

The Diaconate Leader

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

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



SUMMER QUARTER
2021

NBDC 87TH ANNUAL CONVENTION 2021

WEEK-AT-A-GLANCE

Pre-Convention Activities:

Saturday July 10, 2021

- Convention Setup 12:00 Noon
- Office Staff
- Finance
- Registration
- Registration Materials Preparation

Sunday July 11, 2021

- Service at the hotel at 11:00
- Registration Packages Available – 3:00 PM To 5:00 PM
- Hotel Reception – 4:00 PM

Monday July 12, 2021

- 6:00 AM – 7:00 AM Robert Wiggs Early Morning Prayer Serv.
- 8:00 AM Registration Opens
- 8:00 AM The Official Opening of Our 2021 Annual Session
- 9:30 AM – 10:30 AM Women's Auxiliary Executive Board Meetings
- 11:00 AM – 12:00 PM Parent Body Executive Board Meeting
- 6:00 PM Welcome Night

Tuesday July 13, 2021

- 7:00 AM – 8:30 AM Susie B. Givens Annual Prayer Breakf
- 8:00 AM Registration Opens
- 9:00 AM – 10:00 AM Jennie Hall Bible Classes
- 10:30 AM – 11:30 AM Hotel Staff Meeting
- 12:00 PM – 1:00 PM Noonday Service
- 2:00 PM – 3:00 PM Workshops (Deacons and Deaconesses)
- 6:00 PM – 8:00 PM Communion Service

Wednesday July 14, 2021

- 6:00 AM – 7:00 AM Robert Wiggs Early Morning Prayer Serv.
- 8:00 AM Registration Opens
- 8:00 AM – 9:00 AM Jennie Hall Bible Classes
- 9:30 AM – 10:30 AM Workshops (Deacons and Deaconesses)
- 12:00 PM – 1:00 PM Noonday Service
- 2:00 PM – 4:00 PM Women's Auxiliary Session
- 6:00 PM – 8:00 PM Parent Body Session President's Address

Thursday July 15, 2021

- 6:00 AM – 7:00 AM Robert Wiggs Early Morning Prayer Serv.
- 8:00 AM Registration Opens
- 8:00 AM – 9:00 AM Jennie Hall Bible Classes
- 9:15 AM – 11:15 AM General Session
- 12:00 PM – 1:00 PM Noonday Service
- 2:00 PM – 3:00 PM Workshops (Deacons and Deaconesses)
- 6:00 PM Presidents Banquet

Friday July 16, 2021

- 6:00 AM – 7:00 AM Robert Wiggs Early Morning Prayer Serv.
- 8:00 AM Registration Opens
- 8:00 AM – 9:00 AM Jennie Hall Bible Classes
- 9:30 AM – 10:30 AM Closing Session

END OF 2021 SESSION

From The Desk Of Our President

Greetings to you all my brothers and sisters in Christ. We are very fast approaching our 87th "ANNUAL CONVENTION WEEK" which will be held in the Palmetto State of South Carolina from July 10, 2021 through July 16, 2021.

We are planning to have a fantastic time in the Lord this year in South



Carolina the home state of our very own Women's Auxiliary President, Deaconess Alfreda LaVaine. There is still time to register to attend and enjoy the warm hospitality of our southern sister state. Conventioneers may arrive as early as Saturday, if you would just like to relax and get settled in. The Sunday morning worship service will be held **in the Hotel** at **11:00 AM**, hosted by the Ridge-wood Baptist Church, Reverend Fred W. Coit, Pastor. However, the Official Convention opening day is Monday, July 12, 2021 through Friday, July 16, 2021. We are expecting to have a high, Holy Ghost filled time in the Lord, God willing, as we abide by the CDC safety rules throughout our stay at the **Double-tree By Hilton**, 2100 Bush River Road, Columbia, South Carolina. Social distancing ourselves and maintaining our face covering protocol is the rule-of-the-day. It will be soo wonderful to see everyone once again, in-the-flesh, after a year of being confined to our home states. My prayer is that God give us travelling mercies and bless this Convention with good attendance as we glorify the name of our Savior, Jesus the Christ. God Bless You, See You There!

*Yours in the Mighty, Matchless Name of Christ,
Deacon Earl J. Wilson, Sr.
President, Parent Body*



Our Women's Auxiliary President



Grace and Peace unto you from God our Father.. I greet you with the Joy of Jesus. Welcome to our 3rd Edition of the National Baptist Deacon's Convention and Its Auxiliaries newsletter the Diaokonate Leader's Summer Edition.

This is an exciting quarter for me, as I have the honor and pleasure to welcome you all to the 87th National Baptist Deacon's and its Auxiliaries' Annual Convention in Columbia, the capital of my beautiful state of South Carolina on July 12th through the July 16th at the Doubletree Hotel. We are looking forward to a wonderful time as we come together under the CDC COVID-19 safety guidelines in the hotel. Please join us, as registration is still open. In a safe environment we will conduct our workshops, bible studies, meetings, and events in which we will fellowship and enjoy good food and the Word of God.

You can visit our website for additional information.

We thank God for allowing us to see the light at the end of the tunnel as the country begins to open up and restrictions are being lifted. We will continue to follow the science with wisdom and guidance through the Holy Spirit and wear our masks, keep our distance and sanitize our hands.

Trying not to jump ahead of my self let me take this take to wish all the Father, uncles, grandfathers, brothers, mentors, godfathers, spiritual father, a very Happy Fathers Days, Blessed is the man who trusts in the Lord, And whose hope is the Lord Jeremiah 17:7.

I trust that you will enjoy reading this Summer Edition and sharing it with your co-laborers in Christ, church family and friends.

Have a Safe, Healthy, and Good Summer.

