply put, diabetes is a disorder of blood sugar (glucose) and insulin. In diabetes, something is wrong with the way a person makes and/or uses insulin, a pancreatic hormone that lowers blood sugar by moving it out of the bloodstream and into the body's cells.

[Type 1 diabetes](#) results when, for autoimmune or other rare reasons, the pancreas becomes damaged and fails to produce insulin. This form of diabetes is most often diagnosed in childhood but can occur in adults.

In [type 2 diabetes](#), there are defects in both the production of insulin by the pancreas (insulin deficiency) and the use of insulin by the body (insulin resistance). When damage to the pancreas' insulin-producing cells progresses to the point where the pancreas can no longer spontaneously release enough insulin to overcome the body's resistance to it, blood sugar levels rise.

Excess glucose in the blood is a problem because it can damage blood vessels. What's more, the body's tissues can't effectively use glucose for energy because too much of it stays in the bloodstream instead of entering the cells.

It is important to recognize that high glucose levels are a consequence of an underlying process that has been going on for years before blood sugar becomes high.

The good news is that diet and exercise can help decrease insulin resistance and its associated weight gain, which may help prevent or even put diabetes into remission.

(Is Type-2 Diabetes Reversible?)

2. Testing blood sugar

Our guide on [what you need to know about blood sugar](#) can help you learn more about both high and low blood sugar. This guide focuses specifically on the high blood sugar levels that occur in diabetes.

How do you know if you have too much sugar in your blood? If you don't know already, it's simple to test in a few seconds, either in your doctor's office or with your own [inexpensive blood glucose meter](#).

Compare your own blood sugar reading with the ranges below:

- **Normal blood sugar:** Less than 100 mg/dL (5.6 mmol/L) after fasting overnight, and up to 140 mg/dL (7.8 mmol/L) two hours after a meal
- **Prediabetes:** Between 100-125 mg/dL (5.6-7.0 mmol/L) after fasting overnight, or higher than 140 2 hours after a glucose tolerance test
- **Diabetes:** 126 mg/dL (7.0 mmol/L) or higher after fasting overnight, or higher than 200 mg/dL (11.1 mmol/L) at any time

Keep in mind that you should not use glucometer readings alone to make a diagnosis of diabetes or prediabetes. If your blood sugar is high on a glucometer, ask your doctor to run a blood test to confirm the diagnosis. Also, most guidelines state that a single abnormal blood sugar reading is not sufficient to secure a diagnosis of diabetes; at least two are needed.

If you are already on a low-carbohydrate diet and you are concerned about the measurements you're getting, find out [how a low-carb diet affects blood sugar measurements](#).

3. Food & diabetes

People with diabetes have difficulty keeping blood sugar levels in a normal range. The blood turns "too sweet" as glucose levels rise.

Sugar in your blood comes from two places: your liver and the food that you eat. You can't directly control the amount of sugar your liver makes, but you can control the foods you eat.

Foods are made up of three broad categories known as macronutrients (major nutrients): carbohydrate, protein, and fat. Many foods are a combination of two or all three macronutrients, but we often group foods according to whether they are mostly carbohydrate, protein, or fat.

Carbohydrates and blood sugar



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Carbohydrates, or carbs, usually come from starches or sugars and turn into glucose when they are digested. When glucose enters the bloodstream, it's called blood glucose, or blood sugar.



The more carbohydrate eaten in a meal, the more sugar is absorbed into the bloodstream and usually the higher the blood sugar will be.

Although very few people would agree that sugary foods are good for you, some foods that we think of as "healthy" — such as fruit — can have a lot of sugar. And many people don't know that starchy foods — such as bread, rice, pasta, and potatoes — quickly turn to sugar when you digest them.

For some people, eating a potato could raise blood sugar as much as eating 9 teaspoons of sugar! It can be hard to predict exactly how someone's blood sugar will respond, as this will likely vary based on genetics and baseline insulin sensitivity.

(By testing your blood sugar before eating and every 30-minutes after eating for up to two hours, you can quickly learn how different foods affect your blood glucose level. The results may surprise you!)

Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150	10.1
Potato, white, boiled	96	150	9.1
French Fries baked	64	150	7.5
Spaghetti White boiled	39	180	6.6
Sweet corn boiled	60	80	4.0
Frozen peas, boiled	51	80	1.3
Banana	62	120	5.7
Apple	39	120	2.3
Wholemeal Small slice	74	30	3.0
Broccoli	15	80	0.2
Eggs	0	60	0

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese

Protein

Protein-containing foods include eggs, poultry, meat, seafood and tofu. Although individuals have different responses to these foods, consuming moderate amounts of [protein](#) at a meal generally has a mild to no effect on blood sugar.

Fat

Dietary [fat](#) by itself has practically no effect on blood sugar. However, we seldom eat fat all by itself. Some foods, like cheese, are made up of mostly protein and fat. These foods probably won't raise your blood sugar very much.

But other foods, like doughnuts and French fries, are made up mostly of carbohydrate and fat. Because they're high in carbs and fat together, these foods are likely to significantly raise your blood sugar.

4. How to lower blood sugar with diet

What happens if you remove foods that raise your blood sugar from your diet? Is there anything good left to eat? We think so. In fact, we have a whole guide on [the best foods to control diabetes](#).

But a picture is worth a thousand words. These are just a few of the delicious foods that don't raise blood sugar for just about everyone:



Foods that don't raise blood sugar

Many people with type 2 diabetes are now choosing a diet based primarily on low-carb foods, and many clinicians are catching on as well.

A person with type 2 diabetes will often notice that, starting with the first low-carb meal, their blood sugar improves. The need for medications, especially insulin, is usually dramatically reduced. Substantial weight loss and health marker improvements often follow.

Finally, people usually feel better and have more energy and alertness.

Choosing foods low in carbs is an effective way to help you control your blood sugar and is safe for most people. However, if you are taking medications for your diabetes, you must work with your healthcare provider to [adjust your medications](#) when you change your diet since the need for medications, especially insulin, may be greatly reduced.

5. The science of diabetes reversal

In 2019, the [American Diabetes Association \(ADA\)](#) stated that reducing carbohydrate intake was the most effective nutritional strategy for improving blood sugar control in those with diabetes.

Research shows that low-carb diets are a safe and effective option for treating type 2 diabetes. This body of evidence includes systematic reviews and meta-analyses of randomized controlled trials (the highest quality of evidence [by our ratings](#).)

A meta-analysis from 2017 found that low-carb diets reduced the need for diabetes medication and also improved certain biomarkers in people with type 2 diabetes. This included reductions in [hemoglobin A1c](#) (HbA1c), triglycerides, and blood pressure; and increases in high-density lipoprotein (HDL) cholesterol, sometimes called the “good” cholesterol. Additionally, in a non-randomized trial from Virta Health, the intervention group of subjects with type 2 diabetes followed a very low-carb diet and received remote monitoring by physicians and health coaches. After one year, 94% of those in the low-carb group had reduced or stopped their insulin use. Furthermore, 25% had an HgbA1c in the normal range without needing any medications, suggesting their disease was in remission, and an additional 35% did the same with only metformin.

At the two-year mark, a high proportion of subjects continued to demonstrate sustained improvements in glycemic control.

Other interventions have also demonstrated efficacy for inducing remission of type 2 diabetes, although there is a lack of consistency with how different trials define “remission.”

The DiRECT trial reported severe caloric restriction (eating around 850 calories per day) resulted in 46% remission at one-year.

And bariatric surgery demonstrates between 25% and 50% diabetes remission up to ten-years post surgery. This evidence suggests that type 2 diabetes does not have to be a progressive and irreversible disease. It is clearly a treatable disease.

6. A message of hope

As recently as 50 years ago, type 2 diabetes was extremely rare. Now, around the world, the number of people with diabetes is increasing rapidly and is [heading towards 643 million](#) by 2030. This is a worldwide epidemic.

In the past, type 2 diabetes was thought to be a progressive disease with no hope for reversal or remission. People were — and sometimes still are — taught to “manage” type 2 diabetes, rather than to try to reverse the underlying process.

