



Cares, Prayers, and Current Affairs

November 2022

Salutations to All Our Brothers and Sisters in Christ,

We have entered the season of perpetual business! As Episcopalians we go from Advent to Christmas to Epiphany then to Lent followed by Easter then Pentecost and Ordinary Days.

As God's creation we go from birth to childhood followed by adolescence to seniors to Sainthood.

All of afore mentioned above require some manner of preparation. One could say we are in a constant state of preparedness. We go from one milestone to another. In their stores, the seasons which produce cash sales trip over one another. Before we get to Halloween...Christmas is already in competition for sales!

This past Sunday we acknowledged All Saint's Day. Many of us were fortunate

enough to grow up the old fashion way with two parents, father going to work while mother stayed home with the children. Families sat down at the dinner table where the meals were blessed. We were taught early in life to say our nightly prayers. Come Sunday morning, Sunday school and church was not an option.

Just as we prepare for various things in life...we should also prepare for life eternal. Every day that we live and breathe, our relationship with God should intensify. The prayer for Sunday's Collect asks that God grant that we purify ourselves as Christ was pure. We purify ourselves with constant prayer, studying God's word and living our lives according to God's commandments, loving God with all your heart, soul and mind and loving our neighbor as our selves. We should serve others as Christ did.

If life was played out on a stage, then Sainthood is the Grand Finally! Though we may not be eager to hasten sainthood ...it is however, inevitable. Only we can hold ourselves accountable when it comes to how we spend our time. All things will come to fruition as it is written.

What's Been Happening at St. Joseph's
St. John's and St. Joseph's Episcopal Church are joining forces and the Face of the Episcopal Churches in the Downtown area. We have an open invitation to all they do and we the same. It began with both Vestries meeting at St. Johns for breakfast in their dining hall. We are also cordially invited to their evening service and dinner at 5:15 on Wednesdays. St. John's was a major support at our recent Yard Sale and Bazaar. We will share our calendars of events so that we might support each other.



**ECW
and
BOSA**

Two Saturday's ago, St Joseph's had a large Yard sale and Crafts Bazaar! For weeks the planning and advertising was in the works. Our Crafters Guild worked for months sewing and crocheting items for sale. We had table runners, place mats. microwaveable bowl protectors, scarfs, toboggans, baby blankets and handbags.

We were pleased to get many people from the community to participate as well as shopping. Many of our sister church members donated items for the yard sale The Brotherhood sold hot dogs chips and sodas. St. John's had a table of baked goods. for donations. Our own artist, Olu-Orondava, had a few pieces of pen and ink, and watercolor artwork on display. Also included were several photographs from his travels to India, Peru, New York, and California.

The event was very successful. All proceeds went to our fund for our 2023rd, one hundred and fiftieth anniversary on May 26-28.

A special thanks to St. John's for their support as well as the participants and donations.



Church Women United

Saturday the 5th the church women United met in the parking lot to collect supplies for the Migrant Farm Workers in Newton Grove. A truck load of hygiene kits, non-perishable snacks, socks t-shirts and blankets were collected.

The next event we will host is the Homeless give away on Dec. 3 in the Parish Hall.

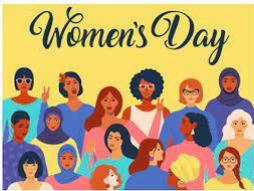


All Saint's Day

Last Sunday we recognized All Saints Day. At the end of the homily, all members and friends were invited to participate in a candle lighting ceremony as names of past members and loved ones names were called.