In Christian love,

Deaconess Alfreda Levaine, President
Women's Auxiliary



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SUMMER QUARTER
2021

National Baptist Deacons Convention of America, Inc. & Its Auxiliaries

87th Annual Session



Deacon Earl Wilson, Sr.
President, NBDC



SAVE THE DATE

Monday, July 12, 2021 – Friday, July 16, 2021
Columbia, South Carolina

Theme: "Set Your House In Order"
Proverbs 24:3-4 & Matthew 6:33



Host

South Carolina Baptist Deacons Association Delegation
Deacon Theodore Jackson, President, SCBDA



Co-host Churches

Second Nazareth Baptist Church
2300 Elmwood Avenue
Columbia, South Carolina 29204
Reverend Dr. Johnny Ray Noble, Pastor



Ridgewood Baptist Church
5326 Ridgeway Street
Columbia, South Carolina 29203
Reverend Fred W. Coit, Pastor



For hotel accommodations, contact:

DoubleTree By Hilton
2100 Bush River Road
Columbia, South Carolina 29210

Reservations: 1.803.731.0300

www.columbiasouthcarolina.doubletree.com

1 King Bed: \$109 per night plus tax (breakfast for up to 2 guests)
2 Queen Beds: \$129 per night plus tax (breakfast for up to 4 guests)

For further information, contact:

Deacon Theodore Jackson
803.549.1906
jtheodjac@gmail.com

Deacon Earl Wilson, Sr.
860.287.7370
ewilson52041@yahoo.com



NBDC Website
www.nationalbaptistdeaconsconvention.org

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SUMMER QUARTER
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Field Workers Ministry

Are You Ready For The Field?

The story is being told of a group of devoted disciples working in the "field" preparing for a harvest by sharing biblical scriptures on how to support pastors and congregations, discussions on building better relationships among deacons, members, young adults, and youths, and engaging in ongoing learning opportunities for self-growth in ministry.

However, to successfully complete the **harvest**, we need committed and dedicated disciples like you to join other devoted disciples we call **Field Workers**. **Field Workers** communicate with national and state convention leaders, local baptist associations, deacon ministries within local churches to share printed resources, fellowship and learning opportunities through our ministry website, mid-term session in March, and the annual convention in July.

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..... 1 Timothy 3:13 and 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.

Get involved by joining the **Workers**, call 803.549.1906 or email jtheodjac@gmail.com.

Theme

"Set Your House In Order"

Proverbs 24:3-4 & Matthew 6:33



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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)

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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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MAY 31, 2021 MARKS THE 100TH ANNIVERSARY OF THE BLACK WALL STREET MASSACRE



“The burning of the church was just total devastation in the community because it was just so unnecessary.

Mount Zion had just opened its new church and held its first service on April 4, 1921. Because it was the newest building in the neighborhood, they (rioters) came and burned it down. The church, like others in Greenwood, was a symbol of economic might that became symbolic of the largest concentration of Black wealth in America

REBUILDING AFTER THE DEVASTATION

Eventually, a corner lot was laid in 1948 and a newly constructed Mount Zion was dedicated on Oct. 21, 1952, under Rev. J.H. Dotson’s leadership. Designed by Mount Zion members W.S. and J.C. Latimer. To have Mount Zion return in a state “as good as it ever was,” said Givens, inspired the district’s Black residents to move forward.

Later it was dubbed,

“THE CHURCH THAT FAITH BUILT”



There was allegedly a stash of weapons and ammunition stored inside the church waiting to be deployed, according to the unsubstantiated story at the time.

An eyewitness account by William “Choc” Phillips, a white teenager, was documented in the 2001 report of the Oklahoma Commission to Study the Tulsa Race Riot of 1921. It detailed what happened next that day 99 years ago, when armed white mobs swept through Greenwood killing and burning.

Phillips, who later became a Tulsa Police officer, described men firing machine guns at the church, where Black riflemen attempted to protect their already damaged neighborhood. “While standing on the high ground where the machine gun had been firing, we watched the activity below for a few minutes,” Phillips testified. “Most of the houses were beginning to burn and smoke ascended slowly into the air while people flitted around as busy as bees down there.

“From the number that ran in and out of the houses and the church, there had evidently been a couple of hundred who remained behind when the mob bypassed the area. A short while later, Mount Zion was torched.”

Mount Zion had just opened its new church and held its first service on April 4, 1921. Less than two months later, on June 1, it was looted and reduced to smoldering rubble. The church, at 419 N. Elgin Ave., had just completed an ambitious five-year, \$92,000 investment in its transition from its previous location, in the 300 block of North Hartford Avenue.

“Because it was the newest building in the neighborhood, they (rioters) came and burned down the church,” said Dr. Sharlene Johnson, current Mount Zion trustee and board member. “You have to remember the time. (Greenwood) was a thriving community. It was racism, basically. It was just a way to destroy the Black community and Black



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churches. "They now call it a massacre. It was definitely a massacre."

In the immediate aftermath, Mount Zion Rev. Ira A. Whitaker ordered 24-hour surveillance over the ruins and then demanded city officials watch as church members cleared the area to ensure that the building did not contain weapons as suspected.

It was a humble reminder that even in the midst of victimization, Black Tulsans had to prove their innocence to white authorities. Another blow the church suffered was that its insurance policy did not cover damages caused by an "act of riot," according to a clause. Despite being one of 23 churches burned down during the massacre, Mount Zion members forged on, Johnson said. Congregants lost the sanctuary to violence but the basement remained salvageable. A temporary covering and a few makeshift pews were installed so that worship services could be held.

Services were also orchestrated elsewhere in the area, including at the home of Mabel B. Little, the revered matriarch of Tulsa's Black community.

"They decided they were going to rebuild the church," said Johnson.

