

The Vanderveer Park *perspective*

NEWSLETTER OF VANDERVEER PARK UMC | FEBRUARY 2022 – VOLUME 12 NO. 1

HOW IS IT WITH YOUR SOUL

By Vera James-Thomas

Join us in 21 days of breakthrough prayer
There's nothing to lose there's nothing to fear
Let's ask for God's guidance and trust in his power and love
As we communicate with him in heaven above

Approaching the throne of grace in humility
And pray in the Spirit as he gives us ability
Abide in Jesus always and he will abide in you
Be earnest in prayer and see what God can do

Prayer is what matters and we must embrace
Corporate petition, a greeting to God for his grace
Have faith, be steadfast, and specific always
A deeper prayer life and a heart full of praise

The world complains, with painful thoughts of despair
Reach out and pray God's word for those far and near
We can do nothing but prayer can do anything
Battles are won on our knees, so keep on fighting

A Christian's journey is one of unceasing prayer
With discipline brings peace from our Lord so dear
He truly loves us with an extraordinary love
And there is no problem that he cannot solve

*This poem was written at the conclusion of our 21 Days of
Breakthrough Prayer.*

Upcoming Events

- **February 9th—Bible Study 7:30 pm (Zoom & Facebook)**
- **February 12th—Lay Leadership Training**
- **February 14th—Happy Birthday Rev. Boone**
- **February 15th – Church Council Meeting 7:30 pm (Zoom)**
- **February 16th – Bible Study 7:30 pm (Zoom & Facebook)**
- **March 2nd—Ash Wednesday 7:30 pm**

The Ministry of Hospitality

I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked. ~ Psalm 84

MINISTRY OF HOSPITALITY:

DOORKEEPERS Jesus said, "Whoever receives you, receives me, and whoever receives me receives the One who sent me" (Matthew 10:40).

Your willingness to serve God in the capacity as an usher or greeter reflects your commitment to Christ. Your willingness to commit to a monthly schedule; to arrive on time and to be a friendly and welcoming presence to those coming to worship here at Holy Spirit is a further reflection of your commitment to serve this Parish. By assuring a welcoming presence and orderly seating at all services offered in the congregation, you enhance the beauty of the liturgy and become an instrument through whom God may be present to those in worship.

THE MINISTRY OF HOSPITALITY The usher and greeter are people chosen to reflect the warmth and welcome of Christ himself. Always conscious of Christ's words "For I was...a stranger and you welcomed me," (Matthew 25:35) the usher/greeter serves not only as a Minister of Hospitality, but also as a Minister of Evangelism.

Ushers/Greeters as Ministers of Hospitality

Ushers and Greeters are usually the first official representative of the church that people meet when they arrive. The ushers or greeters' dress, attitude, words, demeanor, body language all speak a message to the worshipper. As God's servants to his people, usher and greeters should take care that nothing interferes with the awesome character of this encounter between God and his people at this time and place.

Ushers and Greeters Should Exhibit:

JOY Cultivate a sense of humor in the face of difficulty.

Never show irritation. Have a nonjudgmental attitude for those who may arrive late.

DEPENDABILITY If an usher or greeter cannot serve at a scheduled service, it is the usher's or greeter's responsibility to find a substitute, or at least let your usher captain know that you won't be there.

KINDNESS When you lead people up the aisle, walk slowly or you will lose them. Do not merely point to a seat, but lead people there personally.

REVERENCE There should be no conversations in the back of the church prior to service, least of all among the usher/greeters. Casual conversations by usher/greeters can be heard throughout the church and are distracting for those who are attempting to prepare themselves for the Liturgy.

Resources: Guide for Ushers and Greeters, Lawrence E. Mick (Chicago: Liturgy Training Publications, 1997). Liturgical Ministry: A Practical Guide to Spirituality, Donna M. Cole (San Jose: Resource Publications, Inc, 1996).

Welcome Trinity!!

Congratulations to our Editor,

Tanya and her husband, Benny Rodriguez, are the proud parents of a baby girl, Trinity Genesis born on January 21st. We wish them all much happiness. May God bless them with wisdom, patience, joy, and much love.

