

February, 2025
Volume 3, Issue 2

Reaching for **Every Heart**
where we serve
with the **Heart of Christ**

The Heart of Norfolk

Love Is Indispensable

I Corinthians 13

¹If I speak in the tongues^[a] of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. ²If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am noting. ³If I give all I possess to the poor and give over my body to hardship that I may boast,^[b] but do not have love, I gain nothing.

⁴Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶Love does not delight in evil but rejoices with the truth. ⁷It always protects, always trusts, always hopes, always perseveres.

⁸Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. ⁹For we know in part and we prophesy in part, ¹⁰but when completeness comes, what is in part disappears. ¹¹When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. ¹²For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

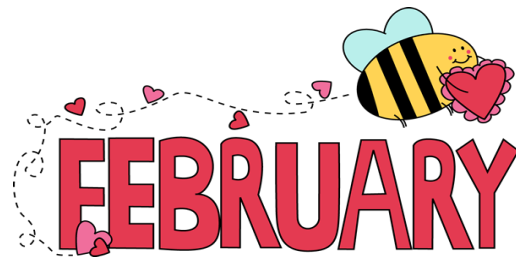
¹³And now these three remain: faith, hope and love. But the greatest of these is love.

Happy Valentines Day

Pastor Griffin

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FEBRUARY

4

Howard Graves

11

Dominique Taborn

20

Portia Murphy

23

Arlene Taborn

29

Iyanna Moore

FOOD PANTRY

Saturday, February 8

9:00 - 10:30 a.m.

(Volunteers:

8:00 - 10:30 a.m.)

ADMINISTRATIVE COUNCIL

Friday, February 28

1:00 p.m.

TRUSTEE MEETING

Wednesday, February 26th

6:00 p.m.,



We offer prayers of

Healing and Well-Being for:

Arlene Allen, Charles Cabarras, Barara Campfield, Anita Chapman, James Flowers, Deleva G. Hall, Eldren & Rosalyn Holley, Alice Mason, Cheryl Moore, LeSheryl Moore, Nakia Chambliss, Vicky & Kelvin Moore, Iyanna Moore, Avianna Moore, David O'Neal, Kenard O'Neal, Angeline Stevens, Carol Turner, Our NUM congregation; the Moore, Chapman, Banks, and O'Neal Families.

Please let our members know that you are thinking of them by sending a message of love and hope through a card, a call, a text or an email.

God's love for me is

Endless.

God's thoughts about me are

Limitless.

God's grace towards me is

Boundless.

God's protection over me is

Fathomless.

Leah DiPascali



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January 30, 2025

A Pastoral Letter to the Virginia Conference to See Each Other, Lean on Community

On my recent trip to Rome as the ordinands and I followed the travels of the Apostle Paul, I stood in the catacombs and imagined what it must have felt like for those Christians of the early Church, persecuted and fearful, to house themselves for worship and community amongst their dead where it was safe. And so, they knew the value of community.

Christians believe in a cloud of witnesses around us, and we lean into the mission and ministry of our “saints” who came before us as we hope we are also leaving well for the disciples to come after us. This is our community that formed us and continues to form us in our lives as disciples.

I imagine many of us today in the U.S. feel or know that members of our communities are experiencing great uncertainty, fear, anger, anxiety, and the sense of being overwhelmed in light of the many executive orders from President Trump and suggested next steps from the Trump Administration.

As United Methodists in the commonwealth of Virginia, we represent the political spectrum from Independent, to Republican, to Democrat.

What we are first, however, is Christians. Disciples of Jesus Christ. People changed by the Gospel. People seeking to reflect the light of Christ in all we say and do.

In this transition time in the U.S. let us be sure that we **see** each other.

The Zulu word, *sawubona* means “I see you.” This act of seeing one is not a glance, but a deep seeing to the point of co-existence. The common Zulu response of *shiboka* means “I exist for you.”

For United Methodists and Christians, this “seeing” and recognizing the power of community is so very necessary right now.

I see you, clergy of the Virginia Annual Conference. Our shepherds in the fields tending their flocks. I see your work. I see you ministering with our vulnerable populations and communities. How necessary you are right now as light-bringers.

I see you, laity of the Virginia Annual Conference. You who go to your places of work, safety, and respite. You who work in our communities and allow your gifts to be used on a daily basis. You who see the effect of policies and practices from local to federal government on your communities for good or ill.

Our conference office and all of our district offices see you and exist for you. We are here to be a resource. You are our community. None of us, not me, not you, have all the answers. The policies and posture of this administration are unfolding at a rapid speed, affecting not only clergy in our conference but also laity and vulnerable communities in our care. But we will offer guidance as we can. We will pray without ceasing. We will see you, and we will exist with you in this and all that is to come.

