

# ***The Scoop – May 2025***

***From the Desk of Pastor Sadler***



## **Mothers and Mental Wellness**

The mother of Moses found “Peace of Mind,” by placing her son in a basket and floating him down the Nile River to safety. The months of May is a time that we celebrate mothers and also acknowledge mental health and wellness. Mothers have always provided wisdom, strength, and guidance that have led men, women, boys, and girls to live holistic lives.

Isaiah 26: 3 helps us to realize the power and resource that mothers and individuals alike rely on to maintain a healthy peace of mind. **Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee” (KJV).**

Join us this month as we celebrate **spiritual enrichment, mothers and families, health and healing, mental health and wellness, and women.**

You are invited to join our post resurrection journey to Pentecost Sunday now through June 8<sup>th</sup>, 2025. Join us and receive God’s fresh anointing with us as we go on the journey outlined below during the month of January of the 2025 year.

### **In-person Worship Schedule (Social Distancing Observed & Mask Required)**

- May 4, 2025 @ 10:30 AM – Regular Worship
- May 11, 2025 @ 10:30 am – Mother’s Day Celebration
- May 18, 2025 @ 10:30 am – Communion
- May 25, 2025 @ 10:30 am – Annual Women’s Day Celebration

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

## *Highlights of Upcoming Activities*

# **65<sup>TH</sup> ANNIVERSARY OF THE CHURCH & 30<sup>TH</sup> OF THE PASTOR**

**THEME: 2.0 THE REUNION**



**Sunday,  
June 1st**

**MUSIC MINISTRY**

Sermon: Donald K. Sadler, Pastor

Soloist: Sister Theresa Garza



**Sunday,  
June 8**

**CHRISTIAN EDUCATION**

Guest Preacher: Minister Tim Latiff,

Associate Minister, Praise & Worship Ministry

Soloist: Zemira-Maria Matadi



**Sunday,  
June 15**

**MISSIONARY MINISTRY**

Guest Preacher: Daryl E. Watson

Pastor Emeritus, Redeemer Baptist Church

Soloist: Mother Thelma Jenkins



**Sunday,  
June 22**

**MINISTRY OF HELPS**

Guest Preacher: Dr. John T. Rhodes

Pastor Emeritus, Trinidad Baptist Church

Soloist: Brother Ron Webb



**Sunday,  
June 29**

**30TH ANNIVERSARY OF THE PASTOR**

Guest Preacher: Dr. Leroy Gilbert

Dean, Regent University

Soloist: Trustee Jimmy Gaskins



## **ANNIVERSARY BANQUET**

Sunday, June 28<sup>th</sup> at 2pm at Martin's Crosswinds

7400 Greenway Center Dr, Greenbelt, MD 20770

DONATIONS: ADULT (\$65), YOUTH UNDER 12 (\$40)

TABLE OF 8 (\$520)

## ***Highlights of Upcoming Activities, cont.***

NEW MORNING STAR BAPTIST CHURCH  
DONALD K. SADLER, PASTOR  
5016 SHERIFF RD WASHINGTON, DC 20019

# ANNUAL WOMEN'S DAY

SUNDAY, MAY 25<sup>TH</sup> AT 10:30AM



**Guest Preacher: Rev. Beatrice Wright**  
**First Lady and Associate Minister,**  
**\St. Phillips Baptist Church**

# ***Highlights of Upcoming Activities, cont.***

**S.A.L.T. - Serving and Learning Together (Growth & Development Series)** - First Saturday of every month at 10 am. Zoom: <https://us02web.zoom.us/j/89126764163> / Audio: (301) 715-8592 / Meeting ID: 891 2676 4163. Next Meeting is on June 7, 2025.

**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. Next meeting is on May 19, 2025.

**Enlightenment, Enhancement, & Enrichment:** Every 3<sup>rd</sup> Wednesday @ 7 pm. *Discussing the Facts*. On May 21 the topic is: *Navigating Stress and Mental Health Crisis in Times of Uncertainty*.

## ***The Journey***

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

**Sunday School** at 9 am, in-person

**Sunday Morning Worship** at 10:30 am in-person and on Zoom. To join the Worship Service via Zoom: Visit: <https://us04web.zoom.us/j/525898236>, enter meeting ID: 525 898 236, or join Zoom Audio: (301) 715-8592

**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 – 1<sup>st</sup> and 2<sup>nd</sup> 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](#)

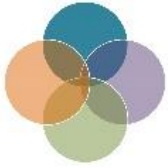


**Lunch and Learn – 3<sup>rd</sup> Wednesday of each month at 12 pm to 1 pm.** The next meeting is on May 21, 2025. Topic: “**Understanding Dementia & Caregiving.**” **Via Zoom:** <https://jhjhm.zoom.us/j/93848524191?pwd=Sebex2SWa0Y0F6sAvhiz81k6TnSXUS.1>, enter meeting ID Meeting ID: 938 4852 4191, Passcode: 604984; or join Zoom Audio: (301) 715-8592

### **Devotional Reading**

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





## Focus on the Family: Men, Women, Children, Service

### "The News @ Noon" Hour of Power

Every Wednesday @ Noon

Conference Call Number: (605) 475-4000, code 1018295#

### Care Partners Support Group

First Tuesday of every other month @ 1 pm.