"If we love a child, and the child senses from our relationship with others that we love them, [she] will get a concept of love that all subsequent hatred in the world will never quite be able to destroy." (Howard Thurman)

The Anti-Racism Struggle

When President Barack Obama assumed office many pundits proclaimed that the United States of America had begun its post-racial era. There were many discussions on how the country should progress. There were also many plans and activities on how to impede this vision and maintain the *status quo*. The result was the election of Donald Trump. Many of his followers from the far-right supported white supremacy. Many of these groups are armed militias as Derek Bell, in his 1992 book, *Faces at the Bottom of the Well* had stated. White militias existed and were preparing for insurrection. Hence the presence of racism in the American body politic did not weaken; it intensified.

One manifestation of this intensification was George Floyd's death at the hands of police. This gave rise to the Black Lives Matter movement which campaigned for justice for Black people in particular; and for all people in general. Many religions as well as many racial and ethnic groups supported this rallying cry. How do we as Christians answer this call? Having been born, raised, and educated in a racist society, all peoples, whether they are Black or non-Black, experience and suffer from the negative effects of racism; therefore, the task is to re-educate ourselves so that we do not judge ourselves and others by skin color. I recall a Black Supreme Court judge from one of the West Indian Islands, highly respected by his peers for his brilliance and compassion, lamenting that he was disrespected by folks who appeared before him and who were as black as he was. He reasoned that it was the effect of racism and the colonial experience. Jesus instructs us "to love our neighbor as ourselves." We as Black people must constantly struggle, through self-examination, to not internalize racism, and disparage our Black Brothers and Sisters. We must love God, ourselves, and each other.

Organizations such as the Black Church, the Black Panther movement, the Civil Rights movement, and the recent Black Lives Matter movement contribute enormously to the re-education of their members and followers of all races and colors. They were guided by the Christian tenet, "Love God and love thy neighbor as thyself." The Black Church facilitates community worship; it enables a separation of the Black self from the racist ethic of inferiority to a space enveloped in the love and grace of God. The Black Panther Movement motivated the Black community to work together learning to educate, love and serve each other. The Civil Rights Movement and later the Black Lives Matter Movement succeeded in motivating people from all races, colors, and creeds to re-educate themselves and renew their minds as they struggle to eliminate racism and achieve equal justice for all. Let us all be part of this struggle to eliminate racism and promote equal justice for all.

"How long? Not long, because the arc of the moral universe is long, but it bends toward justice."
Reverend Dr. Martin Luther King Jr

By Robert Bobb

Coronavirus: What Happens When You Get Infected

There are many types of coronaviruses. Some give you the common cold. The new coronavirus behind the 2019-2021 pandemic causes an illness called COVID-19.

How Does Coronavirus Attack Your Body?

A virus infects your body by entering healthy cells. The invader makes copies of itself and multiplies throughout your body. The new coronavirus latches its spiky surface proteins to receptors on healthy cells, especially those in your lungs. The viral proteins bust into cells through ACE2 receptors. Once inside, the coronavirus hijacks healthy cells and takes command. Eventually, it kills some of the healthy cells.

How Does Coronavirus Move Through Your Body?

COVID-19, the illness caused by the coronavirus, starts with droplets from an infected person's cough, sneeze, or breath. They could be in the air, or on a surface that you touch before touching your eyes, nose, or mouth. That gives the virus a passage to the mucous membranes in your throat. Within 2 to 14 days, your immune system may respond with symptoms including:

- Fever
- Cough
- Shortness of breath or trouble breathing
- Fatigue
- Chills, sometimes with shaking
- Body aches
- Headache
- Sore throat
- Congestion or a runny nose
- Loss of taste
- Loss of smell
- Nausea or vomiting

Diarrhea

The virus moves down your respiratory tract, the airway that includes your mouth, nose, throat, and lungs. Your lower airways have

more ACE2 receptors than the rest of your respiratory tract, as a result, COVID-19 is more likely to go deeper than viruses like the common cold.

Your lungs might become inflamed, making it difficult for you to breathe. This can lead to pneumonia, an infection of the tiny air sacs inside your lungs called *alveoli* where your blood exchanges oxygen and carbon dioxide.