My encouragement to you is to practice *sawubona* and *shiboka* in your contexts. How can you show your deep sight of your community? How is God calling you to co-exist with your neighbors at this time?

As you listen to God’s voice, lean into The United Methodist Church connection and lean into your local communities.

Show up for each other, support each other, and see one another.

Thank you for all that you are and all that you do, especially in this season. I am grateful to serve with you in the Virginia Conference.

HEART HEALTH MONTH

INFORMATION FROM AMERICAN HEART ASSOCIATION

**REDUCE
EXCESS
LEVELS OF
SODIUM**

**REDUCE
YOUR
STRESS BY
TAKING
SLOW DEEP
BREATHS OR
LISTENING
TO
RELAXING
MUSIC**

MOVE MORE

**TRY TO GET 150 MINUTES OF
MODERATE INTENSITY
EXERCISE EACH WEEK**



**MUSCLE?
YES PLEASE**

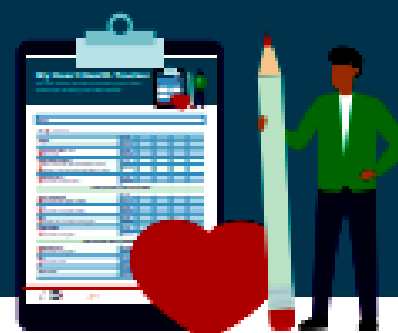
**ADD
STRENGTH
TRAINING 2
DAYS A
WEEK**

SLEEP
**MOST ADULTS NEED 7-9 HRS
EACH NIGHT**

**EXERCISE
HELPS TO
REDUCE
STRESS
LEVELS**

My Heart Health Tracker

Keep track of important numbers related to your heart health.



Name: _____

Note: ♥ = Normal values

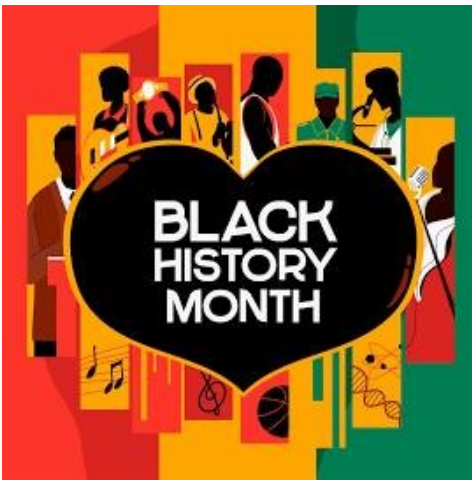
Weight	Date				
	Result				
Body Mass Index (BMI) ♥ 18.5 to 24.9	Date				
	Result				
Waist Measurement ♥ Men—40 inches (102 centimeters) or less ♥ Women—35 inches (88 centimeters) or less	Date				
	Result				
Blood Pressure ♥ Less than 120/80 mm Hg	Date				
	Result				
Tests to measure cholesterol					
Triglycerides ♥ Less than 150 mg/dL	Date				
	Result				
Non-HDL cholesterol ♥ Less than 130 mg/dL	Date				
	Result				
HDL cholesterol ♥ Above 40 mg/dL in men ♥ Above 50 mg/dL in women	Date				
	Result				
Tests to check sugar in the blood for diabetes					
Blood Glucose ♥ Less than 100 mg/dL	Date				
	Result				
A1C ♥ Less than 5.7%	Date				
	Result				
Other tests	Date				
	Result				



National Heart, Lung,
and Blood Institute



hearttruth.gov



If a race has no history, it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated. The American Indian left no continuous record. He did not appreciate the value of tradition; and where is he today? The Hebrew keenly appreciated the value of tradition, as is attested by the Bible itself. In spite of worldwide persecution, therefore, he is a great factor in our civilization.



Carter G. Woodson
(1875–1950)

Black History Month is an annually observed commemorative month originating in the United States, where it is also known as **African-American History Month**. It began as a way of remembering important people and events in the history of the African diaspora, initially lasting a week before becoming a month-long observation since 1970. It is celebrated in February in the United States and Canada, where it has received official recognition from governments, and more recently has also been celebrated in Ireland and the United Kingdom where it is observed in October.