It is so important to acknowledge all the saints of St. Joseph's whose shoulders we stand today. People who were very successful in life in spite of the adversities and disparities they faced. We are forever grateful for our benefactor, Mrs. Eva Cochran a white woman from Yonkers, NY. Her friendship with Mrs. Charlotte McNeil, a black woman attending St. John's, prompted Mrs. Cochran to spare no expense in building an Episcopal Church for the black community. This structure also included a detached Rectory and Parish Hall. It is written in the archives of St. John's Church that the refined beauty of St. Joseph's Episcopal Church is

comparable to The Biltmore House in the mountains of Asheville, NC. Forward thinking members from that day forward involved in the community made St. Joseph's a hub in the community. The parish Hall was once a school for children of color. The Parish Hall now named for Mrs. Mae Butler, was a benefactor in her own rite, even in death continues to give to her beloved church. Many business owners, teachers, professors, doctors and lawyers, musicians and authors have come from this great church.



Woman's Day

Today we celebrate the Women of St. Joseph's. Our guest speaker, Rev.

Jacqueline Parker hails from Friendship Baptist Church. Using the liturgy for today's service will have the theme...With Faith, Hope and Perseverance, We Can Overcome. She is a magnificent speaker. If by chance you missed service, you may view it on our Facebook page.



On Saturday, November 19, we will have a pre-Thanksgiving Dinner in the Mae Butler

Parish Hall. All are invited to attend this feast of Thanksgiving prepared by our members.



2023 A Year of Celebration!

We are honored to have a display of our history in the Fayetteville Museum for the full year of 2023.

A representative of the Historical Society, Mrs. Heidi Bleazy will speak to us following the morning announcements on November 20. She will be getting this display together with our assistance. She will let us know what she needs from us. If you have old photographs or wish to share stories related to our history, please call the church. Leave your name and phone number and someone will get in touch with you.

This is quite an honor to be showcased in the Fayetteville Museum for the full year of 2023

as we will be celebrating our 150th Anniversary on May 26-28, 2023.



The American Red Cross Blood Drive

On December 13, we will be having Blood Drive for the American Red Cross. Please, all who are willing and able, please support this effort.



Christmas Cantata

Soon, we will be decking the halls in time for our annual Cantata under the leadership of the talented Mrs. Sharon McNair on Sunday, Dec. 18, 2022 at 4:00. Our Christmas Social will be on the Friday prior... the 16th.



New Birth's

Dr. & Dr. Nebolisa's are proud GRANDPARENTS for the third time! Dr. Bo and his wife, Lynsey welcomed baby girl on September 19, 2022. Little Miss Parker Obiamaka has her beloved Aunt Chelsea's middle name. They are so

honored and proud. On September 30,
2022. Kyrone and his wife Chinyere
welcomed another baby boy Aiden.
We are happy and proud for you!



November

- 3rd David Harvey
- 8th Albertha Rouse
- 18th Petrinella Francis
- 19th Carol Stewart
- 19th Olu-Orondava Mumford



Good Eating!

**Jan's Kitchen Sink
Chili**

Warning! I do not measure

Ingredients:

Bush's chili pinto beans

White Navy beans

Vegetarian beans

Black beans

Hunts diced tomatoes w/ oregano and
basil

Bell Peppers: red, green, yellow, orange
onions: red and sweet, minced onions
ground chuck beef
Seasonings: soy sauce, Texas Pete hot sauce,
brown sugar, lime juice, chili powder,
paprika, garlic, yellow mustard, Clamato
Tomato juice

Drain beans
Sauté onions and diced peppers
brown meat, drain off grease
add all seasonings to meat and peppers
add all ingredients to crock pot or cooking
pot
add juice according to how thick or soupy to
your liking

Allow chili to come to a boil then simmer on
low
Best on Day Two. Freezes well.



Chandra's Prayer Corner

Lord, give me wisdom to consider where boundaries may be needed in my life today. Please show me where I may be holding on to any people-pleasing tendencies so I can release that and live in the peace I'm really longing for in my relationships. In Jesus' Name, Amen.

These are the days of breaking through the darkness of your own soul and spirit. Honest internal work is required before you can actually see what is keeping you from the light of My presence. It is My will for you to live and walk in the light so that you can actually be the light of the world. Be done with evil intentions. Matthew 5:14-16 You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven



Hacks for Air Fresheners

by Bernice Motley

Thinly slice lemons and wild oranges.
Bake at 200 degrees for 3-4 hours
place wherever wanted.