If your doctor does a CT scan of your chest, he/she will probably see shadows or patchy areas called "ground-glass opacity." For most people the symptoms end with a cough and a fever. More than 8 in 10 cases are mild; however, for some the infection is more severe. About 5 to 8 days after symptoms begin, they experience shortness of breath (known as dyspnea). Acute respiratory distress syndrome (ARDS) begins a few days later. ARDS can cause rapid breathing, a fast heart rate, dizziness, and sweating. It damages the tissues and blood vessels in your *alveoli*, causing debris to collect inside them. This makes it harder or even impossible for you to breathe. Many people who get ARDS need a ventilator to breathe. As fluid collects in your lungs, they carry less oxygen to your blood. This means your blood may not supply your organs with enough oxygen for you to survive, and may result in the shutdown of your kidneys, lungs, and liver.

Not everyone who has COVID-19 has these serious complications. And not everyone needs medical care; however, if your symptoms include trouble breathing, get help right away.

What Else Does COVID-19 Do to Your Body?

Some people also have symptoms including:

- Pinkeye
- Rashes
- Liver problems or damage
- Heart problems
- Kidney damage

Dangerous blood clots, including in their legs, lungs, and arteries. Some clots may cause a stroke.

Continued on next page

Coronavirus...continued

Researchers are looking into reports of mouth sores and skin rashes, including reddish-purple spots on fingers or toes.

In general, children do not get as sick with coronavirus as adults do, but they can be infected and it can also be deadly for them. Some children and teens have been admitted to the hospital with an inflammatory syndrome that may be linked to the new coronavirus. Symptoms include a fever, rash, belly pain, vomiting, diarrhea, and heart problems. The syndrome, now being referred to as multisystem inflammatory syndrome in children, or MIS-C is similar to toxic shock or to Kawasaki disease, a condition in children that causes inflammation in blood vessels. We are still learning about these cases.

The long-term effects of COVID-19 on your body are still unclear. Some patients have become what is being called "long-haulers" where they suffer symptoms for weeks and even months.

WebMD Medical Reference Reviewed
by Hansa D. Bhargava, MD on August 03,
2021

SOURCES:

Raina McIntyre, PhD, NHMRC Principal Research Fellow, Professor of Global Biosecurity, University of New South Wales, Sydney, Australia.

MedlinePlus: "Viral Infections," "Fever."

CDC: "Coronavirus Disease 2019 (COVID-19)."

Submitted by Escline Green

February Book List

Adult

Annie Ruth's Truth
David Sharp

Black Birds in the Sky: The Story and Legacy of the 1921 Tulsa Race Massacre
Brandy Colbert

The God Who Sees: Immigrants, the Bible, and the Journey to Belong
Karen Gonzalez

Young Adult

More Than Enough
Elaine Welteroth

The Book of Awesome Black Americans
Monique Jones

The 1619 Project Born On the Water
Nicole Hannah Jones, Renee Watson

Black Boy Joy
Kwame Mbalia

The ABC's Of Black History
Rio Cortez, Lauren Semmer

The People Could Fly
Virginia Hamilton

Freedom Soup
Tami Charles, Jacqueline Alcantara

The Oldest Student
Rita Lorraine Hubbard, Oge Mara

Children

Rosetta The Talent Show Queen
Denise Turney

The Year We Learned to Fly
Jacqueline Woodson

I Am Every Good Thing
Derrick Barnes & Gordon C. James



American Heart Association.

Healthy for Good™

HOW TO MANAGE BLOOD PRESSURE



1 UNDERSTAND READINGS

The first step to managing blood pressure is to understand what the levels mean and what is considered normal, elevated, high blood pressure (hypertension) and hypertensive crisis.

heart.org/BPlevels



Blood pressure is typically recorded as two numbers, written as a ratio like this:

117
76

Read as "117 over 76 millimeters of mercury."

Systolic

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

Diastolic

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER #)		DIASTOLIC MM HG (LOWER #)
Normal	Lower than 120	and	Lower than 80
Elevated Blood Pressure	120–129	and	80
High Blood Pressure (Hypertension) Stage 1	130–139	or	80–89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

2 TRACK LEVELS



American Heart Association.

Check. Change. Control.®



Check.



Change.



Control.

Health care providers can take blood pressure readings and provide recommendations.

Check. Change. Control. helps you track your progress in reducing blood pressure.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/HBP

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3 TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sodium, saturated fats and added sugars. Limit sugary foods and drinks, fatty or processed meats, salty foods, refined carbohydrates and highly processed foods. heart.org/EatSmart



MOVE MORE

Physical activity helps control blood pressure, weight and stress levels. heart.org/MoveMore



MANAGE WEIGHT

If you're overweight, even a slight weight loss can reduce high blood pressure. heart.org/Weight



DON'T SMOKE

Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure. heart.org/Tobacco



SLEEP WELL

Short sleep (less than 6 hours) and poor-quality sleep are associated with high blood pressure.