And they did just that, though the church carried \$50,000 in mortgage debt. Rather than disband or join neighboring churches, members voted to not file bankruptcy. While some did leave, others spent countless weekends and days attempting to rebuild.

Five years after the fire, Whitaker continued to lead the congregation as it reduced its debt, which was necessary before a new church could be constructed.

Overcoming the challenge

The church faced a significant setback when an ill and discouraged Whitaker later resigned.

His absence led the way to frequent leadership changes and a brief shuttering of the church before Mount Zion regained stability under Rev. J.H. Dotson in 1937, when members were still gathering at the dirt floor basement.

Dotson, who came from Muskogee to lead the church, started an aggressive campaign to pay off the remainder of the debt and then finance a rebuild.

Mount Zion records indicate that it was 1942 — 21 years after the initial devastation — that the debt was finally paid off on the strength of determination and donations.

"It is a little easier for them to give their money now, however, because they have tangible proof that they're getting something for it," Dotson said in a 1945 Tulsa Tribune story about Mount Zion's resurgence.

'The church that faith built'

Ruby Givens has been a faithful Mount Zion member for the last 55 years. Growing up in Claremore, she didn't witness the massacre first-hand. What she knew about the events of the day were through her father, a World War I veteran. The situation, said Givens, was characterized as "negative."

Deteriorating race relations, however, was something Givens did personally experience following the massacre. Though Oklahomans rarely discussed what happened — out of either embarrassment or shame — the animosity never wavered, she said.

"There was extreme hatred, and it was hatred deserved (toward whites) from Blacks because it was just so unnecessary," said Givens. "The burning of the church was just total devastation in the community."

Eventually, a corner lot was laid in 1948 and a newly constructed Mount Zion was dedicated on Oct. 21, 1952, under Dotson's leadership. Designed by Mount Zion members W.S. and J.C. Latimer, it was dubbed "the church that faith built."

The church, like others in Greenwood, was a symbol of economic might that became symbolic of the largest concentration of Black wealth in America. To have Mount Zion return in a state "as good as it ever was," said Givens, inspired the district's Black residents to move forward.

Added to the National Register of Historic Places in 2008, the current Mount Zion is a multi-level building complete with office and meeting space, with a nursery to go along with old stained glass windows that were donated from Germany. The sanctuary can hold 1,200 at capacity.

"When the community saw that Mount Zion was rebuilding, they had hope that if Mount Zion could do it, the (rest of Greenwood) could do it," Givens said. "It was an inspiration to the community to rebuild after seeing what Mount Zion had gone through."

Tulsa Race Massacre: This is what happened in Tulsa in 1921



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JUNETEENTH OUR FREEDOM DAY

JUNETEENTH CELEBRATION

African American Emancipation Day is the oldest celebration commemorating ending slavery in the United States. Federal troops arrived in Galveston, Texas on June 19th nearly two and a half years later to ensure all enslaved people be freed. This happened after the signing of the Emancipation Proclamation.

Juneteenth also known as Freedom Day, Jubilee Day, & Liberation Day is a holiday celebrated in the United States. [https://en.m.wikipedia.org > wiki > J](https://en.m.wikipedia.org/wiki/Juneteenth)

Source: Updated: APR 20, 2021 / ORIGINAL: JUN 19, 2015

President Abraham Lincoln had established on January 1, 1865 that enslaved people in Confederate states in rebellion against the Union "shall be then, thenceforward, and forever free. Apparently, this was not the case and only applied to places under Confederate control. Areas under Union control and slave holding borders or rebels did not apply. Northern troops advanced into Confederate South and many of our brothers and sisters escaped.

Harriet Tubman was Born into slavery on March 6, 1822 Dorchester County, Md. One notable American abolitionist Harriet Tubman and political activist made 13 missions. These missions rescued approximately 70 enslaved people which consisted of family, and friends. Tubman had never lost a passenger. She was called, "Minty" and also "Moses". The Underground Railroad utilized safe houses. (Wikipedia)

Some African Americans are not familiar with Juneteenth. We must realize it's importance. This is an African American celebration. Juneteenth is celebrated in 47 states. There are only three states that do not celebrate Juneteenth. They are: North Dakota, South Dakota, and Hawaii.

Here are some ways to Celebrate Juneteenth

- 1 Find an event in your neighborhood
- 2 Host your own backyard party
- 3 Cook some traditional foods
- 4 Support Black – owned businesses
- 5 Listen to Black artists
- 6 Read books written by Black authors and poets

The colors of Juneteenth are same colors that are on U. S. flag: red, white, and blue, that slaves were indeed American citizens, however modern times have adopted the red, black, green and gold of our struggles. Foods eaten on Juneteenth include Red sodas, watermelon, and other traditional food such as fried chicken, red velvet cake, macaroni and cheese, and of course collard greens. Emancipation Day is becoming more wide spread and celebrated in the United States and other countries.

The Juneteenth bill has passed in the House and that would make Juneteenth a paid state holiday. has passed in the House in the state of Illinois. The bill heads to Governor J. B. Pritzker for signature. Senate previously passed this bill. Governor would choose which version to sign and could take effect immediately.



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Governors in Virginia, New Jersey, and New York have signed making Juneteenth a paid state holiday for state employees.

"I prayed for freedom for twenty years, but received no answer until I prayed with my leg" Frederick Douglas.

This Juneteenth we reflect on progress accomplished, but there is still much more to accomplish.





HEALTH SUPPLEMENTS

BONE BROTH

An Old Home Remedy Re-discovered!

