

The Scoop – June 2024

From the Desk of Pastor Sadler



“Let Freedom Ring”

Dr. Martin Luther King Jr. repeatedly emphasized the phrase let freedom ring. During this revered speech he encouraged us to work together, pray together, struggle together, go to jail together, and stand up for freedom forever. In addition to the new season of summer that has sprung upon us, there are many new seasons all around us that we must contend with. It is important that we maintain courage and faithfulness to our faith and our fellowman as well as hold on to the Biblical truth that maintains our liberty, justice, and freedom is in Christ Jesus.

In John Chapter 8 verses 23-32 Jesus repeatedly referred to the truth and concluded in this passage that it is the truth that makes us free.

“23 And he said unto them, Ye are from beneath; I am from above: ye are of this world; I am not of this world. 24 I said therefore unto you, that ye shall die in your sins: for if ye believe not that I am he, ye shall die in your sins. 25 Then said they unto him, Who art thou? And Jesus saith unto them, Even the same that I said unto you from the beginning. 26 I have many things to say and to judge of you: but he that sent me is true; and I speak to the world those things which I have heard of him. 27 They understood not that he spake to them of the Father. 28 Then said Jesus unto them, When ye have lifted up the Son of man, then shall ye know that I am he, and that I do nothing of myself; but as my Father hath taught me, I speak these things. 29 And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him. 30 As he spake these words, many believed on him.

New Morning Star Baptist Church | 5016 Sheriff Road Northeast | Washington, District of Columbia 20019

31 Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; 32 And ye shall know the truth, and the truth shall make you free,” (KJV).

Join us as we celebrate the 64th Anniversary of the church and the 29th of the Pastor during the month of June.

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

- Music Ministry Anniversary Sunday, June 2, 2024 @ 10:30 AM
- Christian Education & Youth Anniversary Sunday, June 9, 2024 @ 10:30 AM
- Missionary Ministry Anniversary & Juneteenth Sunday, June 16, 2024 @ 10:30 AM
- Ministries of Helps Sunday, June 23, 2024 @ 10:30 AM
- Pastor's Anniversary Celebration Sunday, June 30, 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 July 6, 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 June 17, 2024.

Enlightenment, Enhancement, & Enrichment: Every 4th Wednesday @ 7 pm. Next meeting is on June 26, 2024. This month: Discussing the Facts:

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#

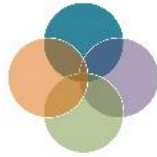
Midweek Study, Testimonies, Prayer Request & Praise Report – Wednesdays

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](#)



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#

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

Care Partners Support Group

First and third Wednesday of every month, @ 1 pm.

Conference Call Number: (605) 475-4000, code 1018295#. Meeting on June 5th and 19th

Men and Women's Ministry Joint Fellowship:

Last Friday of each month. The next meeting will be held on June 28, 2024.

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

By Gwendolyn Sadler, RN
Visit the [Health Corner](#) on our website

June 2024

ALZHEIMER'S & BRAIN AWARENESS MONTH

Alzheimer's and Brain Awareness Month is observed in June as an opportunity to spread the word about and discuss Alzheimer's disease and other dementias. Throughout the month, the Alzheimer's Association encourages people around the globe to support the movement by wearing purple and training their brains to fight the disease. Alzheimer's is not a normal part of aging!

Alzheimer's disease is a degenerative brain disease and the most common form of dementia. Dementia is not a specific disease. It is an overall term that describes a group of symptoms.

Warning signs and symptoms:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks.
- Confusion with time or place
- Trouble understanding visual images and spatial relationships.
- New problems with words in speaking or writing.
- Misplacing things and losing the ability to retrace steps.
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Worldwide, more than 55 million people are living with Alzheimer's or another dementia.

For more information visit the links below:

<https://www.alz.org/abam/overview.asp>

<https://www.alz.org/about>

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/dementias/evidence-based-resources>

24/7 HELPLINE 1-800.272.3900

MEN'S HEALTH MONTH

"Be the Source for Better Health: Improving Health Outcomes Through Our Cultures, Communities, and Connections"

Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men, and their families to practice and implement healthy living decisions, such as exercising and eating healthy. Take time this month to make your annual check-up appointment, practice and implement healthy living decisions, such as exercising and eating healthy.

According to the CDC,

- the average lifespan for men is about five years less than women, and over the years there has been a gradual increase in this gap.
- The top three causes of death for men include heart disease, cancer, and unintentional injuries.
- Men are twice as likely as women to die of a heart attack and significantly more likely to die of cancers as compared to women.
- Men are also less likely to undergo treatment for mental health conditions such as depression, resulting in four times increased likelihood of committing suicide.

Remember to Wear Blue on Friday June 14 to Support Men's Health Awareness

For more information visit the links below:

<https://menshealthmonth.org/>

<https://www.menshealthresourcecenter.com/>

I am available for questions and assistance!

Contact: Gwendolyn Sadler, RN, BSN, CCM | gbs0229@gmail.com | (301) 922-4259

Ministry Photo Days

Sunday, June 9th

Youth @ 10AM - Purple Hoodies

C.E. @ 10:15AM - Dark Colors with purple

Sunday, June 16th

Missionary Ministry : Jerusalem, Judaea, & Samaria @ 10AM -

White attire with purple accent

Mass Choir after worship - Black attire with purple accessories

Sunday, June 23rd

Deacons, Trustees, & Ushers @ 10AM - Black attire with purple accessories

Sunday, June 30th

Pastor & First Lady @ 10AM

Now Hiring!



**School of Medicine
& Health Sciences**

Looking to hire young adults ages 18-30 interested in healthcare careers from the local community to train and work as coaches. For more information, visit <https://myrpm.link/DHCUP> or contact The GW Health Desk Team at healthdesk@gwu.edu

⇒ ⇒ Visit New Morningstar Baptist Church Website!

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**NEW MORNING STAR
BAPTIST CHURCH**

SPRING CLEANING AND COMMUNITY OUTREACH DAY

Saturday, June 15th from 8am-2pm

CLEANSING OUR TEMPLE

8AM-9AM

**Praise and Worship and
Continental Breakfast**

CLEANSING THE TEMPLE

9AM-11AM

**Small Group Assignments:
Interior, Outdoor, Upstairs, Downstairs**

PREPARING TO SERVE

11AM-12NOON

**Small Group Breakouts
Diaconate and Trustees- Sanctuary
Everyone Else- Fellowship Hall
and Downstairs**

COMMUNITY OUTREACH

12NOON-2PM

**EVERYONE SERVE!
Giving Out Clothing, Food and Handouts!**