Reimagining Selves and Church

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! 2 Corinthians 5:17

Rarely do we find men who willingly engage in hard, solid thinking. There is an almost universal quest for easy answers and half-baked solutions. Nothing pains some people more than having to think.

Rev. Dr. Martin Luther King Jr.

In March 2020 the church of the “Sweet, Sweet Spirit” like many other churches, faced the unforeseen: the sudden disruption of well-worn rituals and practices as a result of the devastating arrival of the COVID virus. Subsequently Church doors were closed forcing congregations to rethink “Church.” How can the church function in these changing times? How can we emerge stronger and more determined to be a beacon of hope and possibility in this corner of Brooklyn?

To answer these questions, we return to the past and the struggles of our ancestors who survived in a country where their humanity was denied. We remember and celebrate the men and women who gave their lives that we may freely live. It is important that we acknowledge this history even as the freedom for which they fought and died is being slowly and methodically chipped away.

Frederick Douglass (1818-1895) in a speech “What to the Slave is the Fourth of July”, saw possibilities of change in the future and looked forward to a time when “long-established customs of hurtful character could formerly fence themselves in and do their evil work with social impunity” (*Great Speeches by African Americans*, 33).

Mary Church Terrell (1863-1954) in a speech, “What it Means to be Colored in the Capital of the United States, on October 10th, 1906, cites incidents showing “the ways in which our people are sacrificed on the altar of prejudice in the Capital of the United States ...” (*Great Speeches by African Americans*, 91).

Throughout the history of struggle Black leaders, and supporters of all races and denominations, have never abandoned hope. At this grim time in our church life, we must remain faithful, loving each other and not giving up. We must think of the future and develop concrete ways to support the spiritual development of our young people humbly guiding their spiritual well-being and training them to be the next generation of church leaders. To succeed we must first love ourselves and each other for in the words of Howard Thurman: “The movement of the spirit of God in the hearts of men and women often causes them to act against the spirit of their times or causes them to anticipate a spirit which is yet in the making. In a moment of dedication, they are given wisdom and courage to dare a deed that challenges and to kindle a hope that inspires.” Let us as members of the Church of the “Sweet, Sweet, Spirit” be inspired by these words and support our Pastor, Reverend Boone in re-imagining ourselves and our church.

By June Bobb



American Heart Association.
Healthy for Good™

MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



10

Minutes

of stretching is like walking the length of a football field



2.5

Hours

of walking every week for a year is like walking across the state of Wyoming



30

Minutes

of singles tennis is like walking a 5K



1

Hour

of dancing every week for a year is like walking from Chicago to Indianapolis



20

Minutes

of vacuuming is like walking one mile

30

Minutes

of grocery shopping every other week for a year is like walking a marathon

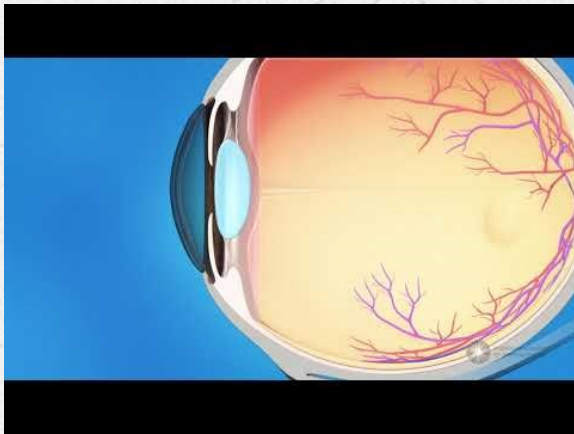


Source: purdue.edu/walktothemoon/activities.html

EAT SMART **MOVE MORE** BE WELL

For more ways to add activity to your life, visit
HEART.ORG/MOVEMORE

Glaucoma: The Silent Thief of Sight



Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of the eye called the optic nerve. Glaucoma which is estimated to affect 80 million people in the world, is the second leading cause of blindness in the Western world after cataracts. There is no cure, so reaching an early diagnosis and proper monitoring are essential.