Our grandmothers already knew about this and they lived by it. Now modern day medical experts have rediscovered it and are calling it their own. This is a good thing because with modern day packaging we no longer have to slave over a pot for 8-12, even 24 hours to get this gut healing or just rip open a packet and add boiling water. The Doctor's name is Dr. Kellyanne Petrucci, MS, ND. She is a naturopathic physician and the author of many books that have transformed thousands of lives across the world. This is how she describes the benefits of what she calls "Liquid Gold".



This is how she describes the benefits of what she calls "Liquid Gold".

Bone broth is a liquid containing brewed bones and connective tissues. To make bone broth, people use cow, chicken, and even fish bones. Drinking bone broth may be beneficial for the joints and digestive system, among other things.

The bones and tissues of many types of animal may make good bone broth. Bone broth also contains other important nutrients, especially minerals, derived from these tissues. This may make bone broth a beneficial dietary supplement for many people.

Simmering the bones in water with some vinegar helps release nutrients from the marrow within the bones, as well as break down other tissues into the water. The result is a flavorful, nutritious broth.

1. It is highly nutritious

Bone broth soup is rich in nutrients. Bones themselves are rich in vitamins and nutrients, including calcium, magnesium, and phosphorous. Also, brewing connective tissue into bone broth provides the body with natural compounds from the cartilage. Tissues and bones also contain collagen. Cooking collagen turns it to gelatin, which provides the body with amino acids, which are the building blocks of proteins. It is not possible to say how much of any nutrient will be in a particular batch of bone broth, since this largely depends on the type and quantity of the bones and tissues that went into it. However, it may be best to include many different types of bones and tissues for the highest amount of nutrients.

Bone marrow is rich in nutrients such as:

- iron
- vitamins A and K
- fatty acids
- selenium
- zinc
- Manganese

Bone broth may provide trace amounts of these nutrients, and many claim that consuming it is an easy way to take in these nutrients in a form that is easier to digest. Adding other ingredients, such as vegetables, to the broth may also add additional nutrients.

2. It may protect the joints Bone broth is a source of gelatin, which may break down into collagen in the body. This is especially important in the joints. Cartilage in the joints tends to wear down or shrink through continual use. This can add more stress to the joints, which may become damaged as a



HEALTH SUPPLEMENTS

result of the added pressure. A 2017 review that appears in the journal *Sports Medicine* Trusted Sources suggests that both laboratory and animal studies show that gelatin supplementation increases the amount of collagen in the tissues. This may help protect the joints from unnecessary stress. Consuming bone broth may be a good way to add gelatin to the diet, which may help protect these joints

3. It may help fight osteoarthritis

The compounds present in bone broth help maintain the joints, and they may also help people who already have osteoarthritis. A 2016 study in the *Nutrition Journal* looked at the effects of type 2 collagen in people who had osteoarthritis symptoms in their knees. The collagen came from the connective tissue of chickens. Its results show that collagen can improve knee joint symptoms, such as pain, stiffness, and poorer physical function, in people with osteoarthritis. Consuming bone broth may be an easy way to deliver the same type of collagen, along with other helpful nutrients, to the body.

4. It may help reduce inflammation and heal the gut

People with inflammatory bowel disease or leaky gut syndrome may benefit from consuming bone broth. Some amino acids present within bone broth may also be helpful for digestion. An amino acid called glutamine seems very promising. As a 2017 study in the journal *Current Opinion in Clinical Nutrition and Metabolic Care* Trusted Source notes, glutamine supplementation helps heal the intestinal barrier in human and animal models. This may help with conditions such as leaky gut, which irritates the mucosal lining in the intestines and interferes with the body's ability to digest food. As a 2017 study in the journal *Nutrients* Trusted Source says, people with inflammatory bowel disease tend to have lower levels of some amino acids in their bodies. For these people, getting additional amino acids into their diets may help with some symptoms of the condition. Drinking bone broth daily may be a simple way to get anti-inflammatory amino acids into the body.

5. It may aid sleep

The amino acids in bone broth may also promote better sleep in some people. A 2015 study in the journal *Neuropsychopharmacology* Trusted Source reports that the amino acid glycine is a safe therapeutic option to improve sleep. People who take glycine before going to sleep may feel that they sleep better and have less fatigue during the following day. For these people, drinking bone broth with a simple dinner may help provide this glycine.

6. It may support weight loss

Bone broth may also help people lose weight. It is high in protein, which helps the body feel fuller for longer and supports calorie restriction. A 2017 study in the *Journal of Renal Nutrition* points out that the average cup of chicken bone broth contains more protein than the average cup of basic chicken broth. Drinking bone broth or making a simple soup may be a beneficial way to add more protein to the diet and feel more satisfied with a meal without consuming too many calories.

You Can Make Your Own Bone Broth At Home





HEALTH SUPPLEMENTS



How to make bone broth

A slow cooker can be useful when making bone broth. Stores carry bone broth, but it is also very easy to make at home. A simple way to make it is to save bones from other meals. For instance, a chicken carcass that is complete with beak and claws may make a good basis for a bone broth. Many butchers and meat sections at grocery stores also sell any bones that they have available. To make homemade bone broth, try the following recipe:

- 1 gallon of water
- 1 ounce of vinegar
- 3–4 pounds of bones and tissues

Boil the ingredients together in a large pot or slow cooker, then reduce to a simmer for 10–24 hours before letting it cool. Strain through a cheesecloth and pour into smaller containers for storage. It might also help to add salt, vegetables, and spices such as sage or thyme to give the broth more flavor. After making a big batch of broth, store it in smaller containers in the freezer. Heat these smaller containers as needed, and the broth will last longer

Summary

Bone broth contains readily available nutrients and minerals that may help keep the body working at its best. How much of any nutrient will be in each individual batch is difficult to predict. There may be additional benefits to bone broth that research is still to uncover. For now, bone broth is a highly nutritious drink that may support the body and many of its functions.



