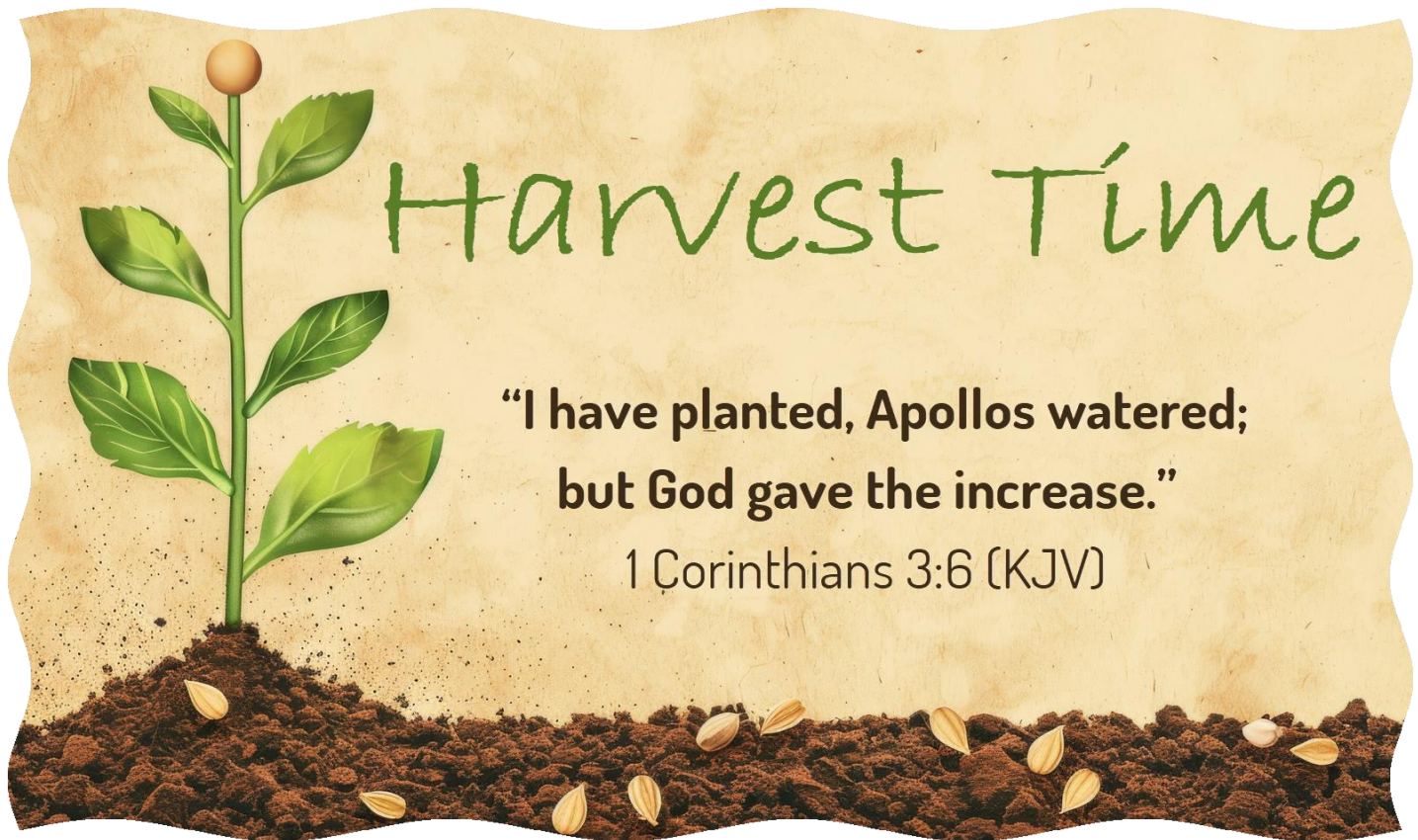


The Scoop – September 2024

From the Desk of Pastor Sadler



The principles of the parables of the sower and the good seed found in Matthew have inspired us to be consistent in our drive to learn of God's word and continue to walk by faith.

It is the seeds of faith that we have sewn throughout the last three years that are beginning to mature growth and make a difference in our church ministry. The anticipated days of hope that we now enjoy were not seen but prayed upon and God has and is answering our prayers.

I sincerely recognize the principles of sowing and reaping as recorded in 1 Corinthians 3:6 KJV. **"I have planted, Apollos watered; but God gave the increase."**

We invite you to join in the faith walk with us as we continue to explore the journey that is ahead of us by planting seeds, sewing, growing, and knowing that God will give us an increase and send us a harvest.

Join us this summer as we are now open for full in-person worship each Sunday at 10:30am for Praise & Worship which is also continued on our Zoom Worship link.

The schedule for worship and activities will continue to be published via email, the Scoop e-newsletter, posted on the website, and will continue via Zoom.

In –Person Worship Schedule (Social Distancing Observed & Mask Required)

- Sunday, September 1st, 2024 @ 10:30 AM **Regular Worship**
- Sunday, September 8th, 2024 @ 10:30 AM **“Christian Education Kick Off Day”**
- Sunday, September 15th, 2024 @ 10 AM **Communion**
- Sunday, September 22nd, 2024 @ 10:30 AM **Regular Worship**
- Sunday, September 29th, 2024 @ 10:30 AM **Missionary Ministry Day**

[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 October 5, 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 September 16, 2024.