There are many different types of glaucoma, but the most common type in the United States is called open-angle glaucoma. Other types are less common, like angle-closure glaucoma and congenital glaucoma.

The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam. Over time, you may slowly lose vision, usually starting with your side (peripheral) vision – especially the part of your vision that's closest to your nose. Because it happens so slowly, many people can't tell that their vision is changing at first. But as the disease gets worse, you may start to notice that you can't see things off the side anymore. Without treatment, glaucoma can eventually cause blindness.

Any one can get glaucoma, but some people are at higher risk. You are at higher risk if you:

- Are over 60, especially if you are Hispanic/Latino

- Are African American and over age 40
- Have a family history of glaucoma
- Have diabetes, migraines, high blood pressure, poor circulation or other health problems affecting the whole body

Talk with your doctor about your risk for glaucoma and ask how often you need to get checked. If you are higher risk, you need to get a comprehensive dilated eye exam every 1 to 2 years. Scientists aren't sure what causes the most common type of glaucoma, but many people with glaucoma have high eye pressure and treatments that lower eye pressure help to slow the disease.



The comprehensive dilated eye exam is simple and painless. Your doctor will give you some eye drops to dilate (widen) your pupil and then check your eyes for glaucoma and other eye problems. The exam includes a visual field test to check your side vision. Doctors use different types of treatment for glaucoma, including medicines (usually eye drops), laser treatment, and surgery. If you have glaucoma, it's important to start treatment right away. Treatment won't undo any damage to your vision, but it can stop it from getting worse.

Prescription eye drops are the most common treatment. They lower the

Glaucoma...continued

pressure in your eye and prevent damage to your optic nerve. To lower your eye pressure, doctors can use lasers to help the fluid drain out of your eye. It's a simple procedure that your doctor can do in the office.

If medicines and laser treatment don't work, your doctor might suggest surgery. There are several different types of surgery that can help the fluid drain out of your eye. Talk over your options with your doctor. While glaucoma is a serious disease, treatment works well. Remember these tips:

- If your doctor prescribes medicine, be sure to take it every day
- Tell your doctor if your treatment causes side effects
- See your doctor for regular check-ups
- If you are having trouble with everyday activities because of your vision loss, ask your doctor about vision rehabilitation services or devices that could help
- Encourage family members to get checked for glaucoma, since it can run in families.

References

National Eye Institute (2021). Glaucoma Retrieved from <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/glaucoma>

Boyd, K. (2021). What Is Glaucoma? Symptoms, Causes, Diagnosis, Treatment. Retrieved from www.aaao.org/eye-health/diseases/what-is-glaucoma

Submitted by Janice Reid, MA, RN, NPD-BC, OCN®



Lenten Schedule

All Wednesday services will begin at 7:30pm

March 9 – Park Slope

March 16 – Vanderveer Park

March 23 – Bay Ridge

March 30 – Kings Highway

April 6 – St. Marks

April 13 – St. Paul's

April 14 – Maundy Thursday
(service conducted at each respective church)

Good Friday April 15 – Noon





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EAT SMART

WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices.

Use it! Here's what to look for:

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Start with serving information.

This will tell you the size of a single serving and how many servings are in the package.

Check total calories.

Do the math to know how many calories you're really getting if you eat the whole package.

Limit certain nutrients.

Compare labels when possible and choose options with lower amounts of added sugars, sodium and saturated fat and no trans fat.

Get enough of beneficial nutrients.

Eat foods with nutrients your body needs, like calcium, dietary fiber, iron, potassium and Vitamin D.

Understand % Daily Value.

- The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less).
- To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV (20% or more).

For more tips and tricks on eating smart, visit heart.org/HealthyForGood

The Greatest Love of All

I believe that children are our future/teach them well and let them lead the way/ show them all the beauty they possess inside/give them a sense of pride, to make it easier/let the children's laughter/ remind us how we used to be/ everybody's searching for a hero, people need someone to look up to/I never found anyone who fulfilled my needs/a lonely place to be, and so I learned to depend on me/I decided long ago, never to walk in anyone's shadows/if I fail, if I succeed, at least I'll live as I believe/no matter what they take from me, they can't take away my dignity/because the greatest love of all is happening to me/I found the greatest love of all inside of me/the greatest love of all is easy to achieve/learning to love yourself, it is the greatest love of all/