The precursor to Black History Month was created in 1926 in the United States, when historian Carter G. Woodson and the Association for the Study of Negro Life and History (ASNLH) announced the second week of February to be "**Negro History Week**". This week was chosen because it coincided with the birthday of Abraham Lincoln on February 12 and that of Frederick Douglass on February 14, both of which Black communities had celebrated since the late 19th century. For example, in January 1897, school teacher Mary Church Terrell persuaded the Washington, D.C. school board to set aside the afternoon of Douglass's birthday as Douglass Day to teach about his life and work in the city's segregated public schools. The thought process behind the week was never recorded, but scholars acknowledge two reasons for its birth: recognition and importance. In 1915, Woodson had participated in the Lincoln Jubilee, a celebration of the 50 years since emancipation from slavery held in Bronzeville, Chicago. The summer-long Jubilee, which drew thousands of attendees from across the country to see exhibitions of heritage and culture, impressed Woodson with the need to draw organized focus to the history of black people. He led the founding of the ASNLH in Chicago that fall, toward the end of the Jubilee.

Early in the event's history, African-American newspapers lent crucial support. From the event's initial phase, primary emphasis was placed on encouraging the coordinated teaching of the history of Black Americans in the nation's public schools. The first Negro History Week was met with a lukewarm response, gaining the cooperation of the departments of education of the states of North Carolina, Delaware, and West Virginia as well as the city school administrations of Baltimore, New York City, Philadelphia, and Washington, D.C. Despite this limited observance, Woodson regarded the event as "one of the most fortunate steps ever taken by the Association", and plans for an annual repeat of the event continued. At the time of Negro History Week's launch, Woodson contended that the teaching of Black History was essential to ensure the physical and intellectual survival of Blacks within broader society:

From Wikipedia, the free encyclopedia

Black History Word Find

Find and circle the words.

P E A C E H O H B C J A P Z L N Q R U G V G V E
F Q P U O A A P G N F M Q J L Z Q N L E H S F M
X N B P T P B R P N N Y E Y R A M H I O B C R A
U J L V G D K R R O C R C N E E J I N R I T O N
Y N J M V E V M A I R D E O Z O I S T G J Q S C
I V D P R F C A U H E T G G I H V T A E B X A I
V N V E K Q R D M U A T U E K W T O B W I I P P
F C T H R W U E H E G M T N P O C R O A H H A A
R S T E A G F Q E B N U L U I U R Y L S C Y R T
E C Z E G D R X N D G D U I B T B D I H I T K I
D D Q Q W R W O N F O J M D N M Y A T I V U S O
E T V C Q L A D U R L M E E B C A H I N I S R N
R F O H M U G T E N E A J S N Z O N O G L K C E
I A E L K J H I I Q D M K O X T J L N T R E I U
C R K B E A D D F O U R I J V N S I N O I G V E
K X P Z R R Q R W B N A A D Y Z N J U N G E I F
D Z V V A U A W Z D A V L I Z N R B I C H E L D
O K N M V B A N G W W V V I L R S I J A T A W Z
U H I J W K M R C N A U X M T R U K T R S I A R
G I K O M X T P Y E N G W V P Y O C G V J R R K
L P M I I D I V E R S I T Y G U Z A K E C M Z J
A M A Y A A N G E L O U V Q W J G T D R E E O G
S M A R T I N L U T H E R K I N G J R F I N I L
S N P M T D G M B O Q M C U H X C A R Z O I A U

ABOLITION
ABRAHAM LINCOLN
AMENDMENTS
CIVIL RIGHTS
CIVIL WAR
DIVERSITY
EMANCIPATION
EQUALITY

FEBRUARY
FREDERICK DOUGLASS
FREEDOM
GEORGE WASHINGTON CARVER
HARRIET TUBMAN
HISTORY
INTEGRATION
MARTIN LUTHER KING JR

MAYA ANGELOU
OPPORTUNITY
PEACE
ROSA PARKS
TOLERANCE
TUSKEGEE AIRMEN
UNDERGROUND RAILROAD

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Office Hours :	Tuesday - Friday, 10:00 AM — 2:00 PM
Worship:	Sundays, 9:00 AM
Sunday School:	Sundays, 10:15 - 11:15 AM
Bible Study:	Wednesdays, 12:00 Noon
Mid Week Prayer:	Wednesdays, 7:00 AM
	Dial 605-313-5532 Access Code 8179616
Choir Rehearsal:	Tuesdays, 6:30 PM

Pastor - Rev. Bertrand Griffin, II

Lay Leader	Mrs. Portia Murphy	Trustees, Chr.	Mrs. Brenda T. Cabarras
Minister of Music	Mr. William Brown, II	Finance, Chr.	Mrs. Barbara Campfield
Admin. Council	Mrs. Freida Clark, Chr.	Staff, Pastor-Parish	Mr. Howard Graves, Chr.

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