

The Scoop – Summer 2025

From the Desk of Pastor Sadler



Summer has arrived; grass, flowers, and crop are growing. School is out, children are playing, swimming, while parents are golfing, enjoying the beach, and vacation is at an all-time high. During July we are also vacationing in God's word based on the theme of our Vacation Bible School: God's Laboratory, Fusing elements for Explosive Joy. Jonh 15-11 teaches us how to have joy, show it, and share it with others. We want to share our worship and Joyful experiences this summer with you.

You and your family are invited to join us each Sunday and especially during our Revival on Sunday, August 10, 2025 @ 10:30 am, where Reverend O'Brien Wimbish will be the guest preacher. Also, we will celebrate our Annual Men's Day on Sunday, August 24, 2025 and Dr. Ron Stanley, Pastor of Mount Olive Baptist Church and Vice President of Central Mission Union. This service also begins at 10:30 am.

1 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. 2 But his delight is in the law of the Lord; and in his law doth he meditate day and night. 3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. 4 The ungodly are not so: but are like the chaff which the wind driveth away. 5 Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. 6 For the Lord knoweth the way of the righteous: but the way of the ungodly shall perish.,” (KJV).

Join us for worship during July and August for an extraordinary worship experience and be blessed by the 5-part sermon series "Summer Breeze."

In-Person Worship Schedule

- **Regular Sunday Worship** Sunday, August 3, 2025 @ 10: 30 am
- **"Revival on Sunday"** Sunday, August 10, 2025 @ 10:30 am
- **Communion Sunday**, August 17, 2025 @ 10:30 am
- **Annual Men's Day** Sunday, August 24, 2025 @ 10:30 am
- **Missions Day Samaria** Sunday, August 31, 2025 @ 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.

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.

Enlightenment, Enhancement, & Enrichment: Every 3rd Wednesday @ 7 pm. *Discussing the Facts*. No Meeting in August.

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 9 am, 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,
Request & Praise

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

Testimonies, Prayer
Report – 1st and 2nd

Wednesdays of each month. 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](#)

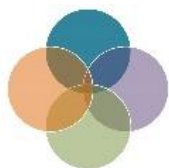


Starting again in September: Lunch and Learn – 3rd Wednesday of each month at 12 pm to 1 pm. Via Zoom:

<https://jhjhm.zoom.us/j/93848524191?pwd=Sebex2SWa0Y0F6sAvhiz81k6TnSXUS.1>, enter meeting ID Meeting ID: 938 4852 4191, Passcode: 604984; or join Zoom Audio: (301) 715-8592

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 Tuesday of every other month @ 1 pm.

Conference Call Number: (605) 475-4000, code 1018295#. Next meeting is on Sept. 2, 2025 @ 12PM

– 1 pm. Contact Contact Jihan Starr at

jistarr2@jh.edu or call (202) 364-7602 to register.

Men and Women's Ministry Joint Fellowship: Last Friday of each month at 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!



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 scheduled deadline date (See SHARE Calendar)

Summer Health Corner

National Minority Mental Health Awareness Month

National Minority Mental Health Awareness Month is observed every July to raise awareness of the mental health challenges faced by racial and ethnic minority groups. It is also known as BIPOC (Black, Indigenous, People of Color) Mental Health Awareness Month and is formally named the Bebe Moore Campbell National Minority Mental Health Awareness Month. The month honors the legacy of author, advocate, and trailblazer Bebe Moore Campbell, whose work helped to break down systemic barriers in underserved communities and shift mental health culture.



It is estimated that only 39 percent of Black or African American adults, 25 percent of Asian adults, and 36 percent of Hispanic/Latino adults with any mental illness were treated, compared to 52 percent of non-Hispanic white adults.

Mental health includes emotional, mental, and social well-being. Mental health impacts how a person thinks and feels. It also affects how you act, manage stress, and make choices. When you take care of your mental health, you are better able to cope with stress or challenges.

Some common symptoms of mental illness can include:

- Pulling away from people and usual activities
- Appetite or weight changes
- Ongoing sadness or feelings of hopelessness
- Intense changes in eating or sleeping habits.
- Clear changes in mood, energy level, or appetite

If you have noticed a change in thoughts, behaviors, or moods that disrupt your life, talk to your health care provider.

Here are a few ways to manage your mental health overall:

- Get enough sleep each night (at least 7 hours)
- Engage in healthy habits, like exercising and eating well.
- Stick to a treatment plan given by your health care provider.
- Find a support group and seek out your health care provider for support.

For more information click links below:

- <https://www.fda.gov/consumers/knowledge-and-news-women-owh-blog/national-minority-mental-health-awareness-month>
- <https://www.nami.org/get-involved/awareness-events/bebe-moore-campbell-national-minority-mental-health-awareness-month/>
- <https://minorityhealth.hhs.gov/mental-and-behavioral-health-blackafrican-americans>
- 988 Helpline: Call 988 <https://988lifeline.org/get-help/>

I am available for questions and assistance.

Gwendolyn Sadler, RN, BSN, CCM

gbs0229@gmail.com

301-922-4259