These words from one of Whitney Houston's top songs of all time, "The Greatest Love of All," remind us of just how talented a singer Whitney was, and just how much these words have gripped the world since Whitney first performed them. We're reminded of just how innocent she was, just how talented she was, how her voice could freeze a room when she sang an opening note, how every head would turn to stare when she walked into a room. She was an artist in a class of her own in her lifetime, and her tragic end has many of us still wondering where it all fell apart. We saw the bad moments between she and Bobby in Bobby's own reality TV show, we saw just how she was when drugs started to grip her, and we saw how tragic an end she, and then their daughter, Bobbi Kristina, came to. We've mourned Whitney's and Bobbi Kristina's deaths, and nearly ten years later, we still mourn their deaths. Whitney was "The Voice," as Oprah Winfrey called her, the woman whose voice was the epitome of what America could achieve, what America could become, and when Whitney sang, everyone — and I do mean EVERYONE — stopped to pay attention. She could silence an auditorium when she started singing.

And yet, I wish with all my heart that Whitney Houston had believed those lyrics of "The Greatest Love of All" with all her

heart. I wish that Whitney had taken those words to heart, not merely read them on a music sheet to memorize them for performances around the world but had actually digested their meaning. I wish that Whitney had truly believed the greatest love of all was inside of her. I wish Whitney knew her worth.

There were moments when she knew her worth, or at least moments when she almost made us believe she knew it: there were times when she prayed with her backup singers and instrumentalists, times when she talked about God and prayer and the goodness of the Lord, times when she'd sing gospel music and you could almost see her back in her old church in New Jersey, bellowing out "Guide Me, O Thou Great Jehovah" in the back of the choir. You could tell from her earliest song recordings from her church that Whitney was anointed and appointed to sing. It was her life, it was her voice, in more ways than one.

And yet, even if she believed "The Greatest Love of All" was inside her, the song convinced us but her life did not. For, regardless of how great a song "The Greatest Love of All" is, we know that, deep down inside, it's far more difficult to love yourself than the lyric of that song makes it out to be. It's easy to sing a tune and marvel at Whitney's voice, but living everyday is difficult.

We saw the highs and lows, though Whitney wanted to "live as I believe," she says in "The Greatest Love of All," and we mourned for Whitney and were even concerned for her. We saw her headed down a dangerous road, and Christians around the world prayed for her.

No, Whitney didn't know how to truly value and love herself. The lyric of one of her greatest songs is a lyric that it was impossible for Whitney to live up to. It's impossible for us to live up to it as well because, well, love is not something that starts with us.

Continued on the next page

Greatest Love...*Continued*

As 1 John 4:19 tells us, "We love because He first loved us." Love is of God, a message that John delivers to believers in his first epistle, so love starts and begins with God — not us. The trouble with the song, "The Greatest Love of All," is that the writer forgot that love cannot start within because we're not responsible for love in the world. Now, this doesn't mean that we shouldn't love and value ourselves, that we shouldn't appreciate who we are and what we have to offer the world. After all, the Lord tells us that the second greatest command in all of Scripture is "Love your neighbor as yourself," and you cannot love your neighbor if you don't love yourself. Loving yourself is important, but no, it's not "the greatest love of all." It's the second greatest love of all, but not the first. The first and greatest love of all is the love that God has for us.

Submitted by Gail Douglas-Boykin

Food Pantry

Food Distribution

Through our partnership with Campaign of Hope and Hunger, we will have food distributions on the 2nd and 4th Thursday each month.

Food Pantry Donations Needed

The Food Pantry is low on items and is requesting donations for the food pantry. Dry goods are needed (rice, pasta, beans, cereal, cooking oil, etc.).

Van Driver Needed

The Missions Ministry needs a volunteer to drive the van to pick up food. Food is picked up twice a month on Thursday mornings from 9:00 AM - 12 noon.

If you are available to assist, please contact the church office.





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Healthy for Good™

FIGHT STRESS WITH HEALTHY HABITS



1. Slow down.

Plan ahead and allow enough time to get the most important things done without having to rush.

2. Snooze more.

Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. Let worry go.

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

4. Laugh it up.

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. Get connected.

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. Get organized.

Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

7. Practice giving back.

Volunteer your time or spend time helping out a friend. Helping others helps you.

