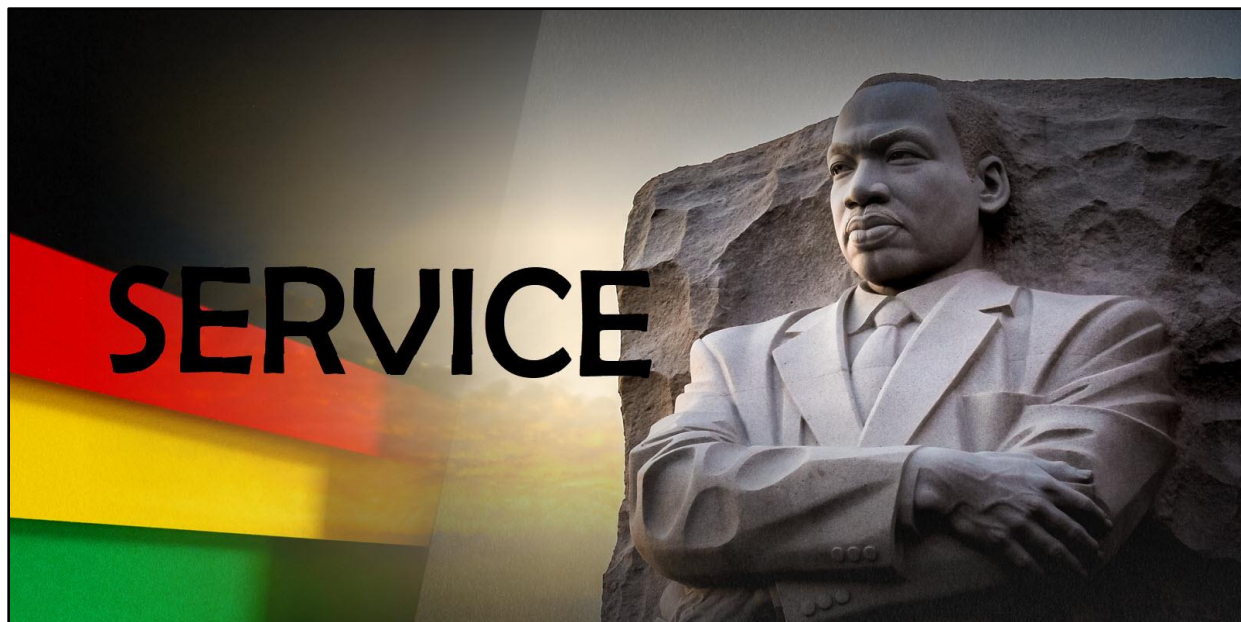


The Scoop – February 2024

From the Desk of Pastor Sadler



Martin Luther King, Jr. lived a life of service and gave his life serving others.

So many have lived and died serving others, even Christ and the litany of those recorded in Hebrews 11: 13-26 (KJV):

¹³ These all died in faith, not having received the promises, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth. ¹⁴ For they that say such things declare plainly that they seek a country. ¹⁵ And truly, if they had been mindful of that country from whence they came out, they might have had opportunity to have returned. ¹⁶ But now they desire a better country, that is, an heavenly: wherefore God is not ashamed to be called their God: for he hath prepared for them a city. ¹⁷ By faith Abraham, when he was tried, offered up Isaac: and he that had received the promises offered up his only begotten son, ¹⁸ Of whom it was said, That in Isaac shall thy seed be called: ¹⁹ Accounting that God was able to raise him up, even from the dead; from whence also he received him in a figure. ²⁰ By faith Isaac blessed Jacob and Esau concerning things to come. ²¹ By faith Jacob, when he was a dying, blessed both the sons of Joseph; and worshipped, leaning upon the top of his staff. ²² By faith Joseph, when he died, made mention of the departing of the children of Israel; and gave commandment concerning his bones. ²³ By faith Moses, when he was born, was hid three months of his parents, because they saw he was a proper child; and they were not afraid of the king's commandment. ²⁴ By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter; ²⁵ Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; ²⁶ Esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompense of the reward."

During this month of African American celebration, we begin this year doing service for others and embracing the words of Shirley Chisolm, *"Service is the rent we pay for the privilege of living on this EARTH."* **Come join us this year as we serve others for the sake of the Savior!**

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

- Regular Worship Sunday February 4, 2024 @ 10: 30 AM
- Black History Program Sunday February 11, 2024 @ 10:30AM
- Communion Sunday February 18, 2024 @ 10:30 AM
- Black History Celebration Sunday, February 25, 2024 @ 10:30 AM

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

Highlights of Upcoming Activities

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 February 3, 2024.

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 February 19, 2024.

Enlightenment, Enhancement, & Enrichment: Every 4th Wednesday @ 7 pm. Next meeting is on February 29, 2024. This month: Discussing the Facts: How a healthy lifestyle can help with grief and loss.

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 9AM, 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#

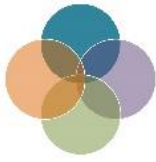
Midweek Study, Testimonies, Prayer Request & Praise Report – Wednesdays
Use Conference Call Number (605) 475-4000 code 1018295# for the following:

- 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](#)

⇒ ⇒ [Visit New Morningstar Baptist Church Website!](#)



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 and third Wednesday of every month, @ 1 pm.

Conference Call Number: (605) 475-4000, code 1018295#. Meeting on February 7th and 21st

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: Next meeting will be held on February 16, 2024.

Note: this is a change from our normal schedule of every 4th Friday.

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)

⇒ ⇒ Visit New Morningstar Baptist Church Website!

Health & Wellness Corner

By Gwendolyn Sadler, RN



Visit the [Health Corner](#) on our website

February Health Corner

February is American Heart Month, a time when all people, especially women to focus on your cardiovascular health and to encourage you to pay special attention to understanding, preventing, and treating heart disease. Heart disease is 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 what healthy blood pressure, cholesterol, weight, and blood sugar level is 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.

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.

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.

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

For more information visit: <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

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