

## From The Desk Of Our Parent Body President

My Dear Brothers and Sisters in Christ I do greet you in the precious name of our Lord and Savior Jesus The Christ.

In this Holiday Season I wish all of you and your families a very Merry Christmas and a most Blessed and Happy New Year. I wish I could give you all a big hug in person, instead I am sending a virtual Christmas Hug. Gather around get closer; oh doesn't that feel good.

Sister Wilson and I hope that you all get to spend some quality time with your family. The best gifts we have ever received is Jesus Christ and our family. Both of these gifts need to be nurtured and not taken for granted. This Christmas be sure to give the gift of Love. This New Year be sure to make the resolution to Love your neighbor. This is the 'Gift' that God gave us and the commandment from our Lord Jesus Christ.

What a great year 2021 has been for our Convention and with your support and prayers 2022 will be even better. With God on our side we cannot fail. Remember Only What We Do For Christ Will Last!

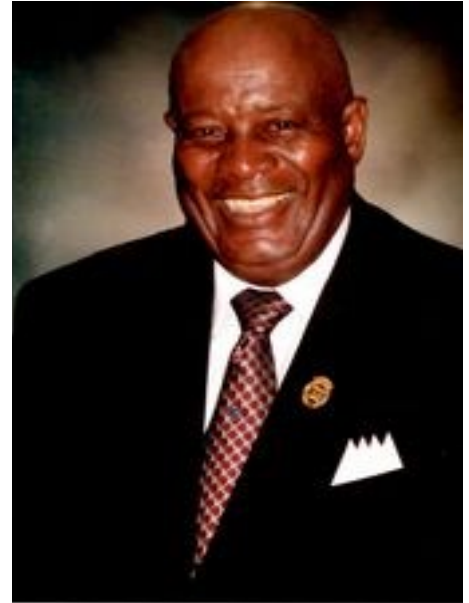
As we move into another year let us work together to build this Great Convention and the Kingdom of God!

SHOLAM

Yours in the Mighty, Matchless Name of Christ,

*Deacon Earl J. Wilson Sr.*

President, Parent Body





## The Mission Statement Of The NBDC

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

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

## Our Women's Auxiliary President



Grace and Peace to you from God our Father and the Lord Jesus Christ:

Welcome to our last edition of this year's newsletter, I would like to take this time to thank Sister 'Marsha Riley and her partners for the marvelous work that they put in these newsletters. They kept us up to date on the convention activities, as well as being a wealth of knowledge and current events.

As we prepare and enter into this holiday season of Advent (Season of Anticipation of the coming of Christ), Christmas (The birth of Jesus Christ) and the New year 2022, we have so much to be thankful for. Looking back over this past year we were able to assemble in July for our 87<sup>th</sup> Convention. We have since stayed connected to one another through technology using the Zoom, Facebook, and Conference call platforms. It has truly been a blessing.

He has brought us through the pandemic with the availability of the vaccinations, which enable us to come together as a Convention. Our family and friends were able to travel and visit one another, even through we are not completely out of the woods, there is light at the end of the tunnel.

We prepare now to go into the New Year. Our theme says "Only What You Do for Christ Will Last" we have much work and preparation ahead of us. In March the Mid-term Session, Arnetta Thomas Youth Day March 25<sup>th</sup> and 26<sup>th</sup> which will be virtual and our 88<sup>th</sup> Annual Convention will be held in Cherry Hill, NJ on July 18-22<sup>nd</sup>, let's register early and prepare ourselves for these events. Let us make ourselves available to help out because there is so much talent in this Convention. Let's tap into it all and share the blessings that God has given us as we come together in this body of Christ. As Apostle Paul said in [1 Corinthians 12:12] *For even as the body is one and yet has many members, and all the members of the body, though they are many, are one body, so also is Christ.*

My prayer during this holiday season is that you and your family be safe, healthy, and above all be blessed.

*Isaiah 9:6* "For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."

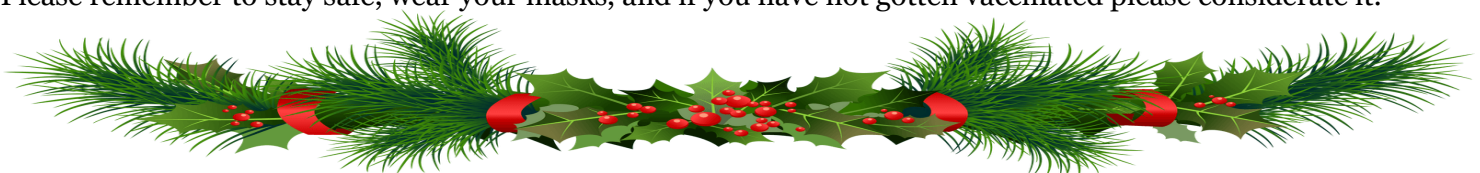
Because of Him,

*Alfreda Levaine*

Deaconess Alfreda Levaine

NBDC's Women's Auxiliary President

Please remember to stay safe, wear your masks, and if you have not gotten vaccinated please considerate it.





## Field Workers: On the Beat to Cherry Hill, NJ

The harvest continues to be ripe for witnessing as we prepare to improve involvement in the NBDCA especially at the July 2022 annual convention in Cherry Hill, NJ.

**First** stop on the Cherry Hill beat is a second certification field workers training being held on selected Thursdays with new prospective servants via Zoom. A virtual graduation will take place at the completion of the training sessions.

**Secondly**, negotiations are underway with Ms. Theresa Sheets of New Horizons Consultants to possibly do a workshop on January 29, 2022 and March 12, 2022 on **leadership development** to include areas such as effective communication, collaboration, teamwork in ministry with a focus on **Strategic Thinking**. Stay tuned for updated information.

**Thirdly**, Dr. Montez L. Kaufman, Pastor of Tubman King Community Church in Daytona Beach, Florida is confirmed to do a two part workshop on **Conflict Mangement in the Church on Saturday, February 5 and Saturday, February 12 from 10am to 11:30am EST via Zoom. Dr. Kaufman is also an Adjunct Professor at Bethune-Cookman University Graduate School of Religion.**

**Prayerfully**, as a result of the workshops, we will be more empowered to lead in our prospective leadership positions when we gather together July 18 - 22, 2022 in Cherry Hill, NJ. If you are a born again believer being led by the Holy Spirit with a love for serving beyond the boundaries of your home church, **contact Deacon Theodore Jackson via email at [jtheodjac@gmail.com](mailto:jtheodjac@gmail.com) or call (803) 549-1906**



# The Diaconate Leader

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

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

WINTER QUARTER  
2021



## Field Workers Training Class Schedule

**Thursday, December 16, 2021**

All classes will be held via **Zoom** beginning at **7:00 PM**.  
The Zoom link will be sent each Wednesday prior to each training date.

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.

**Theme** "Only What We Do for Christ Will Last" 1 Corinthians 15:58

Get involved by joining the **Workers**,  
call 803.549.1906 or email [jtheodjac@gmail.com](mailto:jtheodjac@gmail.com)

## The Following has been Commissioned by President Earl Wilson

**The formation of:** leadership development classes that are biblical based training for current leaders of the NBDC, future leaders to include deacons/deaconesses in training, youths, young adults, and women. The training will consist of 12 hours of in person or virtual training.



**February 5, 2022 10:00am - 11:30am Via Zoom**

Topic: Conflict Management in the Church

Presenter: Dr. Montez L. Kaufman

Pastor - Tubman King Community Church Daytona Beach, Florida

Adjunct Professor Bethune-Cookman University

Graduate School of Religion

**February 12, 2022 10:00am - 11:30:00am Via Zoom**

Topic: Conflict Management in the Church

Presenter: Dr. Montez L. Kaufman

Pastor - Tubman King Community Church Daytona Beach, Florida

Adjunct Professor Bethune-Cookman University

Graduate School of Religion

All Leaders are required to attend. Your Ministry development is at stake.  
Thank you in advance for your prompt, obedient attendance.