But now people with type 2 diabetes can hope to regain their health! Today we know that the hallmarks of type 2 diabetes — high blood sugar and high insulin — can often be reversed with a very low-carb diet, severe caloric restriction, or weight loss surgery.

People don't just have to “manage” their diabetes as it progresses. Instead, they can often lower their blood sugar to normal levels with diet alone, and may be able to avoid or discontinue most medications.

Normal blood sugar levels and fewer or no medications likely means no progression of disease, and no progression of complications. People with a diagnosis of type 2 diabetes may be able to live long, healthy lives, with toes, eyesight, and kidneys intact!

If you are not on any medications, you can start your journey back to health today. If you are on medications for diabetes or for other conditions, consult your doctor before beginning any lifestyle change, such as a low-carb diet, so your [medications are adjusted safely](#) as your blood sugars improve.

When you're ready, here's where to start: [A low-carbohydrate diet for beginners](#). During your own journey, you might be inspired by some spectacular [diabetes success stories](#).



**There are natural based supplements
that help to reverse Type-2 Diabetes!**

Discover A Method To Support Healthy Blood Sugar Levels

Hi, my name is James Walker and I want to share a formula with you that supports healthy blood sugar (glucose) levels, through the use of fantastic nutrients.

This formula can also allow you to enjoy deeper, more restful sleep...

And may even reduce hunger cravings, which can make it easier to lose weight without having to stick with a bland diet.

It's Called GlucoTrust...

First, GlucoTrust contains **Gymnema sylvestra**, which comes from a leafy vine. It's been used for hundreds of years in India for medicinal purposes. This nutrient is known to help restore healthy blood sugar levels while curbing your cravings at the same time.

Next there is **biotin**, which gets its name from the Greek word "biotos," which means "life." A daily dose of biotin can help your body to convert food into energy and metabolize carbs, fats and proteins more effectively. The biotin you get in every GlucoTrust capsule also promotes healthy hair and skin while supporting your liver, eyesight and nervous system.

GlucoTrust also contains **chromium**. This ingredient supports your metabolism and helps it to work faster on burning fat.

Licorice root is one of the world's oldest herbal remedies, used for thousands of years in traditional Chinese, Middle Eastern and Greek medicines. It's also known as a weight loss aid, because it helps to control your appetite while being rich in flavonoids, which are said to prevent obesity.

Cinnamon, known for thousands of years as "the king of spices". It also promotes healthy blood pressure, assists with digestion, and has anti-viral, anti-bacterial, and anti-inflammatory properties.

Before finalizing the GlucoTrust formula we also added **zinc**, which can stimulate insulin production in the pancreas.

GlucoTrust

And you'll also enjoy the benefits of juniper berries. Juniper berries were buried in the tombs of ancient pharaohs and used to help the performance of athletes in the Roman Olympics. Their healing powers come from antioxidants that support the immune system.

GlucoTrust also contains several, sleep-enhancing ingredients...

Because when you sleep, your body goes into repair mode. This is especially important when your body is under stress.

Yet the number of hours you sleep means nothing compared to the amount of deep sleep you get.

During deep sleep your body is able to balance important hormones, such as *cortisol*, your "belly fat storing" hormone.

A lack of deep sleep elevates cortisol. This means the food you eat can get turned into a dangerous form of fat: visceral fat. This is the fat inside of you that wraps around your abdominal organs.

On the other hand, getting deep sleep keeps your cortisol in check while boosting *leptin*, your hunger-controlling hormone.

And on top of all of that, each capsule contains a blend of 15 herbs that regulate your body's natural hormonal balance and allow this whole biochemical process to run smoothly.

At this point, you may be eager to get your hands on this...

But you might be wondering about the cost.

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The Diaokonate Leader

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

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

SPRING QUARTER
2022



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Commentary: Commissioner Edelblut, please don't whitewash history at our children's expense



This month, the New Hampshire Department of Education under Commissioner Frank Edelblut released four 3-minute videos which, it [claimed](#), “provide a robust and complete story of American history and the Black American experience.” The [taxpayer-funded](#) videos were created in partnership with “1776 Unites,” a collection of essays in the conservative [Washington Examiner](#) whose [stated goal](#) is to “debunk the myth that present-day problems are related to our past.” If only it were so.

