

The Scoop – February 2023

From the Desk of Pastor Sadler



LIFT EVERY VOICE AND SING!

“Lift every voice and sing, Till earth and Heaven ring. Ring with the harmonies of liberty; let our rejoicing rise high as the listening skies, let it resound loud as the rolling sea.”

The extraordinary words of James Weldon Johnson parallel the words of King David in Psalm 24. Both the African American National Hymn and Psalm 24: 7-10 (KJV) inspire and encourage us to continue being strong, resilient, and confident people.

“Lift up your heads, O you gates! And be lifted up, you everlasting doors! And the King of glory shall come in. Who is this King of glory?

The Lord strong and mighty, The Lord mighty in battle. Lift up your heads, O you gates! Lift up, you everlasting doors! And the King of glory shall come in.

Who is this King of glory? The Lord of hosts, He is the King of glory. Selah.”

Moreover, it is important that we recognize that our people are much more than a day, a week, or a month, but we live our extraordinary experiences every day.

Join us during our Church’s African American Heritage Celebration on **Sunday, February 26th, 2023 @9AM**. During this worship experience, we will share the investment that we are making in the next generation and our youth will be the highlight of this worship service.

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

- Sunday, February 5, 2023 @ 9AM Regular Worship
- Sunday, February 19, 2023 @ 9AM Communion
- Sunday, February 26, 2023 @ 9AM Regular Worship and Youth Program

Take the
In Person Worship Survey

Highlights & Upcoming Activities

S.A.L.T. - Serving and Learning Together (Growth & Development Series) - *First Saturday of Every Month at 10 am* (February 4, 2023) 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 Wednesday (February 15, 2023).

Enlightenment, Enhancement, & Enrichment: *Discussing the Facts: Diabetes, Obesity and Health Equity.* Wednesday, February 22, 2023 @ 7PM

Growth & Development: Saturday, March 4th, 2023 @ 10AM

The Journey

You are invited to join us on “**The Journey**” as we continue during our weekly, daily, and monthly virtual experiences on Zoom and the conference call numbers. The schedule of “**The Journey**” and access to the Zoom links and conference call numbers are listed below for your convenience.

Sunday Morning Worship 9 am

Zoom: <https://us04web.zoom.us/j/525898236> | Audio: (301) 715-8592 | Meeting ID: 525 898 236

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 – Wednesdays

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, Service

"The News @ Noon"

Hour of Power

Every Wednesday @ Noon

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

Care Partners Support Group

Feb. 1, 2023 @ 1 pm & Feb. 15, 2023 @ 1 pm

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

Youth Ministry Rehearsal

Thursdays from 6 – 7 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 the Month, February 24 @ 7 pm

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!



HEALTHIER FAMILIES ♦ STRONGER COMMUNITY

"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 schedule deadline date (See SHARE Calendar)

Health & Wellness Corner

February is American Heart Month, a time to pay special attention to understanding, preventing, and treating heart disease—the leading cause of death in the United States.

But you can do a lot to protect your heart. Learn more about heart-healthy living. Learning and prioritizing your heart health can help you avoid severe illness.

Get to know #OurHearts! Learn about what healthy blood pressure, cholesterol, weight, and blood sugar levels are for you and how they impact your risk for heart disease. Having a basic understanding of information that concerns your health and using the information to inform health-related decisions and actions for yourself and others, is strongly linked to better health.

According to the National Heart, Lung, and Blood Institute (NHLBI), heart disease risk factors include lack of physical activity, family history of early heart disease, high blood pressure, prediabetes/diabetes, and obesity. Black and African American, Hispanic/Latino, and American Indian/Alaska Native individuals are at a higher risk for type 2 diabetes.

Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Knowing what causes heart disease, what puts you at risk for it, and how you can reduce those risks can help you make informed decisions to protect your heart and keep it strong.

Did you know...?

African American women ages 20 and older: 81% are overweight, 58% have high blood pressure, 30% have high cholesterol, and 13% have been diagnosed with diabetes.

African American men ages 20 and older: 72% are overweight, 57% have high blood pressure, 28% have high cholesterol, and 12% have been diagnosed with diabetes.



There are many ways to take action towards better heart health:

- Increase physical activity
- Eat a heart-healthy diet
- Track your blood pressure, blood sugar, and cholesterol
- Get quality sleep
- Reduce stress
- Stop smoking
- Maintain a healthy weight

To promote the importance of heart health, use the hashtags #HeartMonth and #OurHearts on social media and share heart-healthy living tips from NHLBI.

For more information click here

<https://www.nhlbi.nih.gov/education/american-heart-month>

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

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