## **Committees needed to host the National Baptist Deacons' Convention in July 2022**

Dear New Jersey Membership,

Please take a look and let me know what committee you would like to work on.

**The harvest is truly great, but the laborers are few: pray ye therefore the Lord of the harvest, that he would send forth laborers into his harvest. Luke 10:2**

1. Souvenir Journal (request ads, journal preparation and sale)
2. Transportation (arrange pickups to and from Airports, Train Services, Shopping Malls)
3. Hospitality / Greeters (Sunday, July, 17, 2022 to Friday, July 22, 2022)
4. Tee Shirts (design and order the tee shirts, tee shirt sales)
5. Preachers for Noon Day Services, Monday Night – Welcome Night, Tuesday Night Communion Service and the Banquet (letters requesting preachers and letters of confirmation ensuring their participation)
6. Ushers for various services (request/make arrangements for ushers from our churches to assist us)
7. Women's Auxiliary (make arrangements to visit a local institution to give the Blessing Bags and transportation to and from the location)
8. 11am Sunday Morning Worship (make arrangement with a local church for the National Baptist Deacons' Convention)
9. 5pm Sunday Gospel Concert (request youth choirs, church choirs, male choruses & gospel groups for the NBDC, ushers to assist in the service)
10. 7pm Sunday Reception (decorations, gift bags, ushers to assist in the service, etc.)
11. Daily Early Morning Prayer (ensure participation by NJSBDC, ushers to assist in the services)
12. Noon Day Services (ensure we have preachers and participation by NJSBDC, ushers to assist in the services) Enhance the NJSBDC Youth Department (ensure participation by a large representation of NJ youth)

In His Service

Deacon James R. Plummer PBP

propell1@verizon.net

908-902-1124



# The Diaokonate Leader

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

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

WINTER QUARTER  
2021



## 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](http://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





# The Diaokonate Leader

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

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

WINTER QUARTER  
2021



THE CHRISTIAN LADY AT WORK  
FOUNDED 1914

THE CHRISTIAN LADY AT WORK  
FOUNDED 1914



## Lee Hawkins Reporter, The Wall Street Journal & HarperCollins Author New York, & Musician

Lee Hawkins is a Reporter for the Wall Street Journal, where he covers education and the effects of the coronavirus pandemic on children and families. He is the author of the forthcoming book *NOBODY'S SLAVE: How Uncovering My Family's History Set Me Free* (HarperCollins, 2021). Before joining the education team in 2020, he was a general assignment reporter, working across all media platforms, including print, video and television. He is also known for his on-camera interviews with influential newsmakers and icons. He has reported from around the U.S. and world and has written hundreds of stories for all sections of the WSJ, including Page One. He is a four-time winner of the National Association of Black Journalist's "Salute to Excellence" Award and a Logan Nonfiction Fellowship recipient. Lee can also be found on Facebook: [www.facebook.com/leehawkinspage](http://www.facebook.com/leehawkinspage), and Twitter, @leehawkins. To view some of Lee's interview/on-camera highlights, check out the videos below. Experience Wall Street Journal Education Reporter, The Wall Street Journal. Recipient of the 2018 Logan Nonfiction Fellowship for in-progress work on *NOBODY'S SLAVE: How Uncovering My Family's History Set Me Free* (HarperCollins, 2021). To help support the creation of deeply reported nonfiction, the Logan Nonfiction Fellowship program at the Carey Institute for Global Good provides support for journalists working on long-form projects (e.g., books, documentaries, stories) about pressing issues. With support from Knight Foundation and the Reva and David Logan Foundation, resident fellows at the Carey Institute will produce critical pieces of journalism, find partners to present the work in new forms and disseminate content on a variety of media platforms. In a media landscape that is increasingly filled with superficial sound bites, long-form nonfiction is more important than ever. The residency is offered to approximately 20 reporters, documentarians and non-fiction writers twice a year. Lee Hawkins is a songwriter, vocalist and producer. His credits include songs on three recent releases by the multiplatinum Australian children's group, The Wiggles (Australian Broadcasting Corp. label/Universal Music Publishing Group) and his 2021 compilation album, *Gospel Songs* by Lee Hawkins. Lee's songwriting is featured on an album that won the Wiggles an ARIA Music Award for Best Children's Album. Lee is a past Grand Prize winner of the John Lennon Songwriting Contest (in the R&B category) and was also a winner in the Chicago Chapter of the ASCAP/RIAA's Grammy Demo Showcase. His song "Heal", which he wrote to build more awareness among men about the prevalence of domestic violence against women, is a 2018 finalist in the International Songwriting Contest, in the "Music Video" category. The John Lennon Songwriting Contest is an international songwriting contest created in 1997 by Yoko Ono, Brian Rothschild and David Sonenberg. The Contest is open to amateur and professional songwriters who submit entries in any one of 12 categories. Lee's work has been featured in *Billboard* magazine and other publications. He has performed at churches and other venues across the country, including the Summerfest World Music Festival.

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Submitted-by Deacon Richard Stanard

## Warning Signs of a Heart Attack

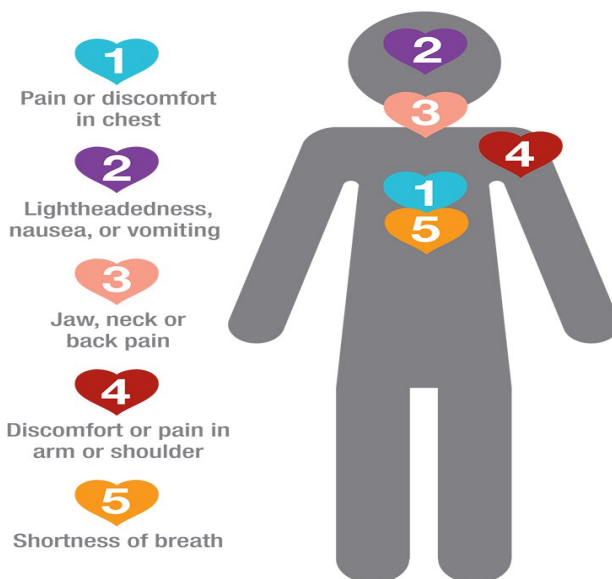
### Catch the signs early

Don't wait to get help if you experience any of these [heart attack](#) warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.



## Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](http://Heart.org/HeartAttack).

## Don't wait to get help, Symptoms vary between men and women.

As with men, women's most common heart attack symptom is [chest pain](#) (angina) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

### Heart Attack Symptoms in Women

If you have any of these signs, call 911 and get to a hospital right away.

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is [chest pain](#) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

### Heart Attack Symptoms in Men

#### **What Causes a Heart Attack?**

Most heart attacks occur as a result of coronary artery disease, which is the buildup of plaque on the inner walls of the coronary arteries.

Eventually, a section of plaque can break open, causing a blood clot.

A heart attack occurs if the clot becomes large enough to cut off most or all of the blood flow through the artery, preventing oxygen-rich blood from reaching the heart muscle.

The lack of oxygen damages the heart muscle. If the blockage isn't treated quickly, the damaged heart muscle begins to die.

#### Most Common Signs

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.

## Other Signs

- Breaking out in a cold sweat
- Nausea
- Lightheadedness or dizziness
- Numbness of arms
- Unexplained anxiety, weakness or fatigue

Even if you're not sure it's a heart attack, have it checked out. Minutes matter and fast action can save lives – maybe your own.

Don't wait more than five minutes to call 911 or your emergency response number.

## Cardiac Arrest

The heart stops beating during a cardiac arrest.

