

The Scoop – January 2023

From the Desk of Pastor Sadler



SERVICE AND SACRIFICE

Monday, January 16th commemorated the annual Martin Luther King, Jr.'s Day of Service and Sacrifice. That week also marked our church's *Fresh Start Revival*. Both of these significant events signal a new season as we enter into the new year. It is important that our service to humanity and sacrifice for the cause of the Kingdom stay connected to our purpose and practice.

I encourage you to allow the enthusiasm of the fresh and new perspective that the word of God reminds us of the great things says Isaiah 43:19.

"Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert." (KJV)

This expression in Isaiah 43:19 echoes our intent to encourage others that they may know the enormous light that illuminates us is all over the world.

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

- Sunday, January 1, 2023 @ 9AM **Regular Worship**
- Sunday, January 15, 2023 @ 9AM **Communion**
- Sunday, January 29, 2023 @ 9AM **Team Spirit & Commissioning Day**

**Take the
In Person Worship Survey**

Highlights & Upcoming Activities

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

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

Highlights & Upcoming Activities, cont.

Central Mission Union Outreach Virtual Worship “No One Should Live Hungry And Homeless”: Monday, January 16 @ 7 pm On Zoom: <https://zoom.us/j/439717479>, OR Call (408) 740-3766, Meeting ID: 439717479# OR Call (646)-876-9923, Meeting ID: 439717479#



Enlightenment, Enhancement, & Enrichment: Hepatitis C Health Disparities: The Path Forward Through Health Equity. Guest Speaker Risha Irvin, MD, MPH. Wednesday, January 25, 2023 @ 7PM

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

Jan. 4, 2023 @ 1 pm & Jan. 18, 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, January 27 @ 7 pm

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

Health & Wellness Corner

New year new me

The Motto around the country on many health websites for this year is “**Healthy Me in 2023**” Let’s make it your motto and prioritize your health for yourself, your family and your community. You have been putting people, things, and excuses above your health. Let’s start by taking a honest look at how and what you can do to better your mind, body and spirit. We can All improve the health of our community.

January Health Observances

Cervical Health Awareness Month

Cervical cancer is a disease in which cancer cells arise in the cervix, which connects the uterus to the vagina. HPV is almost always the cause of cervical cancer, which is why vaccines against the virus are an important part of cervical cancer prevention strategies. More than 14,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with HPV vaccination and appropriate screening.

Quick Guideline

- *Women:* Get Pap tests every three years starting at 21-years-old
- *Women:* Get HPV tests after 30-years-old; check with doctor about frequency
- *Children:* Vaccinate against HPV starting at 12-years-old

For more information, visit: <https://www.nccc-online.org/cervical-health-awareness-month>

Glaucoma Awareness Month

Glaucoma is a group of eye diseases that gradually steal sight without warning. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease. Glaucoma affects 1 in 200 people under the age of 50, and 1 in 10 over the age of 80. Glaucoma is often labeled the "silent thief of sight" because 90% of Glaucoma cases come without noticeable symptoms other than gradually progressive vision loss. When detected early by screenings from your optometrist (eye doctor), you can greatly slow the advancement of Glaucoma, granting your vision a much longer lifespan. It is important to have an eye exam at least every 2 years if you are under 65 and every year over 65-year-old.

For more information, visit <https://glaucoma.org>.

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!](#)