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HEALTH SUPPLEMENTS

THE BLOOD PRESSURE SOLUTION

The **Blood Pressure Solution** is the popular book written by critically-acclaimed natural health specialist, **Dr. Marlene Merritt**. The book has sold over 380,000 copies in the U.S. and internationally, making it one of the most read blood pressure books ever published.

Proof That You Can Reverse And Cure Hypertension !



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In today's presentation you'll discover:

- 4 commonly prescribed blood pressure drugs that may be dangerous
- The one "forbidden" food to start eating to restore healthy blood pressure
- How Dr. Marlene helps her own patients fight blood pressure problems
- The one surprising culprit of high blood pressure (it's NOT salt)

Copy this link and paste in your browser to watch this video:

https://primallabs.com/offers/bps/video_bps?fid=1245&tid=adwords...

Dr. Marlene Merritt, DOM, MS Nutrition

Marlene Merritt received her Master's degree in Oriental Medicine in 2000 and is a Doctor of Oriental Medicine. She has an additional Master's degree in Human Nutrition and Functional Medicine from the University of Bridgeport. She is licensed by the New Mexico Board of Acupuncture and Oriental Medicine, and is nationally board certified in Oriental Medicine. She is an Applied Clinical Nutritionist, and is additionally Board Certified in Bariatric Counseling, and certified in the Bredesen MEND Protocol™. She is also currently enrolled in the Institute for Functional Medicine's Certification Program to become an IFM Certified Practitioner.

The Blood Pressure Solution

Dr. Marlene's Blood Pressure Solution includes dozens of tips and techniques to safely and naturally control high blood pressure. Thousands of users have been helped by this program, which features the latest research from around the world.



The 7 blood pressure "levers" and how to positively impact each one



The tasty "Butter Shortcut" trick that simplifies what foods to eat



Special meal plans designed to lower blood pressure naturally



What you must avoid eating if you want to keep healthy blood pressure



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BUSINESS

AN EXEMPLARY DEACON'S SON



Through my career, God and my father have been driving forces in my maturation. My father died in 2012 after an emotional and hard fought battle with Lung Cancer. I was working at the NBA at the time of my dad's death and I knew God had designed my career for better pastures.

My dad was my hero. He was a tenured Deacon at Metropolitan Baptist Church in Newark, New Jersey. My dad believed in service to the Lord and his community, which he loved dearly. My dad also held the role as President of the North Jersey Baptist Laymen Convention. My father took great pride in expanding the Convention throughout North Jersey and beyond. Through his tenure, my father worked tirelessly to infuse the youth in the Convention through grassroots recruiting. My father believed the youth were the catalyst for the future of the Convention.

During my tenure at the NBA, I worked in the Broadcast and Marketing department. My daily responsibilities included conducting marketing analysis reports to our advertising partners, which included Nike, Gatorade and Adidas. Those reports help expand the NBA's market reach in demographics throughout the United States and domestically. The NBA also allowed me to travel and see the world at such a young age.

After leaving the NBA in 2014, I started my own management company MRUBANSports&ENT, LLC. Over the years, we have managed and directed the careers of brands such as Rucker Park, Power Plus Mouth guards, NY Liberty, Dallas Wings, to name a few. We also have managed individual talents such as Hall of Famer Teresa Weatherspoon, Kym Hampton and Super Model Nina Splash.

Through it all, God has provided me with great guidance and direction. When I conduct big business meetings, I can always hear my dad providing support and fatherly love. With the support from the Lord and my father, I feel that I can conquer anything.

Lastly, without the Lord I would not be in the position I'm in today. He's the ultimate recruiter, provider, protector and mentor. I would tell anyone searching for truth in their career to speak to God with intention and grace. And always...keep climbing up the Lord's ladder.

Regards,

Nathaniel Cooke

Founder/COO

MRURBANSports&ENT, LLC.

ncooke@mrurbansports.com

973.432.4048

Connect with us: @MRURBANSports&ENT



BUSINESS

The Importance of Entrepreneurship in Black and Latino Communities in Massachusetts

By [James Jennings](#)



Entrepreneurship opens up opportunities that are hard to come by in minority communities. In Massachusetts, public schools can encourage it by exposing young people to its life-changing possibilities. Recent data from the U.S. Census Bureau note a concerning fact regarding entrepreneurship in Black and Latino communities in Massachusetts: the number and proportion of Black and Latino-owned employer businesses,¹ as well as rates of Black and Latino entrepreneurship, are relatively weak.² While several studies highlight the important contributions of Black and Latino entrepreneurs in Massachusetts, entrepreneurship in these communities could still use a boost. The benefits of vigorous Black and Latino entrepreneurship are significant: businesses owned by Blacks and Latinos tend to hire residents in these same communities at higher rates than nonminority businesses do. Further, entrepreneurship can help connect youth to their communities, showing them how to tap their creativity and initiative by starting or looking forward to owning their own businesses. Even encouraging youth to think about starting a business and considering what is involved in such a process can be empowering. What the Data Show The U.S. Census Bureau’s 2014 Annual Survey of Entrepreneurs reported that “more than one third (36 percent) of the 50 most populous metropolitan statistical areas had approximately 20 percent or more minority ownership of their employer businesses.”³ Boston-Cambridge-Newton is the tenth-most-populated metropolitan statistical area in the United States, but can only count 9.6 percent of its employer businesses as minority owned.⁴ Drilling down into the term “minority” shows that Blacks and Latinos own a relatively low number of employer businesses. The survey reported that there were 130,710 employer firms in Massachusetts in 2014, with a combined employment base of 2.9 million workers and annual payroll of more than \$177.6 billion. Among those, Black-owned firms represented just 1.2 percent and Latino-owned firms only 2.4 percent. By contrast, Asian-descent businesses made up 5.7 percent of all employer businesses in Massachusetts in 2014.⁵ Combined, the