If you are with someone who experiences a cardiac arrest, and have access to a phone, call 911 immediately, then start CPR. Use an AED (Automatic External Defibrillator) if one is available.

## Signs of Cardiac Arrest

- Sudden loss of responsiveness - victim does not awaken or respond to firm tapping on his or her shoulders while you ask, "Are you all right?"
- No normal breathing - the victim does not take a normal breath when you tilt his or her head up and check for air movement for 5 seconds.



## Health Benefits of Regular Physical Activity

First and foremost, before beginning any exercise check with your doctor. With any exercise program those with chronic health conditions such as Heart Disease, Arthritis, Diabetes, it is best to consult your doctor before starting a new exercise program. Remember a regular exercise program has many benefits.

Exercise may be beneficial in controlling weight gain. By exercising you burn calories. The amount of exercise determines the amount of calories burned. For example, walking versus brisk walking, running burns more calories compared to normal walking. Going up & down stairs in the course of a day, for those able, is a form of exercise. One does not have to be in a gym to exercise. The key to benefit from an exercise program for health is consistency and commitment.

I Corinthians 6; 19 - 20 “What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s. (King James Version)

Promote better sleep by exercising. One word of good judgement do not exercise to close to your bedtime. Certainly, this technique may be beneficial to you.

The activity of physical exercise can contribute to better socialization with family, friends, & co-workers. Physical activity, may aid in lowering stress levels in the challenging and uncertain times we all are facing. In addition, exercise may be fun by choosing an activity of interest or a partner to exercise with.

Regular and consistent exercise may also boost one’s energy level. More oxygen along with nutrients delivered to your tissues that help your cardiovascular system. Exercise can boost your strength and endurance.

Apparently, exercise has many more health benefits. These are only a few mentioned. Improved health will aid each one with effectively continuing in their ministry.

Finally, exercise managed properly helps prevent many of the health issues listed below.

- Falls
- Depression
- Stroke
- Type 2 Diabetes
- Anxiety
- High Blood Pressure
- Arthritis
- Metabolic Syndrome
- Many Types of Cancer



Written by Joel McCormick

Primitive African Tribe  
Reveals **The Secret** Of  
**Perfect Teeth**



## Dentitox Pro™ | Official Store

### New Revolutionary Supplement

Support Healthy Teeth  
100% Natural & Pure  
Manufactured in USA  
Free Shipping  
60-Days Money Back

### What is Dentitox Pro?

Dentitox Pro is a powerful formula that supports dental health. Dentitox Pro is a powerful natural formula that is prepared with the best natural ingredients in its class.

The proprietary blend of natural ingredients in the Dentitox Pro solution is based on science. The Dentitox Pro formula contains essential vitamins and minerals to support healthy teeth and gums.

The ingredients in the Dentitox Pro solution are sourced from local producers to ensure raw materials are grown to full maturity without chemical stimulants, making it a non-GMO product.

Dentitox Pro Oil is a dental care formula manufactured in a US-based facility with FDA registration and GMP certification.

Dentitox Pro supports teeth and gums by preventing the real cause of dental problems.

Dentitox Pro is truly a miraculous blessing for all people seeking an all-natural solution to their over-all health.

If you've ever gotten stuck and wanted to understand why your dental problems, gum disease, and bad breath are so difficult to treat, don't worry, as Dentitox Pro is here to help you treat your oral health problems from the beginning.

Dental surgeries, gum surgeries and oral medications can be replaced with the powerful Dentitox Pro formula that contains the benefits of so many natural herbs and plants.

For additional information copy and paste into your browser The Dentitox Pro - Text Presentation:

**<https://getdentitox.net/text.php>**

(Try this product at your own risk. I have personally tried it and found it to be all it says it is.)

## Supplements That Improve Memory Function

### Health & Wellness



## The Top-Rated Nootropic Supplements of 2021

Peter is a practitioner of naturopathic medicine, applying his craft in the Pacific Northwest. His passion is preventive care and self-healing. His philosophy is healthy habits help people live their lives to the fullest.

**Peter Gold**  
Health Editor

How We Found the Best Nootropic Supplements  
89 Nootropic Supplements - 3 Experts Consulted - 5 Top Picks



### The Best Nootropic Supplements

One of the most popular supplement categories today is focused on brain and memory health. These kinds of supplements are called **nootropics**, and they seek to **improve memory, focus, mental energy, and problem-solving skills**.

The demand for nootropics comes not only from the 73 million baby boomers living in America but also college students, investment bankers, career-minded individuals to even busy moms all looking to gain an edge.

The popularity has led to hundreds of nootropic supplements flooding the marketplace. While these supplements all promise to deliver benefits, the reality is that many fall short. Some of the most popular brands use ineffective or insufficient doses of ingredients, and many contain low-quality fillers. With so many options, it seems many of us might still be unclear about what to look for in a quality brain and memory supporting supplement. To help cut through the clutter, we have compiled months of research about which are the key ingredients that have been shown in studies to benefit your cognitive health. This short guide will help you know what to look for and what to avoid so you can make an informed decision when it comes to your nootropic needs. We will also list out the top 5 nootropic supplements sold today.

Let's take a moment to understand precisely how nootropics work to improve your cognitive health and why it's essential to add it to your daily routine.

## Nootropics: What Are They All About? Understanding Cognitive Decline A Good Nootropic Helps To:



## Top 3 Criteria For A Quality Nootropic Supplement

We spent months researching nootropic supplements and gathering user feedback. There are specific ingredients that, when present in a formula, help differentiate high-quality nootropic supplements from generic ones. Below are the three most essential ingredients to consider before deciding on which nootropic brand is best for your needs.

### #1 Phosphatidylserine

Phosphatidylserine is a phospholipid nutrient, found in the cerebral cortex, which covers and protects brain cells and helps carry messages between them.<sup>12</sup> The normal aging process causes brain cell membranes to become rigid, impairing brain cell communication, which results in memory recall issues.<sup>13</sup> Studies show that supplementing with phosphatidylserine can improve memory function, especially delayed recall, in both middle-aged and older adults. It works by helping rejuvenate brain cell membranes and supporting the release of acetylcholine, a neurotransmitter responsible for memory.<sup>14</sup>



## #2 Bacopa Monnieri

Bacopa monnieri is an herb used for centuries in Ayurvedic medicine.<sup>15</sup> Numerous clinical studies found that Bacopa monnieri enhances memory retention, improves spatial learning, the ability to take in new information about one's environment, and reduces stress.<sup>16-18</sup> Scientists found that Bacopa monnieri increases the length and branching of nerve cells, also known as dendrites, in the brain, which is linked to learning and memory.<sup>19</sup> The main active compounds in Bacopa monnieri are bacosides, which also fight oxidative stress, a cause of disease and cognitive decline, by acting as a free radical scavenger.<sup>20</sup>

## #3 Huperzine A

Huperzine A, an extract of the Huperzia serrata plant, has been shown in studies to improve memory and learning from young students to seniors.<sup>21, 22</sup> Recent research shows that it improves memory and slows cognitive decline by increasing levels of acetylcholine, the compound that functions as a neurotransmitter in the brain.<sup>23, 24</sup> It's also been shown to help prevent neuronal cell death.<sup>25</sup> Twenty randomized clinical trials involving 1823 participants indicated that it has a beneficial effect on memory, cognitive function, and quality of life.<sup>26</sup>

## 4 Things To **AVOID**

### When Buying A Nootropic Supplement

#### 1. Formulas Lacking Essential Vitamins

The brain needs a steady supply of neuro-vitamins and nutrients so it can function properly. Avoid any formula which does not include a complex of B vitamins, vitamin C, vitamin E, magnesium, choline, and zinc.<sup>27-29</sup>

#### 2. Not Backed By A Doctor

Creating an effective nootropic supplement requires a solid understanding of which ingredients to use and in what level of potency. Avoid a brand which is not supported by a credible doctor.