As parents of young children who have experienced racial bias in New Hampshire, we are concerned by Commissioner Edelblut’s attempts to whitewash American history and block discussion of systemic racism, which [continues in our state to this day](#). Viewing the [videos](#) and accompanying [lesson plans](#) for New Hampshire public schools, we could not help noticing they are anything but “robust” and “complete.” Instead, they tell a flimsy, feel-good tale of individual success unaccompanied by any acknowledgment of institutionalized injustice.



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COMMENTARY: (continued)

The first video celebrates the so-called “Rosenwald Schools,” a network of segregated school-houses named for Julius Rosenwald, the white Chicago millionaire who supported Booker T. Washington’s educational endeavors. Although the video is purportedly about Washington, it shows Rosenwald being lauded by African American schoolchildren and implicitly credits him with granting such luminaries as Maya Angelou and Congressman John Lewis the opportunity to learn.

Absent is any discussion of systemic racism in American education, which resulted in just [one in five](#) African American teenagers being able to attend school in the Jim Crow South and a [seven-to-one](#) per-pupil spending gap in favor of “white” students at the time, based on available data. Nor do the videos acknowledge the continuing racial disparities in public education, which mean “overwhelmingly white school districts receive [\\$23 billion more](#) than predominantly nonwhite school districts in state and local funding” while serving the same number of students. Instead of prompting a nuanced discussion of how local zoning ordinances, regressive property tax regimes, and the like often contribute to de facto segregation and the racial resource gap [in New Hampshire](#), the accompanying [lesson plan](#) merely romanticized a relic of our troubled past.

The other videos make passing reference to discrimination and enslavement of African Americans while showing the same bucolic renderings of southern plantations (forced-labor camps) popularized by pro-slavery advocates before and after the Civil War.

In one, the extraordinary 19th-century African American entrepreneur Bridget Mason is lauded for outwitting her enslaver and building up real estate holdings in Los Angeles, but no mention is made of the decades-long [government redlining](#) that prevented most African Americans from owning their own homes through much of the 20th century.

Another video lauds the Canadian-born inventor Elijah McCoy for his ingenuity but fails to acknowledge how deep-seated racial inequities prevent African Americans from participating on an equal footing in the American economy today. In fact, a recent report by [Citigroup](#) pegs the cost of racial discrimination on economic growth at \$16 trillion in lost GDP over the past 20 years – proof that racism harms us all. Just imagine how many more Washingtons, Masons, and McCoyes – past and present – there could be if not for our country’s system of racial apartheid that holds millions of people back.

The message of these videos and “1776 Unites” is clear: In a land of “endless opportunity” the only thing that stands in the way of success is yourself. Put differently, if you are a person of African descent and you fail to match the extraordinary achievements of Booker T. Washington, Bridget Mason, or Elijah McCoy – or even your “white” peers – it must be because of your own shortcomings. No matter if children of African descent are born with [one-tenth the family wealth](#) of children of European descent and, as teens, are [six times as likely](#) to be pun-



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COMMENTARY: (continued)

ished and even jailed for the same offenses in New Hampshire. “Stories of Courage,” as the three-minute videos are called, are good; whitewashing American history at taxpayer expense is not. Indeed, while these videos marked a first for the DOE, it was hardly Commissioner Edelblut’s first attempt to define what our children should and should not learn about race in America. Writing in [The Union Leader](#) last June, Edelblut praised New Hampshire’s new [“divisive concepts” law](#), which forbids teaching about systemic racism in our public schools and state agencies, and claimed [against the evidence](#) that Dr. Martin Luther King, Jr. would endorse his so-called “colorblind” ideal. He went on to [suggest](#) and then [testify](#) that best-selling books by acclaimed historian Dr. Ibram X. Kendi and local educator Tiffany Jewell would be banned from our schools as a result.

Backing up the commissioner’s warning, the DOE released its [official guidance](#) on the “divisive concepts” law, which stipulated that any New Hampshire educator caught teaching that individuals or groups exhibit inherent, unconscious racism or sexism can be terminated by the State Board of Education and stripped of their teaching license (and livelihood). Then the DOE launched a website for members of the public to report any New Hampshire instructor they deem in violation of the act, which inspired a [national right-wing group](#) to offer a [\\$500 “bounty”](#) to the first person who “catches” a public school teacher.