Enlightenment, Enhancement, & Enrichment: Every 4th Wednesday @ 7 pm. Next meeting is on September 25, 2024. *Discussing the Facts.* September’s topic is *Colon Cancer and Health Disparities.*

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#

→→ BIBLE STUDY BEGINS FOR THE FALL ON WEDNESDAY, SEPTEMBER 4, 2024, 12 NOON & 7PM ←←

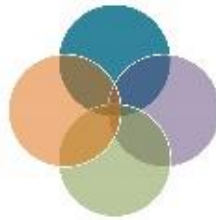
Midweek Study, Testimonies, Prayer Request & Praise Report – Wednesdays, September 11 and 18

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 September 4th and September 18th

Men and Women's Ministry Joint Fellowship:

Last Friday of each month. The next meeting will be held on September 27, 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!



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

September 2024

Prostate Cancer Awareness Month

Prostate cancer is the most common type of cancer (other than non-melanoma skin cancer) diagnosed in men in the United States. Furthermore, it's the second leading cause of cancer deaths in men, after lung cancer, in the U.S.

Facts

- 299,010 new cases of prostate cancer are expected to be diagnosed in 2024
- A man is diagnosed with prostate cancer every 2 minutes
- 1-in-8 men will be diagnosed with prostate cancer during his lifetime
- If you are Black, that number increases by over 75%.
- Prostate cancer is the second leading cause of cancer death in men
- 35,250 men are expected to die from prostate cancer in 2024
- A man dies from prostate cancer every 15 minutes
- Today, there are more than 3.3 million prostate cancer survivors
- The relative 5-year survival rate for prostate cancer diagnosed in its earliest stages is over 99%
- The 5-year survival rate for advanced or [metastatic](#) prostate cancer drops to 34%

The American Cancer Society recommends that men have a chance to make an informed decision with their health care provider about whether to be screened for prostate cancer. The decision should be made after getting information about the possible benefits, risks, and uncertainties of prostate cancer screening. The discussion about screening should take place at:

- Age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years
- Age 45 for men at high risk of developing prostate cancer. This includes African American men and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65).
- Age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age)

After this discussion, men who want to be screened should get the prostate-specific antigen (PSA) blood test. The digital rectal exam (DRE) may also be done as a part of screening. For more information click links below:

<https://www.cancer.org/cancer/types/prostate-cancer/about.html>

<https://www.cancer.org/cancer/types/prostate->

<https://www.pcf.org/>

<https://www.auanet.org/about-us/media-center/press-center/september-is-prostate-cancer-awareness-month>

Healthy Aging Month 2024: Shaping the Future of Aging

Health Aging Month is a national multi-media lifestyle platform designed to broaden awareness of the positive aspects of aging and provide inspiration for active men and women over age 45 to improve their physical, mental, social, and financial health. The underlying theme is that it is never too late to achieve a better quality of life. The focus is on

passion for life rather than the perils and diseases of adulthood. Healthy Aging is all about what you can do next, how to rede-fine your-self at any stage, and is not about the classic image of “retirement.”

Tips For Healthy Aging

- Move more, sit less.
- Diet: Try to cut back on salt, add more fiber to your diet, limit your sugar intake.
- Volunteer: Being of service is an excellent way to bring happiness into your life and not focus on yourself.
- Beat back loneliness. Don't wait for the phone to ring. Be proactive and call someone for a lunch date. Set up a calendar of lunch dates and challenge yourself to have at least two lunch dates per month (once a week is even better!)
- Rekindle or follow a new passion. Take a hard look at what you like to do rather than what other people tell you to do to meet new people. Pick some activities where you might meet new friends.
- Get a dog. If you don't have one, get one and walk.
- Be realistic about what you can accomplish. Learn to say no ... don't overwhelm yourself with a to-do list.
- Plan for your next passage. Capitalize on your career experience and start a new one. Yes, enjoy a brief “retirement.” Travel and spend more time with family and friends. Develop new hobbies. Redefining your purpose to maintain a sense of identity and purpose is essential to a healthy lifestyle. It's not too late!

For more information click links below:

<https://healthyaging.net/healthy-aging-month/>

Free newsletter <https://healthyaging.net/healthy-aging-newsletter-signup-form/> Get Healthy Aging® Magazine.

National Sickle Cell Awareness Month

September is National Sickle Cell Awareness Month, designated by Congress to help focus attention on the need for research and treatment of sickle cell disease. Sickle cell disease (SCD) is an inherited blood disorder in which red blood cells may become sickle-shaped and harden. For a baby to be born with sickle cell disease, both parents must carry a sickle cell trait or genes for another hemoglobin like HbC, HbE or beta thalassemia. Sickle cell disease is not contagious, and there is no universal cure.

- About 1 in 13 African Americans carry the sickle cell trait, and many do not know they have it.
- An estimated 100,000 people in the U.S. have SCD.
- Approximately 2,000 babies are born with SCD annually in the U.S.
- On average, diagnosis is made at birth.
- People of many ethnic backgrounds can have SCD.
- Latinos have the second most common incidence in the U.S.

Sickle cell disease is a global health problem.

WHAT YOU CAN DO

- Donate blood to support transfusions.
- Advocate for better treatment, education, and research.
- Educate others about sickle cell disease and sickle cell trait.
- Get tested for sickle cell trait if you are of African descent and do not know your status.
- Support SCDA as we search for a universal cure.

I am available for questions and assistance!

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

Save the Date!

NEW MORNING STAR BAPTIST CHURCH

COMMUNITY DAY

&

HEALTH FAIR DAY



Saturday, September 28th, 2024

12 PM to 4PM

Come Join Us for A Day Filled with...

Food & Fun

Health Screenings

Horseback Riding

Giveaways & More

5016 SHERIFF ROAD NE, WASHINGTON, DC 20019

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