### 3. Insufficient Return Policy

A reputable nootropic supplement brand will demonstrate they have faith in their product by offering a 100% money-back guarantee policy. Some try to complicate their refund policies by placing limitations on what kind of returns they will take. Avoid any brand that does not have at minimum a no questions asked 90-day money-back guarantee.

### 4. Depending on Amazon Reviews

Research showed that in March 2019, there were 1.8 million new unverified reviews, with an average of 99.6% of them being 5-star reviews.<sup>30</sup> Most of these reviews are from people paid to write them. These fake reviews inflate the number and overall star rating of a product. When deciding on a supplement that can impact your health, don't rely on Amazon reviews as they can be extremely misleading.



## 2021's Top Five Nootropic Supplements

Our review encompassed 89 different nootropic supplements, putting each through our rigorous Review Scout assessment process. To determine 2021's Top 5 Nootropic Supplements, we look for predicted effectiveness, supporting studies, safety, pricing, return policy, and overall customer satisfaction



To get more detailed information copy link and paste into your browser  
[Top 5 Nootropic Supplements of 2021 Bing - Review Scout](#)

**Washington DC**



## General Baptist Deacon's Association (GBDA) Upcoming News

Annual President's Address  
Monday, November 15, 2021 @ 7:00 p. m.  
Via Zoom

Deacon John Mills, Parent Body President  
Deaconess Yvonne Harris, Women's Auxiliary President  
Minister Stephen Justin McCullum, Young Adult President  
Sister Trinity Steele, Youth President

Annual Revival and Installation/Anniversary Service via Zoom

The one night Revival will be held on  
Friday, December 3, 2021 @ 7:00 p. m.

Installation/Anniversary Service  
Sunday, December 5, 2021 @ 3:00 p. m.

THEME: Grounded in the Word, and the Love and Service of Jesus Christ Our Lord."  
2 Timothy 2:15

Preacher: Rev. Curtis Lee McLaughlin

# Dr. Martin Luther King Jr.



*"Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity." Dr. Martin Luther King Jr.*

## The Historical Significance and Legacy of Dr. Martin Luther King, Jr.

In the years after his death, King remained the most widely known [African American](#) leader of his era. His stature as a major historical figure was confirmed by the successful campaign to establish a national [holiday](#) in his honour in the [United States](#) and by the building of a [King memorial](#) on the [Mall](#) in [Washington, D.C.](#), near the [Lincoln Memorial](#), the site of his famous "I Have a Dream" [speech](#) in 1963.

Many [states](#) and [municipalities](#) have enacted King holidays, authorized public statues and paintings of him, and named streets, schools, and other entities for him. These efforts to honour King have focused more on his role as a [civil rights](#) advocate than on his controversial speeches, during his final year, condemning American intervention in [Vietnam](#) and calling for the [Poor People's Campaign](#).

The King holiday campaign overcame forceful opposition, with critics citing [FBI](#) surveillance files suggesting that King was an adulterous radical influenced by communists. Although the release of these files during the 1970s under the [Freedom of Information Act](#) fueled the public debate over King's [legacy](#), the extensive archives that now exist document King's life and thought and have informed numerous serious studies offering balanced and [comprehensive](#) perspectives. Two major books featuring King—David J. Garrow's *Bearing the Cross* (1986) and Taylor Branch's *Parting the Waters* (1988)—won [Pulitzer Prizes](#). Subsequent books and articles reaffirmed King's historical signifi-

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cance while portraying him as a complex figure: flawed, fallible, and limited in his control over the mass movements with which he was associated, yet also a visionary leader who was deeply committed to achieving social [justice](#) through nonviolent means. Although the idea of a King national holiday did not gain significant congressional support until the late 1970s, efforts to [commemorate](#) King's life began almost immediately after his assassination.

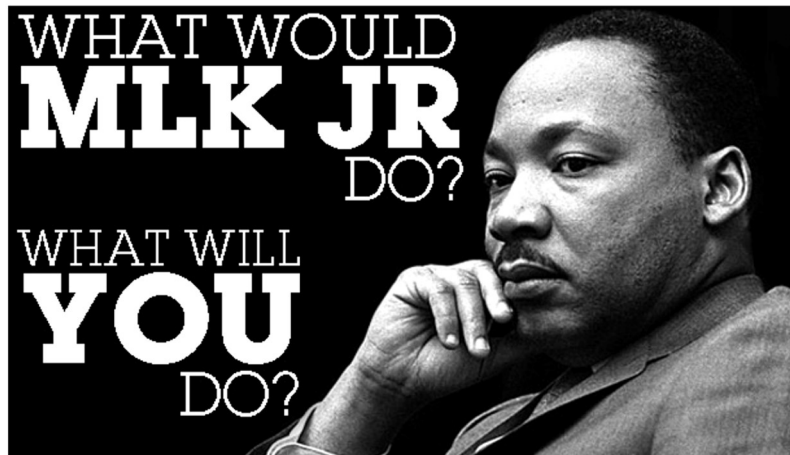
In 1968 Rep. John Conyers

of [Michigan](#) introduced a King holiday

bill. The idea gradually began to attract political support once the newly formed Congressional Black Caucus included the holiday in its reform agenda. [Coretta Scott King](#) also played a central role in building popular support for the King holiday campaign while serving as founding [president](#) of the Atlanta-based Martin Luther King, Jr., Center for Nonviolent Social Change (later renamed the King Center), which became one of the major archives of King's papers.

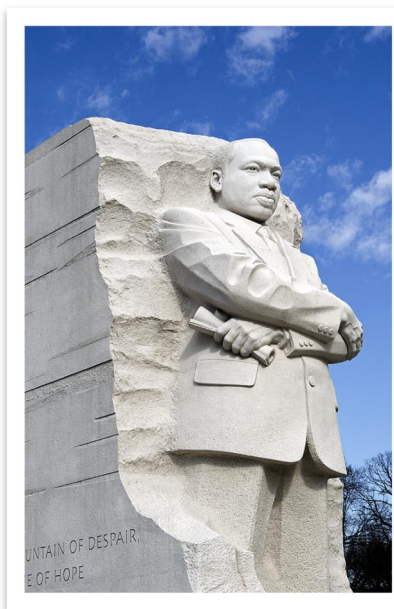
Despite the overall [conservative](#) trend in American politics in the 1980s, which might have been expected to work against recognition of the efforts of a controversial activist, King holiday advocates gained political support by portraying him as a symbol of the [country's](#) progress in race relations. Musician [Stevie Wonder](#) contributed to the campaign by writing and recording "Happy Birthday," a popular tribute to King. In 1983 Coretta Scott King and Stevie Wonder participated in the 20th Anniversary [March on Washington](#), which drew a bigger crowd than the original march. After the House and the Senate voted overwhelmingly in favour of the King holiday bill sponsored by Sen. [Ted Kennedy](#), Pres. [Ronald Reagan](#) put aside his initial doubts and signed the legislation on November 3, 1983, establishing [Martin Luther King, Jr., Day](#), to be celebrated annually on the third Monday in January. Coretta Scott King also succeeded in gaining congressional approval to establish a King Federal Holiday Commission to plan annual celebrations, beginning January 20, 1986, that would encourage "Americans to reflect on the principles of racial equality and nonviolent [social change](#) espoused by Dr. King." Celebration of the King national holiday did not end [contention](#) over King's legacy, but his status as an American icon became more widely accepted over time. The revelation during the early 1990s that King had [plagiarized](#) some of his academic writings and the occasional controversies involving his heirs did little to undermine recognition of King's enduring impact on the country. Even before the first King national holiday, members of King's fraternity, Alpha Phi Alpha, had proposed a permanent memorial in Washington, D.C. By the end of the

20th century, that proposal had secured governmental approval for the site on the Tidal Basin, near the Mall. In 2000 an international design competition ended with the selection of a proposal by ROMA Design Group. To build and maintain the memorial, the Martin Luther King, Jr. National Memorial Project Foundation eventually raised more than \$100 million. Commemorations of King's life were also held in other countries, and in 2009 a congressional delegation traveled to India to mark the 50th anniversary of King's pilgrimage to what he called the "Land of Gandhi." Legacy of Martin Luther King, Jr.



