



THE VIEW

Mt. Pisgah A. M. E. Church
428 N 41st Street
Philadelphia, PA 19104
Rev Jay B. Broadnax, Pastor

FROM MOUNT PISGAH

WINTER

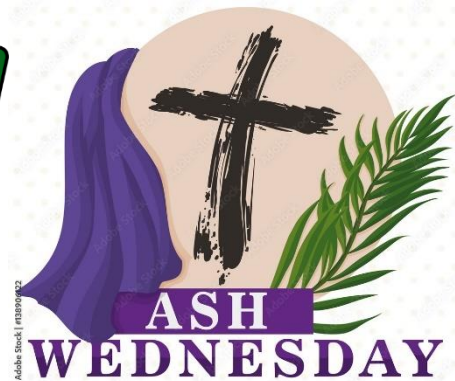
2025



Happy
New Year
2025

Happy
Valentine's
Day

Black
History
Month



Inside this Issue

1. The View Cover	22. Holiday Event
2. Inside this Issue/Just a Reminder	23. Praying God's Word
3. Message from our Pastor	24. Health Corner
4. Message from our Editor	25. Health Corner
5. January/New Year Traditions	26. Health Corner
6. History of Valentine's Day	27. Health Corner
7. Board of Christian Education	28. Health Corner
8. Greeting from Church School	29. Consumer Report
9. Greeting from Church School	30. Consumer Report
10. Greeting from Church School	31. Consumer Report
11. Rev. Donna Minor Trip to Greece	32. What's Cooking
12. Trip to Greece continued	33. Reading List
13. New Members/GED Program	34. Announcement
14. Children's Youth Corner	35. Sick & Shut-In
15. Children Youth Corner Continued	36. Birthday
16. Black History	37. Attention
17. Black History	38. Business Card
18. Black History	39. In Loving Memory
19. Drama Ministry	
20. Holiday Event \\	
21. Holiday Event	

Special Thanks to our Photographers
Tiffany Fauntleroy, Cheryl Hammond Hopewell
Sharon Lovett

Just A Reminder

If you are unable to join us in person
please go to our
website www.mtpisgahamec.org and
click "View Services".



Message from our Pastor. Reverend Jay B. Broadnax



Who is Telling Our Story in 2025?

The last few years have witnessed a massive ideological pendulum swing in this nation. This shift amounts to a pushback against language in public education or public discourse that suggests that there is a systemic racism problem interwoven in the history and development of America and its institutions.

Those pushing back argue that America has always been a land of equal opportunity and that there is no such thing as white privilege (or if it ever existed, it has been essentially eliminated). Therefore, there is no need for “affirmative action” programs or “diversity equity and inclusion” (DEI) initiatives and certainly no justification for reparations; the playing field is even, and anyone can be successful if they work hard enough.

In order to protect the panacea perspective that America has always been “on the right side of history,” many school systems have prohibited cultural history classes, especially those classes with curricula that expose the ways oppression has been used to advance the interests of the rich and control the lives of the poor, people of color, and immigrants. The powers-that-be want to control the teaching of American history in order to maintain the status quo, because they understand that telling America’s story from another perspective will expose injustices, and therefore demand repentance: that wrongs be righted and restitution made.

A key question that will decide if substantive change really happens in America (especially in OUR communities) is, ***“who gets to tell the story?”*** If the same people get to tell the story, they control the narrative and define the terms, and there will be no accountability for the structures that keep things from changing. However, if voices from the people who have been affected by yet who have survived oppression are included, structures that are restrictive and keep people down can be exposed and overcome.

The Kwanzaa principle of Kujichagulia is about self-determination, and one aspect of self-determination is owning the rights to our story. In many states Public Schools face the threat of losing funding and teachers face severe discipline for telling the story of America from the perspective of the oppressed. However, whoever tells the story gets to define the terms and describe the characters in the story. Therefore, we **MUST** find ways and spaces for our story to be told so that a sanitized version of our history doesn’t become the de facto truth. Transformation of society starts in the minds of people. If schools can’t tell our story, families must. If families are ill equipped, churches must. **WE must pass OUR story down so that NO GENERATION of our people is TOLD WHO THEY ARE OR HOW THEY SHOULD THINK.**

STORY TELLING is an individual matter as well as a collective one. Each one of us has a personal narrative and there are spiritual forces trying to control it, both for good and for bad. Whoever you allow to tell your story can control your self-image and your destiny Who is telling **YOUR** story? Satan wants to define your story, and Jesus said that his job is to kill, to steal and to destroy. He uses things like trauma, self-doubt, sin, fear and anger to try to control our narratives. If he can get you to allow these things to control how you look at situations and make decisions, he can order your steps and determine your outcomes.

However, the good news is that God also wants to speak into your life. God spoke through Jeremiah to tell us, “I know the plans I have for you,” declares the Lord, ‘plans to prosper you and not harm you, plans to give you hope and a future.” Making the decision to allow God’s Word (not our past, not our hurts and not other people) to define our self-images and choices is the key to taking control of the narrative and telling our own story. **In 2025, I challenge you to let God do the writing so that God’s will becomes our destiny.** That way, **EVERY YEAR** we will draw nearer to a day when we can say with Thomas Whitfield,

“I’m gonna put on my robe, tell the story how I made it over, soon as I get home!”

Don’t let anybody but you and God tell your story!!





Message from the Editor Keith W. Arrington, Sr.



Leading with Purpose: Shaping Vision in a Changing World



From Thursday, November 7 to Saturday, November 9, Bishop Samuel L. Green, Sr. convened the 1st Episcopal District Fall Convocation. The theme for the conference, C3: Converge, Create, Consecrate, was thoroughly planned and well designed to *"embody our mission as a church to come together, use our creativity and gifts, and consecrate ourselves to God's work."* I was humbled by the privilege to lead the opening plenary session for the conference, using as a focus, *"Leading with Purpose: Shaping Vision in a Changing World."*

Though the message was delivered in November, stepping into the new year of 2025 provides a great opportunity to examine the finer points of the message and then to apply them to our respective lives.