8. Be active every day.

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. Give up the bad habits.

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. Lean into things you can change.

Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at heart.org/HealthyForGood

EAT SMART MOVE MORE BE WELL

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Ways you Can Participate in Black History Month

- ◆ No matter your heritage, culture, or racial background, Black history is EVERYONE's story. Here are 29 ways you, your family, and your congregation can celebrate and participate in Black History Month.
- ◆ Patronize a local or online Black owned business.
- ◆ Attend or co-host a Black history or Black culture event in your community.
- ◆ Learn more about "Black Harry" Hosier (c. 1750-1806), an African-American Methodist preacher and evangelist.
- ◆ Research other Black United Methodist leaders from our church's heritage.
- ◆ Fearlessly learn more about how racism has and still affects Black people around the world and start confronting racism.
- ◆ Donate to a Black nonprofit or empowerment organization in your community.
- ◆ Watch a film by and about the heritage and lives of Black people. Titles to consider: "Antwone Fisher," "Malcolm X," "If Beale Street Could Talk," "Hidden Figures," "The Hate U Give," and "One Night in Miami.").
- ◆ Watch and discuss documentaries one about the Civil Rights movement and other series on the challenges and triumphs of Black people. Suggestions: "Eyes on the Prize," and Henry Louis Gates' recent series, "The Black Church: This Is Our Story. This is My Song."
- ◆ Visit a landmark about the lives of local Black heroes in your area.
- ◆ Read a contemporary book by a Black author.
- ◆ Read a story featuring a Black hero to your children, grandchildren or to a local school class.
- ◆ Seek out and talk with a Black elder (75 or older) about their experience in your community.
- ◆ Study one of the 51 nations on the continent of Africa, including the language, culture, current events.
- ◆ Donate to one of the 12 United Methodist-related historically Black colleges and universities in the United States and Zimbabwe.
- ◆ Learn about an unsung hero of Black history.
- ◆ Explore the breadth of Black music, from jazz to hip-hop, and gospel to southern African folk songs.
- ◆ Call out racism and prejudice aimed at Black people and other People of Color in your church and community.
- ◆ Learn about "colorism" and how it plays out in our society.
- ◆ Learn more about the Black UMC caucus, Black Methodists for Church Renewal. *See Deaconess Gail Douglas-Boykin*
- ◆ Subscribe to and learn from Black media and the Black press.
- ◆ Engage in positive, supportive conversations about Black history and culture on social media.
- ◆ Learn the lyrics to "Lift Ev'ry Voice and Sing".
- ◆ Read Dr. King's "I Have a Dream" speech.
- ◆ Read a biography of an influential Black figure, such as Nelson Mandela, Malcolm X, Shirley Chisholm, Kobe Bryant, Michelle Obama, Archbishop Desmond Tutu, Justice Thurgood Marshall, the Rev. Joseph Lowery.
- ◆ Register and vote.

FOR CHURCH KIDS ONLY!

Do You Know These Black United Methodist History-Makers?

Ask your parents or Sunday school teacher to use your/their cellphone or tablet.
Look up these history-makers from our church and unscramble their names below.

A



In 1904, this Methodist laywoman took less than \$1.50 and five students to start a school for Black girls in Florida. Today, that school has become Bethune-Cookman College, in Daytona, Fla.

Y A R M L M E O D C N E T H U B E

B



In 1984, this pastor and former teacher was the first Black woman elected a bishop in the United Methodist Church or in any mainstream Christian church in the world.

T I L E O N N E Y E L K L

C



Born into slavery in North Carolina around 1750, he was praised as "one of the best preachers in the world" by Thomas Coke, who, with Francis Asbury became one of the first bishops in what would later become the United Methodist Church.

Y A R H R S O H I R E

D



Founded in Philadelphia, Pa., in 1796, this is the oldest historically Black United Methodist Church in the United States.

T H E M O R C A F R A N I R A Z O

E



A giant in the U.S. Civil Rights movement in the 1950s and 1960s, this United Methodist pastor (along with the Rev. Dr. Martin Luther King Jr.) founded the Southern Christian Leadership Conference in 1957.

J S E P H O W E R L Y O

Answers: A) Mary McLeod Bethune • B) Leontine Kelly • C) Harry Hosier • D) Mother African Zoar • E) Joseph Lowery