It boosts your mood and eases anxiety.



Health News by Dr. Stella Nebolisa

Covid symptoms have changed
The primary symptoms associated
with COVID have changed and
can vary based on your vaccination status,
according to a new list released The ZOE
Health Study.

According to The ZOE Health Study which
is a joint effort by researchers at
Massachusetts General Hospital, the Harvard
T.H. Chan School of Public Health, King's
College London, Stanford University School
of Medicine, and the health app ZOE –
shared an updated list of the top COVID

symptoms currently being reported by its participants.

They have found that for participants in all three groups – fully vaccinated, those who received just one dose, and unvaccinated – four of the five most reported symptoms are the same: sore throat, runny nose, persistent cough, and headache.

Their prevalence across the groups, however, vary, as does the fifth symptom.

For those who are vaccinated, a blocked nose is the third-most frequently reported symptom. Among the partially vaccinated, it's sneezing, and the unvaccinated, fever.

Below are the symptoms most reported among the three groups, ranked in order of how often they are reported.

Fully vaccinated

Sore throat
Runny nose
Blocked nose
Persistent cough
Headache

Partially vaccinated

Headache
Runny nose
Sore throat
Sneezing
Persistent cough

Among fully vaccinated participants, symptoms frequently reported earlier on in the pandemic were less prevalent, like the

loss of smell, fever, and shortness of breath. Loss of smell and shortness of breath have also been reported less often by unvaccinated patients who test positive for COVID.

Those that have been vaccinated have also been reporting sneezing more often than those who haven't received a dose. Sneezing and a runny nose, according to ZOE, weren't previously thought to be a symptom of COVID infection.

Other symptoms frequently reported seem to have become less prevalent as well, like chills or shivers; COVID toes or fingers; and stomach aches.

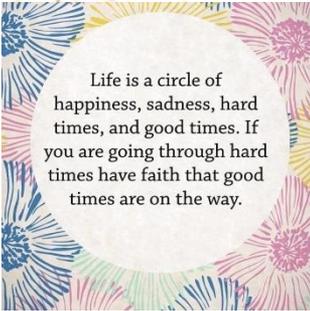
Currently, the Centers for Disease Control and Prevention still list symptoms like fatigue, muscle or body aches, nausea or vomiting, and diarrhea as possible COVID symptoms. These are the same symptoms listed in 2021 and 2020.

Respectfully Submitted by,

Stella C. Nebolisa, PharmD, Rph



Words of Wisdom from our Sr. Warden, Mr. Tyrone Francis



PRAY. THEN LET GO.

Don't try to force it or do it alone.
Trust in God.

LivingChristian.org



The Chuckle Corner!!!!

The gift of laughter is so awesome. Everyone is born with the ability to laugh. Laughter is actually my favorite activity. I enjoy happiness! Mammals have the ability to experience happiness and show it in various ways. Some days I scroll the U-Tube channel in search of funny compilations of animals just being themselves.

Laughter is goooooood medicine in that the act of laughter releases good endorphins into

the body. I encourage everyone to find something to laugh about each day.

Have a great Thanksgiving! Be blessed in your giving and be blessed in your receiving!



**A Message of Gratitude to
All Our Veterans!**

You are the True Heroes
and Sheroes!

YOU answered the call boldly to fight and defend our freedom. You went to foreign lands for the sake of humanity. You have seen humanity at it's worse. Many of you have returned to loved ones broken, for the things you cannot un-see nor undo. We who waited for your return hold you in the highest regard for your love of country, commitment to freedom, for your dedication to serve and your bravery. May the God of Hope, Joy and Love surround you and keep you whole. Stay Well!

Keep Safe!

Pray Always!

and...Laugh as
often as you can!