The law is being defended at taxpayer expense against [multiple lawsuits](#) challenging its constitutionality.

Now, state legislators are seeking to [extend the ban](#) to higher education and expand New Hampshire’s Cold-War era “teacher loyalty” law by [making it illegal](#) to “advocate any doctrine or theory promoting a negative account or representation of the founding and history of the United States of America.” As one New Hampshire social studies teacher [told ABC News](#), “It’s a form of psychological warfare against educators.” We might also add that it violates “parents’ rights” to have our children learn the truth, good and bad alike, so they can face the world as it is and make it even better.

One of us has known Commissioner Edelblut for years, since before his rise to power as a Republican gubernatorial candidate and statewide official. We admire his dogged pursuit of his goals and share many aspects of his personal faith, as well as his belief in the power of individual initiative. We also believe him to be a well-meaning family man who did not set out to harm our kids, or any other schoolchildren for that matter. Yet intentions are not all that matter.

When we sought to convey our concerns to Edelblut privately about his department’s actions on race and how they affect our family, he did not respond. We therefore feel we have little choice but to speak out against his seeming embrace, as New Hampshire’s top education official, of the ascendant politics of “white grievance” against the mounting calls for racial justice. For the sake of all our kids, we pray that Edelblut and the other members of his party will seek a truer, braver account of where we’ve been so that we may yet become “one nation, under God, indivisible, with liberty and justice for all.”

If You Scanned That QR Code From the Super Bowl (or Any QR Code), the FBI Has a Warning for You

QR codes are appearing everywhere--even in Super Bowl ads--but consumers and business owners should know that there are risks.



The most talked-about ad from the Super Bowl this year was a colorful QR code bouncing around the television screen. If you pointed the camera on your smartphone at it, you were taken to the website for Coinbase, a cryptocurrency exchange. It's a remarkably simple way to generate some viral marketing.

The ad generated so much traffic that it crashed Coinbase's app, which, as I wrote previously, is a bad thing when you're trying to convince people they should trust you with their financial assets. More important, however, is that the QR code seems to finally be making its way to the mainstream.

One of the reasons is Covid-19. QR codes are popping up everywhere as a way to direct customers to information without having to hand them a piece of paper or take a chance that they might mistype a URL.

There's a problem, however. Not every QR code is what it seems, and they've become a tool for bad actors. That's why the FBI is warning consumers to be aware any time they



QR CODE - (continued)

scan a QR code, and take steps to protect their information. While the FBI's warning isn't specifically in response to the Coinbase ad, there's an important lesson here--not just for consumers, but for business owners, as well. The beauty of a QR code is that instead of asking someone to remember a website, you simply embed it in the code. When they scan the code, it takes them directly to whatever webpage you want.

So a restaurant can put its menu online, put a sticker with a QR code on the table, and diners can simply scan the code and view the menu on their phone. As businesses tried to figure out how to safely operate during a pandemic, the idea that you wouldn't have to pass menus back and forth between people was very appealing.

QR codes can also be used to facilitate payments. For example, PayPal and Venmo allow users to scan a QR code to send money to each other. As you might imagine, anytime a new technology makes it easier to get people to visit a website, or send money, someone is going to abuse it. That's exactly the warning that the FBI sent last month:

"Cybercriminals are taking advantage of this technology by directing QR code scans to malicious sites to steal victim data, embedding malware to gain access to the victim's device, and redirecting payment for cybercriminal use."

Even though the FBI was talking about QR codes generally, Coinbase's ad was probably the most widely-used QR code ever. Millions of people saw the ad, and a large number of them scanned the code.

The problem is: What happens when a bad actor decides to take advantage of the publicity and send out emails with QR codes telling people they can scan it and take advantage of an "offer"? Because a QR code masks the website you are visiting, it's easier to scam someone into handing over their personal information.