As with the lives of other major historical figures, King's life has been interpreted in new ways by successive generations of scholars, many of whom have drawn attention to the crucial role of local Black leaders in the [African American](#) protest movements of the 1950s and '60s. Recognizing that grassroots activists such as [Rosa Parks](#), [Fred Shuttlesworth](#), and others prepared the way for King's rise to national prominence, biographers and historians have questioned the view that Southern Black protest movements relied on King's [charismatic](#) guidance. Nonetheless, studies of King continue to acknowledge his distinctive leadership role. For example, though he often downplayed his contribution to the [Montgomery bus boycott](#), King's inspirational leadership and his speeches helped to transform a local protest over bus seating into a historically important event. More generally, studies of King have suggested that his most significant contribution to the modern African American freedom struggle was to link Black [aspirations](#) to [transcendent](#), widely shared democratic and Christian ideals. While helping

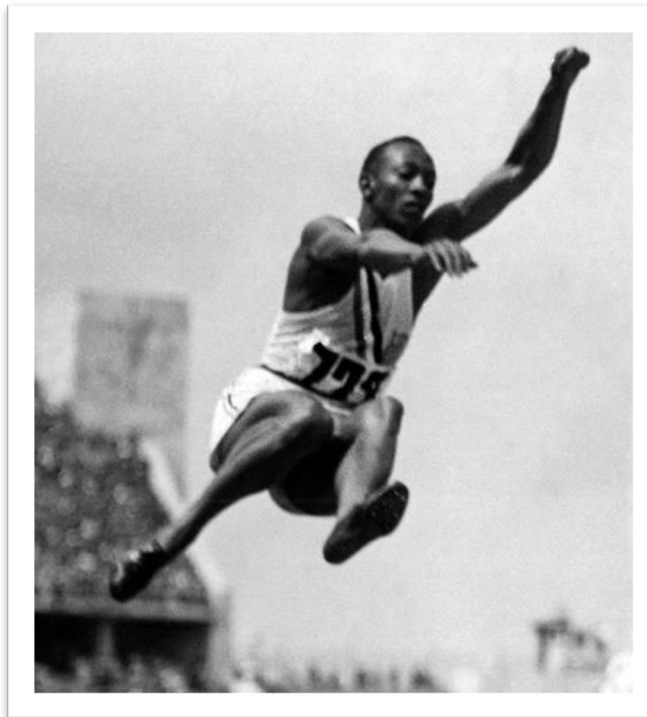
grassroots leaders mobilize African Americans for sustained mass struggles, he inspired participants to believe that their cause was just and consistent with traditional American egalitarian values. King also appealed to the [consciences](#) of all Americans, thus building popular support for [civil rights](#) reform. His strategy of emphasizing nonviolent protest and interracial cooperation enabled him to fight effectively against the Southern system of legalized [racial segregation](#) and [discrimination](#), but it also proved inadequate during his final years as he sought to overcome racial and economic problems that were national in scope.





### Gordon Parks (1912-2006)

Parks was the first African American on the staff of *LIFE* magazine, and later he would be responsible for some of the most beautiful imagery in the pages of *Vogue*. He also was the first Black director of a major film, *Shaft*, helping to shape the blaxploitation era in the '70s. Parks famously told *LIFE* in 1999: "I saw that the camera could be a weapon against poverty, against racism, against all sorts of social wrongs. I knew at that point I had to have a camera."



### Jesse Owens (1913 - 1980)

Owens was a track-and-field athlete who set a world record in the long jump at the 1936 Olympic Games in Berlin—and went unrivaled for 25 years. He won four gold medals at the Olympics that year in the 100- and 200-meter dashes, along with the 100-meter relay and other events off the track. In 1976, Owens received the Presidential Medal of Freedom and was posthumously awarded the Congressional Gold Medal in 1990.





## Dr. Rebecca Lee Crumpler (1831-1895)

Rebecca Lee Crumpler was the first Black female doctor in the United States. After attending the prestigious Massachusetts private school West-Newton English and Classical School, she worked as a nurse for eight years until applying to medical school in 1860 at the New England Female Medical College. She was accepted and would go on to graduate four years later. Though little is known of her career, PBS reported that she worked as a physician for the Freedman's Bureau for the State of Virginia. She later practiced in Boston's predominantly Black neighborhood at the time, Beacon Hill, and published *A Book of Medical Discourses in Two Parts*.



### Benjamin O. Davis Sr. (1880-1970)

Benjamin O. Davis Sr. was the first Black general in the American military. He served for 50 years as a temporary first lieutenant at an all-Black unit during the Spanish American War. Throughout his service, Davis Sr. was as a professor of military science at Tuskegee and Wilberforce University, a commander of the 369th Regiment, New York National Guard, and special assistant to the Secretary of the Army. When he retired in 1948, President Harry Truman oversaw the public ceremony. Davis Sr. is buried at Arlington National Cemetery.



### Ruby Bridges (1954 - )

Bridges probably had no idea that the bold act she committed in 1960 would set off a chain reaction leading to the integration of schools in the South. She was just six years old when she became the first African American student to attend William Frantz Elementary in Louisiana at the height of desegregation. She is now the chair of the [Ruby Bridges Foundation](#), which was formed in 1999 to promote "the values of tolerance, respect, and appreciation of all differences."



### Robert Sengstacke Abbott (1870 - 1940)

Without Abbott's creative vision, many of the Black publications of today—such as *Ebony*, *Essence*, *Black Enterprise*, and *Upscale*—wouldn't exist. In 1905, Abbott founded the *Chicago Defender* weekly newspaper. The paper originally started out as a four-page pamphlet, increasing its circulation with every edition. Abbott and his newspaper played an integral part in encouraging African Americans to migrate from the South for better economic opportunities.

## COLLEGE

# HBCU CLINTON COLLEGE TO GIVE ALL FULL-TIME STUDENTS FREE TUITION, LAPTOPS

by [Derek Major](#) August 12, 2021



Clinton College, a South Carolina HBCU, is giving all full-time students free tuition for the 2021-22 school year and a free Microsoft laptop. Clinton College President Lester McCorn made the announcement in a [YouTube](#) video, adding that vaccinated students who live on campus will still have to pay room and board. Full-time students who live off-campus and are still taking classes virtually will also receive free tuition.

“As we have had to deal with the challenges of COVID-19, it has been taxing for each and every one of us, and at Clinton College, we have done our best to keep the school moving forward and providing a quality education even in a virtual environment,” McCorn said. “For all enrolled students for the 2021-22 academic year, Clinton College is going to offer you free tuition.”

Clinton College decided earlier this summer to cut tuition in half for the 2021-22 school year, but with this announcement, full-time students will have the opportunity to learn free of charge. McCorn also added every full-time student would also receive a [Microsoft Surface](#) laptop, free of charge. Tuition at Clinton College costs \$4,960 a semester and \$9,920 yearly.

According to its website, Clinton College has been educating its students for 120 years and was established during Reconstruction “to help eradicate illiteracy among freedmen.” While Clinton College is one of a few [HBCUs](#) to offer free tuition, more than 20 HBCUs have canceled the debt of its students using \$5 billion in Higher Education Emergency Relief federal pandemic funds. The schools include [South Carolina State](#), [Wilberforce University](#), [Clark Atlanta University](#), Spelman College, and many others.