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paid employment base for all Black and Latino employer businesses in Massachusetts was about 33,981 workers.⁶ These figures align with reported self-employment rates for these groups, and indeed, self-employment rates are typically a proxy for entrepreneurship and vary by race and ethnicity. There are also evident differences in entrepreneurship within Black and Latino communities depending on gender and place of birth (in the United States or elsewhere). Those reporting themselves as foreign born, for example, are more likely to be entrepreneurs (7.2 percent 18 spring 2017 of all foreign-born employed persons) than are U.S.-born persons (3.6 percent). (See “Self-Employment by Race, Ethnicity, and U.S. Birth Status.”) There are also other variations within the broad categories of “Black” and “Latino.” For example, among Latinos reporting Mexican ancestry, entrepreneurship rates between U.S.-born and foreign-born persons do not differ substantially, but among Latinos reporting Panamanian ancestry, the rate of entrepreneurship for those born in the United States is much higher (9.3 percent) than the rate for those born elsewhere (2.9 percent). Similarly, entrepreneurship rates differ among ancestry groups. (See “Self-Employment Rate by Select Ancestry and Origin.”) How Local Government and Schools Can Help Regardless of these differing rates, the bottom line is that Black and Latino entrepreneurship rates and the number of employer businesses have to increase dramatically to ensure that these communities can take advantage of economic opportunity of all foreign-born employed persons) than are U.S.-born persons (3.6 percent). (See “Self-Employment by Race, Ethnicity, and U.S. Birth Status.”) There are also other variations within the broad categories of “Black” and “Latino.” For example, among Latinos reporting Mexican ancestry, entrepreneurship rates between U.S.-born and foreign-born persons do not differ substantially, but among Latinos reporting Panamanian ancestry, the rate of entrepreneurship for those born in the United States is much higher (9.3 percent) than the rate for those born elsewhere (2.9 percent). Similarly, entrepreneurship rates differ among ancestry groups. (See “Self-Employment Rate by Select Ancestry and Origin.”)

How Local Government and Schools Can Help

Regardless of these differing rates, the bottom line is that Black and Latino entrepreneurship rates and the number of employer businesses have to increase dramatically to ensure that these communities can take advantage of economic opportunities. At least two actors—local government and public schools—can play an essential role. Local and state government can help to expand the capacity of current Black and Latino employer businesses and to increase their numbers by prioritizing minority-owned business growth and diversification strategies within larger economic development plans and policies. Industry diversification is especially important, as Black and Latino entrepreneurs in Massachusetts are largely concentrated within only a few industries. Self-employed Blacks in Massachusetts, for example, are found in only 30 of the 267 industries categorized by the Census Bureau’s North American industry classification system.⁷ For example, almost half of all self-employed Blacks in the state are in taxi and limousine service; this is followed by construction, child day care services, truck transportation, and what is described as “financial nondepository credit and related activities,” which can include check-cashing or credit-lending operations.⁸ (See “Black Entrepreneurs by Industry Classification.”) Public schools can be effective venues for teaching and nurturing entrepreneurship. They can expose students to opportunities within the wide range of entrepreneurial industries in today’s economy. This can be done through curricula, internships, and introduction of students to local business leaders. Additionally, schools and business partnerships could sponsor contests for innovative ideas and projects through which groups of high school students could win prizes or recognition. But informal conversations with community leaders and educators in Massachusetts suggest that youth in Black and Latino communities are not being introduced to or prepared for entrepreneurship. Haywood Fennell, a local historian and activist in Boston, believes that public schools are overlooking a rich history of Black innovation that could inspire and encourage greater entrepreneurship among young people. This history could be motivational for youth. He notes that he “never sees the Wall Street Journal in school libraries. Youth should be taught about earlier and current successful Black business leaders, including local giants like Ken Guscott and John B. Cruz. After learning about these individuals, they should be surveyed about ideas they may have about starting businesses and then taught the basic steps in terms of how to proceed.” Ana Luna, executive director of ACT Lawrence, a community development corporation in Lawrence, MA, believes that financial literacy—a critical component of entrepreneurship—is missing from too many public schools. She states that “at a minimum, public schools should provide financial literacy for all students. This can include school activities like writ-



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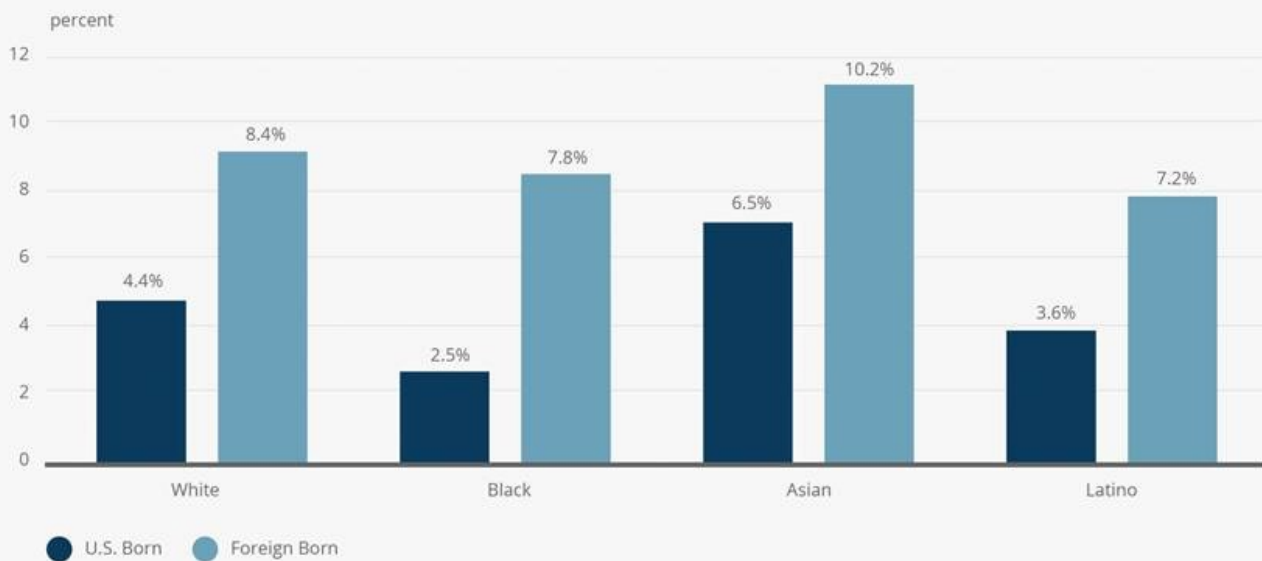


