

The Scoop – Spring 2026

From the Desk of Pastor Sadler



Spring has sprung and so has the days of our lives according to Luke 1:78-79

“Through the tender mercy of our God, with which the Dayspring from on high has visited us; to give light to those who sit in darkness and the shadow of death, to guide our feet into the way of peace.” (NKJV)

The season of spring has brought so much promise and joy to our lives, and we would like to share our upcoming exciting activities with you. Please save the dates and join us as we venture into a journey to have our mind, bodies, and spirit uplifted, renewed, and rejuvenated.

Featured Events

You are invited to join us on purpose and connect to the causes of Christ during our Spring Revival Fellowship Series and special services in celebration of His Resurrection.

- Palm Sunday Service – Sunday, March 29, 2026 @ 10:30AM
- Revival Service – Monday, March 30, 2026 7:00 pm to 8:30 pm
- Revival Service – Wednesday, April 1, 2026 7:00 pm to 8:30 pm at Central Union Mission
- Revival Service – Friday, April 3, 2026 7:00 pm to 8:30 pm
- Maundy Thursday Service at New Morning Star – Thurs., April 2, 2026 @ 7PM Guest Iconium Baptist Church, Pastor Ray Hulett preaching
- Good Friday 7 Last Sayings Service at New Morning Star – Fri., April 3, 2026 @ 12 Noon
- Good Friday Fish Fry immediately following 12 Noon Service

In–Person Worship Schedule

The schedule for worship and activities continue to be published via email, the Scoop e-newsletter, posted on the website, and will continue to be in our monthly newsletter the Star.

- Sunday, April 5, 2026 @ 10:30 AM **Easter Resurrection Sunday Service**
- Sunday, April 12, 2026 @ 10:30 AM **Youth Emphasis**
- Sunday, April 19, 2026 @ 10:30 AM **Communion**
- Sunday, April 26, 2026 @ 10:30 AM **Regular Worship**
- Sunday, April 26, 2026 @ 3PM **Joint Family & Friends Day w/ Greater New Hope Baptist Church**
816 8th Street NW, Washington, DC

Worship with us live on YouTube: <https://www.youtube.com/@NewMorningStarBaptistChurchDC>

[Take the In-Person Worship Opinion Survey!](#)

Upcoming Activities

Growth & Development - First Saturday of every month at 10 am.

Zoom: <https://us02web.zoom.us/j/89126764163> / Audio: (301) 715-8592 / Meeting ID: 891 2676 4163.

Central Mission Union Outreach In-person Worship “*No One Should Live Hungry And Homeless*”: Every third Monday at 7 pm, *in person only*, at 65 Massachusetts Avenue, NW Washington, DC, 20001.

Enlightenment, Enhancement, & Enrichment: Every 3rd Wednesday @ 7 pm. *Discussing the Facts*. See website for more information.

The Journey

You are invited to join us on “**The Journey**” as we continue during our weekly, daily, and monthly virtual experiences on YouTube, Zoom, and the conference call numbers.

Sunday School at 9 am, in-person

In-person and Virtual Sunday Worship with us live on YouTube @ 10:30 am:

<https://www.youtube.com/@NewMorningStarBaptistChurchDC>

Special Prayer of Faith, Intercessory Prayer of Hope & Corporate Prayer of Joy

Monday – Friday at 7 am | Conference Call Number (605) 475-4000 code 1018295#

Midweek Study, Testimonies, Prayer Request & Praise Report – 1st and 2nd Wednesdays of each month. Use Conference Call Number (605) 475-4000 code 1018295# for the following:

- 12 noon: Prayer, Praise and Bible Study: [Get the current Bible Study Schedule on the Resources page](#)
- 7:00 pm: Prayer, Praise and International Sunday School Lesson Exposition
→Subscribe to a Video Summary of the International Sunday School Lesson on [YouTube](#)

Devotional Reading

[Get the current Devotional Reading Schedule on the Resources page](#)

Focus on the Family: Men, Women, Children

The News @ Noon

Bible Study 1st and 2nd Wednesday of each month @ Noon. Conference Call Number: (605) 475-4000, code 1018295#

Care Partners Support Group

First Tuesday of every other month. Next meeting is on May 5 @ 12PM – 1 pm. Contact Jihan Starr at jistarr2@jh.edu or call (202) 364-7602 to register.