Many HBCUs have made a move to cancel tuition and student loan debt to give Black American students a leg up after college. According to the [National Center for Education Statistics](#), Black American graduates have an average of \$52,000 in student loan debt and on average owe \$25,000 more than white graduates.



## Top National Schools That Offer Full-Ride Scholarships

For complete list copy & paste into browser: [80 Colleges With Full-Ride Scholarships \(prepscholar.com\)](http://80CollegesWithFullRideScholarships.prepscholar.com)

The following schools are ranked in the top 50 national US universities by [US News](http://USNews). Consider this list the exception to the rule: **these are the rare, top-ranked universities that offer merit-based scholarships** in addition to standard need-based scholarships. The schools are ordered by ranking.

### University of Chicago (Chicago, Illinois)

#### [Stamps Scholarship](#)

This scholarship covers tuition and fees, room and board, and a \$10,000 enrichment fund for **junior and senior years** of school for students who demonstrate leadership, perseverance, scholarship, service, and innovation. **International students are eligible to apply for it.**

### Duke University (Durham, North Carolina)

#### [Robertson Scholars Leadership Program](#)

This scholarship pays full tuition, fees, and room and board. It also awards funding for up to three domestic summer experiences. Winners are typically students who demonstrate purposeful leadership, intellectual curiosity, strength of character, and collaborative spirit.

### Vanderbilt University (Nashville, Tennessee)

#### [Ingram Scholarship Program](#)

This scholarship gives full tuition and stipends for summer projects. Students are selected based on commitment to community service, strength of personal character, and leadership potential.

#### [Cornelius Vanderbilt Scholarship](#)

This scholarship gives full tuition plus a one-time stipend to be used toward a summer study abroad or research experience. Selection is based on academic achievement, intellectual promise, leadership, and contributions outside the classroom.

### University of Notre Dame (Notre Dame, Indiana)

#### [Stamps Scholarship](#)

This scholarship gives full tuition and fees plus \$12,000 in enrichment funds. Each winner also gets a professional mentor from the faculty. Students must be nominated by the admissions office. Selection is based on leadership, perseverance, scholarship, service, and innovation. Five scholarships are awarded each year.



## Washington University in St. Louis (St. Louis, Missouri)

### [John B. Ervin Scholars Program](#)

This scholarship gives full tuition plus a \$2,500 annual stipend. Applicants should excel academically, challenge themselves, demonstrate initiative and leadership in their communities, bring diverse groups together, commit to community service, serve historically underprivileged populations, and/or persevere through challenging circumstances.

### [Annika Rodriguez Scholars Program](#)

This scholarship covers full tuition and offers a \$2,500 annual stipend. Awards are based on academic achievement (strong grades and SAT/ACT scores), a commitment to serving historically underprivileged populations, the ability to bring diverse people together, application answers and an essay, and recommendations received as part of the admission application. **International students are eligible for this scholarship.**

### [Danforth Scholars Program](#)

This scholarship covers full or partial tuition. Students can apply for the Danforth Scholars Program after they complete and submit an application for admission. Applicants will need to provide a separate application and an additional letter of recommendation.

### [Stamps Scholarship](#)

This scholarship covers full tuition, fees, room and board, and supplies; it also gives a \$10,000 enrichment fund. Selection is based on the applicant's academic achievement, leadership, perseverance, scholarship, service, and innovation.

## Emory University (Atlanta, Georgia)

### [Emory Scholars Program](#)

This scholarship gives full tuition and enrichment stipends and is only awarded to top students at Emory. The application deadline is November 15.

## University of California, Los Angeles (Los Angeles, California)

### [Stamps Scholarship](#)

This scholarship gives full tuition plus an enrichment fund of up to \$12,000. You have to be nominated by UCLA for this scholarship based on qualities such as leadership, scholarship, community service, and innovation. Up to 10 scholarships are awarded every year: five nationally and five for California residents. Invitations to apply are emailed by February 1, with applications due in mid-February.



## University of Southern California (Los Angeles, California)

### [Mork Family Scholarship](#)

This scholarship gives full tuition plus a \$5,000 stipend. Finalists are selected by USC faculty for interviews. The average SAT and ACT scores of recipients are in the top 1-2% of all students nationwide. Other factors considered include academic achievement, talent, perseverance, innovation, involvement, and leadership. A maximum of 10 scholarships are awarded each year. Finalists are notified of scholarship award status by April 1.

### [Stamps Scholarship](#)

This scholarship gives full tuition plus a \$5,000 annual enrichment fund (\$20,000 in total over four years). Candidates are selected by USC faculty for interviews. The average SAT and ACT scores of recipients are in the top 1-2% of all students nationwide. In addition, winners are selected based on academic achievement, talent, perseverance, innovation, involvement, and leadership. Five scholarships are awarded each year. Finalists are notified of scholarship award status by April 1.

### [Trustee Scholarship](#)

This scholarship covers full tuition. The average SAT and ACT scores of recipients are in the top 1-2% of all students nationwide. Additionally, winners are selected based on factors such as academic achievement, talent, perseverance, innovation, involvement, and leadership. Approximately 100 scholarships are awarded each year. Candidates are selected for interviews by February, and finalists are notified of scholarship award status by April 1. **International students are eligible for this scholarship.**

## University of Virginia (Charlottesville, Virginia)

### [Jefferson Scholarship](#)

This scholarship covers full tuition, fees, room and board, books, an enrichment program, and personal expenses. Students are nominated by his/her school directly (and must also attend an eligible school). A maximum of 36 scholarships are awarded each year.

## Wake Forest University (Winston-Salem, North Carolina)

### [Nancy Susan Reynolds Scholarship](#)

This scholarship covers full tuition and offers a stipend. Selection is based on scholarship, achievement, and personal interviews. The application deadline is December 1.

### [Stamps Scholarship](#)

This scholarship covers full tuition, fees, room and board, books, and personal expenses; it also offers an enrichment stipend of up to \$15,000. Selection is based on educational achievements, academic motivation, maturity, and character. A maximum of five scholarships are awarded each year.





## University of Michigan (Ann Arbor, Michigan)

### [Stamps Scholarship](#)

This annual scholarship covers the full cost of attendance and up to \$10,000 in enrichment funds for about 18 students admitted through early action. Selection is based on academic achievement, exceptional talent, leadership, and service and community involvement.

## University of North Carolina at Chapel Hill (Chapel Hill, North Carolina)

### [Morehead-Cain Scholars](#)

This scholarship covers full tuition, fees, housing, books, meals, books, a laptop, supplies, and funding for research and summer opportunities. It is open to students from a designated nominating school. [Current nominating schools](#) are located all across the globe.

### [Robertson Scholars Leadership Program](#)

This scholarship gives full tuition, fees, and room and board, as well as funding for up to three domestic summer experiences. It is awarded to students who show purposeful leadership, intellectual curiosity, strength of character, and collaborative spirit.

## Boston College (Chestnut Hill, Massachusetts)

### [Gabelli Presidential Scholars Program](#)

This scholarship pays full tuition and provides summer opportunities at Boston College to selected early action applicants. About 15 awards are given every year. The early action application deadline is November 1, with students invited in for interviews in late January or early February.

## College of William and Mary (Williamsburg, Virginia)

### [College of William and Mary Stamps 1693 Scholarship](#)

Stamps 1693 scholars receive full in-state tuition, fees, room and board, and \$5,000 for independent projects. (Out-of-state students are eligible, but must pay the difference between in-state and out-of-state costs.) All applicants are considered for scholarships and will be contacted by the selection committee to submit additional materials if chosen as semifinalists.