If I made a website at the domain `coinbasead.stealyourbitcoin.ru`, you're probably not going to type that into a website. On the other hand, if I embed it in a QR code--and send it out in a convincing email--when you scan it, you'll see "coin based" and might not pay much attention to the rest of it. It's not hard to make a copycat website designed only to steal your personal information, or your Bitcoin.

The FBI also warns that "malicious QR codes may also contain embedded malware, allowing a criminal to gain access to the victim's mobile device and steal the victim's location, as



QR CODE - (continued)

well as personal and financial information."

This is less of a concern on an iPhone due to the fact that you can't download software to your device from a web browser on iOS. It doesn't mean, however, that a bad actor can't just create an app that runs directly in the browser. On devices where you can download software directly from the internet, like an Android, QR codes could pose an even bigger threat.

Thankfully, there are a few things you can do to protect yourself when scanning QR codes. First, only scan a QR code from a trusted source. If you visit a restaurant and your server places a table tent with a code on it so you can view the menu, you're probably fine.

On the other hand, if you walk up to an ATM and there's a sticker next to the screen that says, "Make your transaction online using this code and we'll give you \$50," it's probably a scam. In fact, I personally wouldn't ever scan a QR code on a sticker without first asking, to be sure it's legitimate.

Second, when you scan a QR code, make sure that the website you visit is authentic. Check the URL to make sure it's what you expected. Don't ever enter your personal information on a website without verifying that it is official and secure.

Also, if you get an email with a QR code, there's no reason to ever scan it. QR codes are meant for interactions where you can't just click on a link. If the person sending you an email doesn't include the link in the body of the email, that should be a red flag.

Finally, if you're a business and you are using QR codes, there are a couple of things you should do as well. If you're going to use a QR code, make sure that the one your customers scan is the one you created. That means making sure no one has covered the official code with a sticker, for example.

Also, including the URL on your sign can help customers have peace of mind when scanning your code. Include language along the lines of, "This code will take you to our menu at menu.reallynicerestaurant.com. If it doesn't, please let us know, and don't enter any personal information."

Mother

*A Mother always understands
the things you say and do.
She overlooks each of your faults,
she finds the best in you.*

*A Mother's love is a special love,
it inspires you each day.
She spreads her joy and happiness,
in her warm and caring way.*

*A Mother's all these things and more,
there's no greater treasure known.
The most precious Mother in all the world...*

...Is the one i call my own.





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Vernon Stewart at: vernonstewart506@hotmail.com

Kenneth Morgan at: kmorgan@aol.com

Leroy Abrams at: labrams2@optonline.net

Randy Morrison at: deaconlrm.69@gmail.com



Introducing

Our New Sports Editor, Deacon Randy Morrison,
from Shiloh Baptist Church, Trenton, NJ

Welcome to the NBDC Newsletter team, Randy!

My brothers and sisters in Christ,

Save that date!

Come on, swing out and bring your 'A game' or Just bring your game and let's fellowship on the golf course! We need your help to support our scholarships to our young people!

The New Jersey State Baptist Deacons' Convention and its Auxiliary are hosting their Inaugural Scholarship Golf Outing.

This event will be on Monday, June 6, 2022 at the beautiful Knob Hill Golf Club, which is located at: 1 Shinnecock Drive, Manalapan Township, New Jersey 07726.

The tournament cost is \$175.00 per player to include a brunch and dinner.

For further information, reach out to Deacon Francis Thomas, Chairman of the event.

His email is francisathomas@comcast.net

“To God be the glory!”

Deacon Randy Morrison, Sports Editor

HYMNS



“THE OLD RUGGED CROSS”

“JESUS KEEP ME NEAR THE CROSS”

By Deaconess Darlene Anthony - New Jersey



“THE LAMB OF GOD”

“THE BLOOD WILL NEVER LOSE ITS POWER”

By Sis. Marsha Riley - New Jersey



Backwoods Stuffed Trout



- 1 Package (4 ounces) uncooked wild rice ($\frac{2}{3}$ cup)
- $\frac{1}{4}$ cup slivered almonds
- $\frac{1}{2}$ cup onion, chopped
- $\frac{1}{2}$ cup celery, chopped
- 1 Tablespoons butter or margarine
- 1 Orange
- 2 Tablespoons fresh parsley, snipped salt, ground black pepper
- 4 Whole trout cleaned (8-10 ounces each)
- Butter softened