Conference Call Number: (605) 475-4000, code 1018295#. Next meeting is on July 1, 2025. Contact Contact Jihan Starr at [jstarr2@jh.edu](mailto:jstarr2@jh.edu) or call (202) 364-7602 to register.

### Youth Ministry Rehearsal

Friday before 2<sup>nd</sup> 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. The next meeting will be held on May 30, 2025.

Zoom: <https://us02web.zoom.us/j/89126764163>

Audio: (301)-715-8592 / Meeting ID: 891 2676 4163

## ***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)

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

## May Health Corner

### May is Mental Health Awareness Month

May is Mental Health Awareness Month, an annual observance founded by Mental Health America in 1949 to highlight the importance of mental wellbeing, educate the public, reduce stigma, and promote support for those affected by mental health conditions. Each year, individuals and organizations come together to raise awareness and advocate for better mental health care and resources.

A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others. If you have — or think you might have — a mental illness, the first thing you must know is that you are not alone. Mental health conditions are far more common than you think, mainly because people do not like to, or are scared to, talk about them. However:

- **1 in 5** U.S. adults experience mental illness each year.
- **1 in 20** U.S. adults experience serious mental illness each year.
- **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year
- **50%** of all lifetime mental illness begins by age 14, and 75% by age 24.

**If you are in a mental health crisis. Please contact any resource listed below:**

- Call or Text **988** or Chat 988lifeline.org (available 24/7). You can also reach the Crisis Text Line by texting MHA to 741741.
- National Helpline: Treatment referral and information, 24/7. 1-800-662-HELP (4357)
- Disaster Distress Helpline: Immediate crisis counseling related to disasters, 24/7. 1-800-985-5990

<https://www.nami.org/get-involved/awareness-events/mental-health-awareness-month/>

[https://www.cdc.gov/mental-health/?CDC\\_AAref\\_Val=https://www.cdc.gov/mentalhealth/index.htm](https://www.cdc.gov/mental-health/?CDC_AAref_Val=https://www.cdc.gov/mentalhealth/index.htm)

<https://www.mhanational.org/mental-health-month>



### National High Blood Pressure Education Month



High blood pressure—or hypertension—is a major risk factor for heart disease. Half of Americans have high blood pressure, and many do not know they have it. High blood pressure is often “silent,” meaning it doesn’t usually cause symptoms but can damage your body, especially your heart over time. Having poor heart health also increases the risk of severe illness. Blood Pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body. Your blood pressure naturally goes up and down throughout the day. When blood pressure is

high, it causes damage to your blood vessel walls that worsen over time. Certain factors increase your risk of high blood pressure, such as: being overweight, having a family history of high blood pressure, eating too much salt, drinking too much alcohol, and increasing age. High blood pressure is serious, but the good news is that there are many ways to manage blood pressure.

- Know Your Numbers
- Eat Healthy

- Move More
- Aim for Healthy Weight
- Manage Stress
- Have a Healthy Pregnancy
- Stop Smoking
- Collaborate with Your Doctor

For more information visit these webpages:

<https://www.heart.org/en/health-topics/high-blood-pressure>

<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>

<https://www.cdc.gov/bloodpressure/about.htm>

<https://www.nhlbi.nih.gov/education/high-blood-pressure/high-blood-pressure-education-month>



## National Stroke Awareness Month

National Stroke Awareness Month is observed in the United States every year during May. Stroke is the No. 2 cause of death worldwide and a leading cause of disability. The American Stroke Association is a relentless force for a healthier world with fewer strokes. A stroke is a medical condition where poor blood flow to the brain results in cell death. There are two main types of strokes — ischemic stroke, which occurs due to lack of blood flow, and hemorrhagic stroke, which occurs

due to bleeding. Both conditions cause parts of the brain to stop functioning properly. A stroke happens in America every 40 seconds, and someone dies of it every four minutes.

It is also preventable and treatable. When you spot a stroke warning sign, act fast. Recognizing the stroke warning signs and calling 911 immediately may make the difference between a strong recovery or long-term disability, survival, or death.

### Warning Signs of Stroke; F.A.S.T

- Face Drooping
- Arm Weakness
- Speech Difficulty
- Time to Call 911

For more information visit these webpages:

<https://www.stroke.org/en/about-the-american-stroke-association/stroke-awareness-month>

<https://www.stroke.org/en/about-the-american-stroke-association/stroke-awareness-month>

<https://www.cdc.gov/stroke/>

<https://www.stroke.org/en/about-stroke/stroke-symptoms>

I am available for questions and assistance.

Gwendolyn Sadler, RN, BSN, CCM

[gbs0229@gmail.com](mailto:gbs0229@gmail.com)

301-922-4259

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

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