### [William and Mary Scholars](#)

William and Mary Scholars receive full coverage for in-state tuition and fees. Scholarships are offered to academically strong applicants who have overcome adversity and/or would increase campus diversity. All applicants to the college are considered.



## Georgia Institute of Technology (Atlanta, Georgia)

### [Stamps President's Scholars Program](#)

This scholarship gives full tuition, fees, room and board, books, supplies, a laptop, and \$15,000 in enrichment funding. It is awarded to the top 1% of students at Georgia Tech who have also shown a dedication to leadership and service. To be considered, students must apply by the early application deadline, October 15.

## University of Rochester (Rochester, New York)

### [Alan and Jane Handler Endowed Scholarship](#)

This scholarship is a combination of a merit- and need-based aid. The award guarantees full tuition, individual mentoring, and up to \$5,000 for professional or academic enrichment. Selection is based on financial need, academic excellence, leadership, and the mastery of difficult challenges.

## Boston University (Boston, Massachusetts)

### [Trustee Scholarship](#)

This scholarship awards full tuition plus fees. Students must have exceptional academic credentials and display intellectual and creative adventurousness. The application deadline is December 1. Students will complete the regular common application and submit an answer to one of the Trustee Scholarship prompts as their essay; they must also complete a short supplemental essay. About 20 students are selected each year.

## Tulane University (New Orleans, Louisiana)

### [Deans' Honor Scholarship](#)

This scholarship covers full tuition. Selection is based on general achievements and a creative project. A maximum of 75 scholarships are awarded each year. The submission deadline is December 5. The winners of the Deans' Honor Scholarship over the last several years had an ACT score greater than 31 or an SAT score greater than 1400.

### [Paul Tulane Award](#)

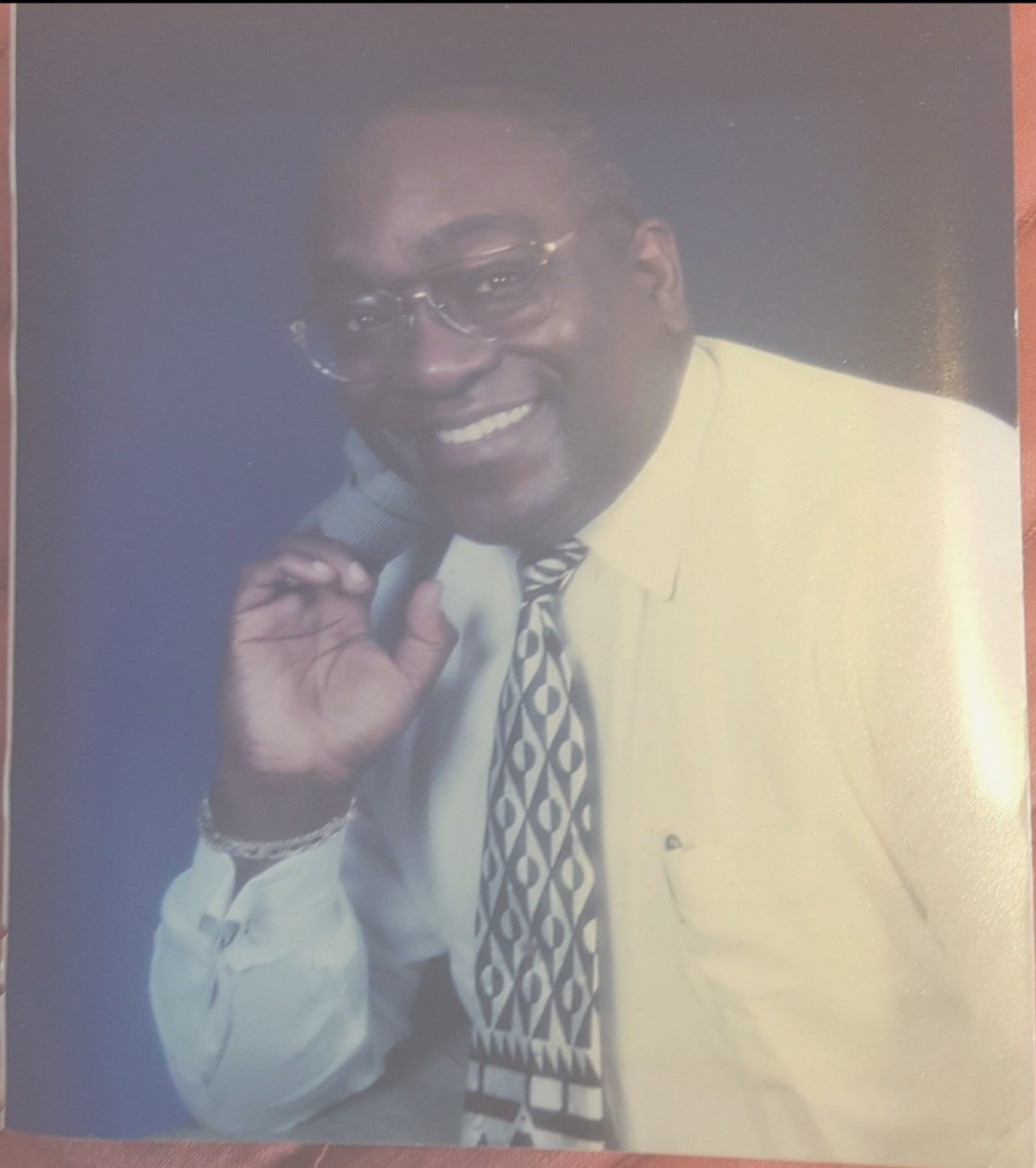
This scholarship covers full tuition. Selection is based on general achievement and additional writing components. A maximum of 50 scholarships are awarded every year. The application deadline is December 5. The winners of the Paul Tulane Award over the last several years had an ACT score greater than 31 or an SAT score greater than 1400.

### [Stamps Scholarship](#)

This scholarship awards full cost of attendance and additional enrichment funding. Students must apply for the Deans' Honor Scholarship or the Paul Tulane Award and will be nominated from that pool of applicants. Selection is based on academics, leadership, perseverance, and innovation. Approximately five scholarships are awarded every year.

## A Tribute To Our Sports Editor Willie "Sam" Nails

A True All American Sportsman, Gone But Never Forgotten



August 18, 1946 - November 8, 2021

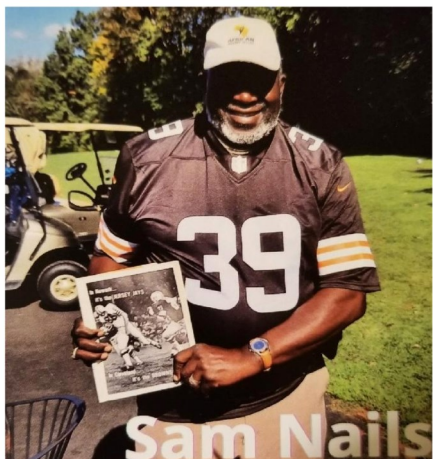


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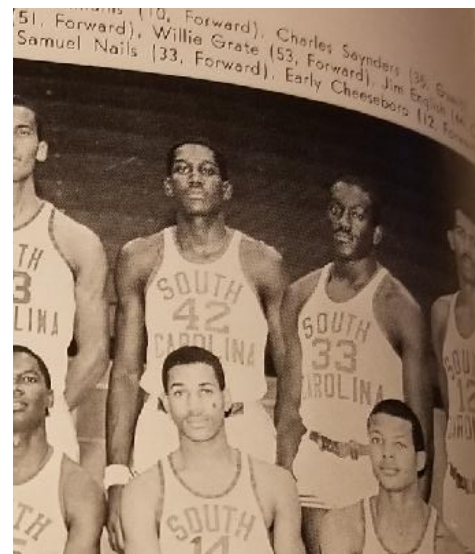


Willie Samuel "Sam" Nails was a "jock" in basketball...baseball..and football. He attended South Carolina University on a full athletic scholarship from 1965 to 1969. After graduation ..he played for the Jersey Jay's football team in Newark, NJ. ..(a farm team of the NFL Cleveland Browns)...