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ing a business plan, understanding competition, reading financial statements, and in places like Lawrence, being introduced to the licensing required for starting different types of businesses.” Young people equipped with an entrepreneurial orientation and skills today can make social and economic contributions tomorrow. Entrepreneurship also goes hand in hand with critical thinking and other skills that youth need to excel, including the desire to raise questions about potential opportunities and the ability to gather information and put it to work. These are lifelong skills that enhance entrepreneurship readiness among our youth and should be part of a quality education for young people. 9 The community leaders I spoke with believe that Black and Latino youth have to be more directly introduced to learning about entrepreneurship and how it can be applied in a range of settings. SkyLab, an educational organization based in Roxbury, MA, is taking this charge seriously. Bridgette Wallace, founder of this organization, described its mission: “SkyLab works in partnership with local organizations to introduce youth of color to the importance of entrepreneurship to learn firsthand about the risk and rewards of operating a small business.” SkyLab provides instructive and hands-on opportunities for the residents of Roxbury to learn about and use the latest technologies, strategies, and business skills required to launch new ventures or sustain existing ones. Wallace stresses that “entrepreneurship being taught in the classroom and in the neighborhoods is an imperative that cannot be overlooked in communities surrounded by high-growth institutions. Organizations must work to create pathways for African American and Latino youth to take risks and dare to dream in neighborhoods where few opportunities exist.” Wallace’s call is especially urgent given the changing demography in Boston and other Massachusetts cities where Black and Latino populations are growing in numbers. Entrepreneurship is not a panacea for achieving economic improvement and better quality of life. Nevertheless, state and local government and public schools should not ignore its importance and the impacts it can have on youth and our future entrepreneurs.

Self-Employment by Race, Ethnicity, and U.S. Birth Status



Source: U.S. Census Bureau, 2014 Annual Survey of Entrepreneurs.



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Black Men Run Inc. is an independent running group focused on the mission to promote a healthy lifestyle among African American males through participation in recreational running activities. Black Men Run Inc. is not affiliated with any other running organization and the Black Men Run logo is the sole property of the organization. All questions should be directed to: info@blackmenrun.com



Black Men Run has more that 30 chapters across the United States, including New Jersey, Atlanta, Chicago, California, District of Columbia, Florida, North Carolina, Virginia, Maryland, Louisiana, Michigan and New York.



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The Movement | #blackmenrun Black Men Run supports a wide range of abilities and is open to everyone. From first timers to advanced runners, we strive to promote increased fitness through a culture of running. Mission Statement To encourage health and wellness among African American men by promoting a culture of running/jogging to stay fit resulting in "A Healthy Brotherhood" The Ask Why is there a need for Black Men Run? Because the numbers don't lie: • Among Blacks age 20 and older, 44.4% of men have Cardiovascular Diseases • In 2009, Coronary Heart Disease (CHD) caused the deaths of 21,051 Black males • Blacks have a risk of first-ever stroke that is almost twice that of whites • Heart disease is the #1 cause of death for African American males At Black Men Run we believe that running/jogging can change these alarming trends and we are here to encourage African American males to get out and be active. Research tells us that running on a regular basis not only benefits individuals from a physical standpoint but also increase mental sharpness. Studies show that running on a regular basis helps to boost your confidence, relieves stress and eliminates depression

The premise here is simple and this is our core ask of anyone wanting to be a part of Black Men Run:

- (1.) Take Running Seriously! Set weekly and monthly goals for distance and pace.
- (2.) When you share your running routes on social media with apps like "Nike+ Running" and "Map My Run," use the hashtag #blackmenrun. Using this hashtag will make the term searchable and help with spreading the word.
- (3.) Start a Black Men Run Meetup in your city and encourage others to run in local races/events.
- (4.) Share the Black Men Run website with others along with following Black Men Run on Twitter, Instagram and Facebook.
- (5.) Purchase a Black Men Run t-shirt from our Gear page to show support and to help spread the word.
- (6.) Most of all, be an inspiration to others. Our goal is to gain momentum and a national following to have Black Men Run events around the USA This is a movement that will grow quickly if we all stay committed to health and wellness. We will make ourselves and our communities stronger