Preparation

1. In Medium Saucepan, prepare rice according to package directions except omit salt. 2. Meanwhile, toast almonds in Large Skillet over medium-high heat 3-5, stirring frequently. Remove from pan; cool. Chop with a Food Chopper. Mix rice and almonds in Small Batter Mix. 3. Chop onion and celery with Food Chopper. Cook in 1 tablespoon butter 2-3 minutes or until crisp-tender. Add to rice. 4. Zest orange with short strokes Lemon Zester/Scorer to measure 2 teaspoons zest. Squeeze orange to measure $\frac{1}{4}$ cup juice; reserve 1 tablespoon. Add remaining 3 tablespoons of the juice, zest, parsley snipped with Kitchen Shears, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon black pepper to rice; mix well 5. Preheat oven to 350°F. Using Kitchen Spritzer, lightly spray Stoneware Bar Pan with vegetable oil. Rinse trout; pat inside and outside dry. Lightly sprinkle salt and pepper over inside cavities; drizzle with reserved 1 tablespoon juice. Stuff each trout with rice mixture (about $\frac{2}{3}$ cup). Arrange trout in Bar Pan; surround trout with any remaining rice. 6. From roll of Parchment Paper, tear off sheet 11 inches long and lightly butter one side. Place buttered side of paper loosely over fish. Bake for 25 minutes or until fish flakes easily with a fork. Tips Serve with a quick sauté of mixed vegetables such as zucchini, summer squash and red onion

Cranberry-Angel Trifle



Ready: 5 hours

Serves: 12- 15 people

Ingredients

- 1 envelope (about 2 ounces) dessert topping mix or 1 cup whipping cream
- 1 package (3 ¾ ounces) instant vanilla pudding and pie filling
- 1 teaspoon almond extract
- ½ white angel food cake, torn into 1-inch pieces (8-10 cups)
- 1 jar (14 ounces) cranberry-orange relish
- Toasted Slivered Almonds (below)

Preparation

Prepare dessert topping mix as directed on package or beat whipping cream in chilled bowl until stiff. Prepare pudding and pie filling as directed on package. Fold whipped topping and almond extract into pudding. Alternate 3 layers each of cake pieces, cranberry-orange relish, and pudding mixture in 3-quart serving bowl or casserole. Sprinkle with toasted almonds. Refrigerate at least 5 hours.

Toasted Slivered Almonds

Heat oven to 350°. Place 2 to 3 tablespoons slivered almonds in shallow baking pan. Bake until light brown, about 5 minutes.

Roast Leg of Lamb



Preparation

Select a 5-7 pound leg of lamb. Do not remove fell (paperlike covering). Make 4 or 5 small slits in lamb with tip of knife; insert slivers of garlic into slits. Sprinkle lamb with salt and pepper. Place lamb fat side up on rack in shallow roasting pan. Insert meat thermometer so tip is in center of thickest part of lamb and does not touch bone or rest in fat. Do not add water. Roast uncovered in 325° oven until thermometer registers 170°, about 2 ½ hours for 5- pound roast, about 3 ½ hours for 7-pound roast. Lamb can also to 140° (rare) or 160° (medium).

Tips

Roasts are easier to carve if allowed to set 15 to 20 minutes after removing from oven. Since meat continues to cook after removal from oven, if roast is set, it should be removed from the oven when the thermometer registers 5° lower than desire doneness.


Memorial Committee

Remembering those who have gone before us from labor to reward.

We are acknowledging the value of their life. They may have gone
but they are not forgotten.

Deceased Members

July 2021 thru March 2022



New Jersey

Deacon Samuel Nails

August 18, 1946 - November 8, 2021

Virginia

Deacon Evelyn E. Thompkins

December 22, 1948, - July 14, 2021

Introducing

Our New Administrative Assistant, Ja'Mes Barr.

Ja'Mes is a student at Morgan State University, Baltimore, MD and member of Mt. Calvary Missionary Baptist Church, Newark, NJ along with Sis. Marsha Riley.

Welcome to the NBDC Newsletter team, Ja'Mes !