After a knee injury ended his career with the Jay's ..he found another sport to join and love that just entailed walking...golf. He truly loved to play..and did whenever possible. Sam...a "jock" forevermore....



Sam played some kind of sports all his life, His major in college was Sociology, minor in History and Psychology. Here he is during his college years at South Carolina University after just winning a basketball trophy with his team. Here he is again with his team wearing 'Jersey #33' on the top row.



Sam was an eye-witness survivor of the infamous Orangeburg massacre of 1968 and was frequently called upon to speak about his experience and the events that led up to that event. Sam married the love-of-his-life, Lillian Harrison. He is the father to Alexis, Chad and Byron. Sam had an effervescent spirit that was infectious. He became a member of his beloved church, First Baptist of South Orange in 1986 where he served on the Deacon Board. To know him was to love him. His love of life and his perpetual joyous laughter will be greatly missed. Sam was an avid golf player playing regularly whenever possible. He was a humble man who truly loved the game and he played it well. He never let us know how many 'hole-in-ones' he actually made.



## The Cook Book

# Pineapple - Stuffed Spareribs



3 pound rack fresh pork spareribs

1/2 cup chopped celery

1 small onion, chopped

1 can (15 1/4 ounces) pineapple chunks, drained (reserve syrup)

1/4 teaspoon ground cloves

4 cups packaged seasoned stuffing

Tie pork spareribs in a circle; place spareribs bone tips up on rack in shallow roasting pan. Do not add water. Roast uncovered in 325° oven for 2 hours.

Cook & stir celery and onions in margarine (or butter) until tender. Mix with pineapple, cloves, stuffing and enough reserved pineapple syrup to moisten. Spoon dressing into circle of spareribs; roast uncovered until spareribs are done, about 30 minutes. Serve.

## Ham - Cheese Omelet Roll



1/4 cup margarine or butter  
1/2 cup all purpose flour  
2 cups milk  
4 egg yolks  
1/2 teaspoon salt  
Dash of ground red pepper  
2 teaspoons snipped chives

4 egg whites  
1/4 teaspoon cream of tartar  
1/3 cup grated parmesan cheese  
Cheese Sauce (below)  
1 1/2 cups finely chopped fully cooked  
smoked ham  
2 tablespoons snipped parsley

Grease jelly roll pan, 15 1/2 X 10 1/2 X 1 inch. Line bottom of pan with waxed paper. Grease lightly and flour. Heat margarine (or butter) over medium heat until melted. Remove from heat, stir in flour. Cook over low heat, stirring constantly, until smooth and bubbly. Remove from heat, stir in 2 cups milk. Heat to boiling, stirring constantly. Boil and stir one minute. Remove from heat. Beat in egg yolks, one at a time. Stir in salt, red pepper and chives. Cool at room temperature stirring occasionally. (Cover mixture to prevent formation of film)

Heat oven to 350° Beat egg whites and cream of tartar in large mixer bowl until stiff but not dry. Stir about 1/4 of egg whites into egg yolk mixture. Gently fold egg yolk mixture and the Parmesan cheese into remaining egg whites. Pour into pan. Bake until puffed and golden brown about 45 minutes.

While omelet baking, prepare Cheese Sauce, keep warm, stir ham and parsley into 1 cup of the sauce. Immediately loosen omelet from edges of pan, invert on cloth-covered rack. Spread omelet with ham mixture; roll up from narrow end. Stir 1/2 cup milk into remaining sauce; heat. Pour part of sauce over roll; serve remaining sauce separately. Sprinkle roll with snipped parsley if desired.

1 small onion, finely chopped  
3 tablespoons margarine or butter  
3 tablespoons flour  
1 teaspoon dry mustard

Dash of pepper  
1 1/2 cup milk  
1 cup shredded Swiss cheese  
5 drops red pepper sauce

### CHEESE SAUCE

Cook and stir onion in margarine (or butter) in saucepan until onion is tender. Blend in flour, mustard and pepper. Cook over low heat, stirring constantly, until mixture is smooth and bubbly. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add cheese and pepper sauce, stir until cheese is melted.

## Chocolate - Caramel Crunch Bars



1 pkg (14ozs) caramels (about 48)  
1/3 cup water  
2 cups all-purpose flour  
2 cups quick-cooking oats  
1 cup packed brown sugar

1 cup margarine or butter melted  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1 pkg (6 ozs semisweet chocolate chips)

Heat caramels and water over low heat, stirring frequently until caramels are melted and mixture is smooth.

Heat oven to 350° . Mix flour, oats, brown sugar, margarine , baking soda and salt. Reserve 1 cup mixture for topping. Press remaining mixture in ungreased baking pan, 13x9x2 inches. Bake 10 minutes.

Sprinkle baked layer with chocolate chips; drizzle with caramel mixture. Sprinkle with reserve crumbly mixture. Bake until light brown, about 15 minutes. Cool slightly, cut into bars, 2x1 inch. Yield; 4 dozen bars.

### Microwave Tip:

Place caramels and water in 4 cup glass measure. Microwave uncovered until caramels can be stirred smooth. 1 to 2 minutes longer.

## Glazed Fruit Bars



1 cup sugar

1/3 cup shortening

1/3 cup margarine or butter, softened

1 egg

1 tablespoon grated orange peel, if desired

1/4 cup orange or pineapple juice

2 1/2 cups all purpose flour

1 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1 cup raisins

1 cup cut-up mixed candied fruit

1/2 cup chopped nuts, if desired

Powdered Sugar Glaze (below)

Heat oven to 400°. Mix sugar, shortening, margarine (or butter), egg orange peel and orange juice. Stir in remaining ingredients except Powdered Sugar Glaze. Spread in greased jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Bake until top springs back when touched, about 15 minutes. Cool slightly. Spread with glaze. Decorate with bits of candied fruit if desired. Cut into bars, 2x1 inch. Yield-about 5 dozen bars.

### POWDERED SUGAR GLAZE

Beat 1 1/2 cups powdered sugar, 1/4 teaspoon vanilla and 2-3 tablespoons milk until smooth and of desired consistency.

**Glazed Date Raisin Bars:** Substitute 1 cup cut-up dates for the candied fruit.

**Glazed Date Orange-Raisin Bars:** Substitute 1 cup snipped candied orange slices for the candied fruit (about 13).



## Hymns

### “Mary Did You Know?”

Deaconess Marilyn Greene

### “Highway To Heaven”

Deaconess Marilyn Greene & Daughter



### “Lead Me, Guide Me, Oh Lord I Pray”

Deaconess Darlene Anthony

### “Silent Night”

Deaconess Darlene Anthony



### “Do You Hear What I Hear”

Lee Hawkins (with permission)

<https://www.youtube.com/watch?v=Ek20eq4fQcI&authuser=0>





# The Diaconate Leader

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

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

WINTER QUARTER  
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## Necrology

### Remembering Those Who Have Gone Home.

*"I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow".* Jerimiah 13:13b

*We are ill prepared to understand so many things around us, but we thank God for the precious moments of our lives. This day we honor those servants that have gone before us to that great reward.*



New Jersey	Deacon Willie Samuel Nails	11/8/2021
Virginia	Deacon James Walter Holmes	11/4/2021

*O Lord, truly I am thy servant and the son of thy handmaid: thou hast loosed my bonds.* Psalm 116:16



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