Black Men Run | National Leadership Team

Jason L. Russell

Michael Stinson – National Captain



Edward Walton – CMO





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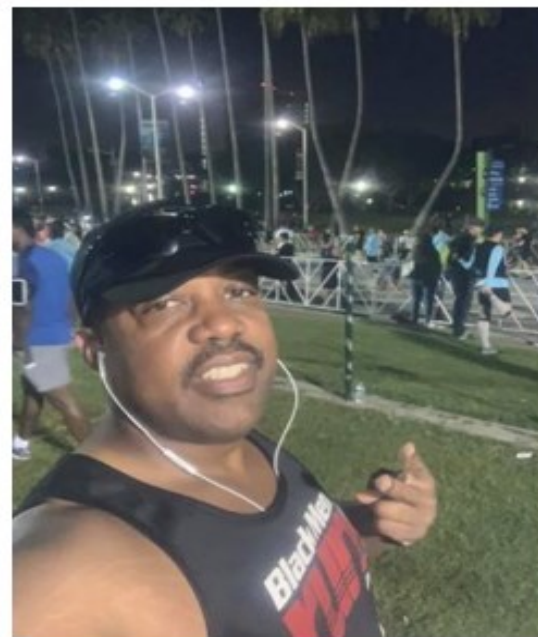
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Black Men Run | New Jersey Leadership Team



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Here in New Jersey our local chapter consistently works with local community organizations that work to end hunger. Recently the New Jersey Chapter teamed up with a local Non-Profit to collect feminine hygiene products that were distributed to several local homeless shelters.





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ANTHONY M SMITH



DAMIAN PAYNE

VICE-CAPTAINS NORTH NEW JERSEY



JOSEPH COLLINS



VICE-CAPTAIN SOUTH NEW JERSEY



Cook Book

Ensalada Simplese



5 cups torn lettuce
(combination of romaine and iceberg)

½ cup chopped zucchini

1 can (7 ounces) whole kernel corn,
drained

½ cup diced red bell pepper

¼ cup sliced dairy sour cream

2 tablespoons mayonnaise

1 teaspoon lemon juice

¾ teaspoon dry mustard

½ teaspoon Lawry's Garlic Powder w/
Parsley

INSTRUCTIONS

In large bowl, combine lettuce, Zucchini, corn, bell pepper and green onions.

Refrigerate. In separate small bowl, combine remaining ingredients. Refrigerate.

To serve, gently toss greens and dressing. *Makes 4 to 6 servings*



Cook Book

Roasted Garlic Asiago Rack of Lamb



2 New Zealand Frenched Lamb Rack

1 tsp Bertolli Extra Virgin Olive Oil

3 tsp Land O' Lakes Salted Butter, Melted

1 tsp Member's Mark Minced Garlic

2 tsp Weber Roasted Garlic Asiago Seasoning

Member's Mark Salt and Ground Black Pepper,
to taste

INSTRUCTIONS

Preheat grill to 375 degrees.

Take both racks of lamb and rub olive oil on both sides

Melt the butter and stir in the Member's Mark Minced Garlic.

Pour butter mixture over the lamb.

Sprinkle Weber Roasted Garlic Asiago and Member's Mark
Sea Salt and Ground Black Pepper over the lamb.

Bake lamb for 20 to 30 minutes. Cut and chop each individually
and serve on a platter.



Cook Book

Tangy Barbecue Beans

(Prep time 20 minutes, Bake time 20 minutes)



½ pound sliced bacon
 1 cup chopped onion
 3 garlic cloves, pressed
 ½ cup packed brown sugar
 2 tablespoons cider or white vinegar
 ½ cup ketchup

2 teaspoons Tabasco pepper sauce
 (optional)
 4 cans (15-16 ounces each) pork and
 beans
 in tomato sauce, undrained
 2 cans (15.5 ounces each) dark red
 kidney beans, drained and rinsed

INSTRUCTIONS

1. Preheat oven to 375 degrees F. Cook bacon in 12-inch skillet over medium heat until crisp. Remove bacon to paper towels. Reserve 2 tablespoons drippings in skillet. Break cooked bacon into large crumbles, Set aside. Cook onion in drippings over medium heat 3-4 minutes or until crisp-tender, stirring occasionally. Press garlic into skillet using **Garlic Press**, cook and stir 1 minute.
2. Add brown sugar and vinegar to skillet, Cook and stir until sugar is dissolved and mixture is bubbly. Add ketchup, pepper sauce and beans to skillet. Bring mixture to a boil; remove skillet from heat. Carefully spoon bean mixture into Stoneware Baking Bowl using Nylon Spoon.
3. Bake 30 minutes or until bubbly and heated through.

Yield: 16-18 servings



Music

HYMNS WE LOVE, IN PERFORMANCE

WHAT A FRIEND WE HAVE IN JESUS

I THANK YOU JESUS

Deaconess Darlene Anthony, NJ

PASS ME NOT, OH GENTLE SAVIOR

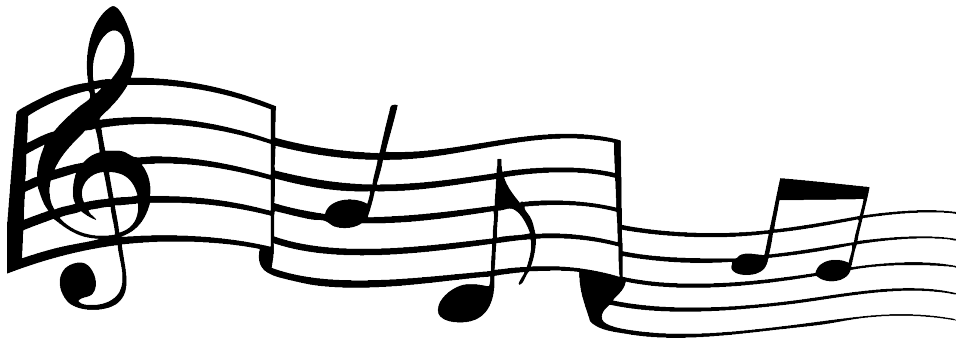
COME UNTO JESUS WHILE YOU HAVE TIME

Deaconess Marilyn Greene, Deacon Robert Greene & Kimberly Greene, NJ

I NEED THEE EVERY HOUR

JUST AS I AM, WITHOUT ONE PLEA

Sister Marsha Riley





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