Self-Care Wednesdays

A Day of Rest, Reflection, & Self care
The Last Wednesday of Every other Month

Youth Ministry Rehearsal

Friday before 2nd Sunday at 5:30 pm.
Zoom: <https://us02web.zoom.us/j/87474748295>
Audio: (301) 715-8592 | Meeting ID: 874 7474 8295

Men and Women's Ministry Joint Fellowship: Last Friday of each month at 7 pm.

Zoom: <https://us02web.zoom.us/j/89126764163>
Audio: (301)-715-8592 / Meeting ID: 891 2676 4163

Lunch and Learn

3rd Wednesday of each month at 12 pm to 1 pm. "Understanding Dementia & Caregiving" Join us via Zoom:

<https://jhjhm.zoom.us/j/93848524191?pwd=Sebex2SWa0Y0F6sAvhiz81k6TnSXUS.1>, enter meeting ID Meeting ID: 938 4852 4191, Passcode: 604984; or join Zoom Audio: (301) 715-8592



New Morning Star is a SHARE Food Host Site!



The SHARE Food Network is a non-profit, community-based organization dedicated to offering healthy, nutritious groceries at a roughly 50 percent discount to everyone on a monthly basis. Value packages cost just \$25 every month with optional Special Premium packages that can be additionally purchased."

- Get your monthly menu at church or on the SHARE Food Network website: <https://www.catholiccharitiesdc.org/share/>
- Purchase a value package in our Church's Share Food Network envelope or through *Givelify*
- Make your payment by the scheduled deadline date (See SHARE Calendar)

Health Corner



National Minority Health Month

Office of Minority Health and Health Equity (OMHHE) kicks off National Minority Health Month which is a time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities. It is an inclusive initiative that targets the health needs of African Americans, Hispanics, Asians, Native Americans, and other minorities.

During the month it helps to improve the health of people in minority groups through:

- Building awareness about the disproportionate burden of premature death and illness in people from racial and ethnic minority groups
- Encourages action through health education, early detection, and control disease complications.

For more information visit these websites

- <https://www.cdc.gov/minority-health/features/nmhm.html>
- <https://www.nimhd.nih.gov/resources/nimhd-education-and-outreach/national-minority-health-month>
- <https://www.hhs.gov/national-minority-health-month/index.html>

Stress Awareness Month

Focusing attention on your health and how you can learn successful coping strategies for dealing with life stressors. The American Institute of Stress define stress as the body's nonspecific response to any demand – pleasant or unpleasant. This awareness empowers you to respond to challenges more effectively and improve both your well-being and overall performance.

Common issues related to stress:

- Headaches
- Stomach disorders
- Anxiety/Depression
- Stroke
- Heart Disease

Tips for Coping with Stress

- Take care of yourself. Eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Discuss your problems. Talk with a parent, friend, or another trusted source.
- Avoid drugs and alcohol. Brain research now indicates that people exposed to stress are more likely to abuse alcohol or other drugs, or to relapse into drug addiction.
- Recognize when you need more help. Know when to talk to a psychologist, social worker, or counselor if things continue.

For more information visit : <https://www.stress.org/news/stress-awareness-month-tips-for-keeping-tensions-in-check/>

Alcohol Awareness Month

Alcohol Awareness Month is a time to raise awareness and understanding of alcohol use and misuse.

While national figures show a downward trend in the number of young people who use alcohol, alcohol remains the number one drug of choice for America's youth and is more likely to kill young people than all illegal drugs combined.

Alcohol misuse is linked to more than 200 diseases and injury-related conditions, meaning alcohol misuse contributes substantially to health care costs and lost productivity and affects people's health in ways that they may not realize. Alcohol misuse can also have painful emotional impacts on individuals and their loved ones.

For more information see websites

<https://www.samhsa.gov/about/digital-toolkits/alcohol-awareness-month>

<https://alcohol.org/awareness-month/>

<https://www.niaaa.nih.gov/news-events/announcement/april-alcohol-awareness-month>

I am available for questions and assistance. Gwendolyn Sadler, RN, BSN, CCM gbs0229@gmail.com (301) 922-4259

⇒ ⇒ ***Visit New Morningstar Baptist Church Website!***