- † **Leading with Purpose requires Realization!** *Of course, first and foremost, "...we are His workmanship, created in Christ Jesus for good works." Now, what does that mean to you personally?*
 - **Who are you as a person?** Think about all of the titles, all of the roles, all of the affiliations that make up "YOU!"
 - **What are you about?** In each aspect of your life, what is your why? What do you intend to accomplish?
 - **What is your most recent evidence?** God expects us to walk worthy of each calling, so when is the last time you walked the walk?
- † **Shaping Vision Requires Staying Lit.** *"O righteous Father, even though the world does not know you, I know you, and these know that you have sent me. I made known to them your name, and I will continue to make it known, that the love with which you have loved me may be in them, and I in them," John 17:25 - 26. Do the people know who you are and whose you are - In the Workplace? - In all Places and in all Spaces?*

As I walk into 2025, I make not a resolution but a set of declarations, rooted in the Word! What about you?



Who am I?

- In Christ Jesus I am a child of God through faith!
- Galatians 3:26



What will I be about?

- Letting my light shine before others, that I might glorify my Father in heaven.
- Matthew 5:16



What will be my evidence?

- In everything, I will set an example by doing what is good.
- Titus 2:7

JANUARY



New Year Traditions

Eat Something Special

Many New Year traditions concern food. Here are a few:

- ✱ In the southern United States, black-eyed peas and pork foretell good fortune.
- ✱ Eating any ring-shaped treat (such as a donut) symbolizes “coming full circle” and leads to good fortune. In Dutch homes, fritters called *olie bollen* are served.
- ✱ The Irish enjoy pastries called bannocks.
- ✱ In India and Pakistan, rice promises prosperity.
- ✱ Apples dipped in honey are a Rosh Hashanah tradition.
- ✱ In Swiss homes, dollops of whipped cream, symbolizing the richness of the year to come, are dropped on the floor (and allowed to remain there!).



Drink a Beverage

Although the pop of a champagne cork signals the arrival of the New Year around the world, some countries have their own traditions:

- ✱ “Wassail,” the Gaelic term for “good health,” is served in some parts of England.
- ✱ Spiced “hot pint” is the Scottish version of wassail. Traditionally, the Scots drank to each other’s prosperity and also offered this warm drink to neighbors along with a small gift.
- ✱ In Holland, toasts are made with hot, spiced wine.

Give a Gift

- ✱ New Year’s Day was once the time to swap presents.
- ✱ Gifts of gilded nuts or coins marked the start of the new year in Rome.
- ✱ Eggs, the symbol of fertility, were exchanged by the Persians.
- ✱ Early Egyptians traded earthenware flasks.
- ✱ In Scotland, coal, shortbread, and silverware were traditionally exchanged for good luck.



THE HISTORY OF VALENTINE'S DAY

Every February 14, around the world, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine.

Valentine's Day is associated with sending cards and flowers or chocolates to special friends and loved ones. Whatever is sent, the message remains the same: love and



friendship. But how did it all begin? We have to go back centuries to find the history and legends of Valentine's Day.

One legend tells of a wonderful priest named Valentine who lived during the reign of the Roman Emperor Claudius II, about 200 A.D. At this time, Rome was in desperate need of an army and Claudius believed that married men would make less reliable soldiers because they wouldn't want to leave their wives and families. So, Claudius forbids young men to get married. However, Valentine secretly defied Claudius and performed marriage ceremonies in the temple. Soon, he became known as the friend of those in love. Eventually, Claudius discovered what the good priest was doing and the Emperor's anger was so great that he had Valentine

thrown in jail. During his imprisonment, Valentine is said to have cured the jailor's daughter of blindness. Because of this miracle, he was sentenced to die on February 14, 270 A.D. On the day he died, Valentine wrote the girl a note in which he spoke of bonds of affection between people. He signed the message, "From your Valentine." According to this legend, it is to honor St. Valentine that we celebrate Valentine's Day on February 14, in turn, we are celebrating love and marriage.

Another legend of St. Valentine exists....in this tale. Valentine was beloved by the village children because he always allowed them to play in his garden. He was placed in prison by the Romans for refusing to worship their gods. During his imprisonment, the children exchanged notes with him, attached to small bouquets of flowers, flung through the prison bars. Valentine was put to death on February 14th and we commemorate his death by sending flowers, chocolates and love notes on this day each year.

Scholars and historians, the world over have yet to come up with a definite explanation for this day set aside for lovers. Pope Gelasius in the fifth century named Valentine as the patron saint of lovers and appointed it an official feast day to day. Most sources feel this was done to Christianize many of the pagan courting rituals and festivities celebrated during the month of February.



BOARD OF CHRISTIAN EDUCATION!

HOW DO WE KEEP HOPE ALIVE IN

TIMES LIKE THESE?

Read, Memorize, Recite & Meditate on Scripture

Psalm 23

Ephesians 6:13-18

Philippians 3:12-16

Philippians 4:6-7

Philippians 4:19

1Thessalonians 5:16-18

Hebrews 13:5-6

HYMNS

My Hope is Built

Be Not Dismayed Whate'er Betide

I Trust in God Wherever I May Be

SONGS

In Times Like These We Need a Savior

God Is

My Soul is Anchored

I Don't Have No Doubt

Victory Is Mine

Discussion In Our Social Action Agenda Dec. 5, 2024

Social Action Commission

Rev., Phyllis A. Harris, POWER Interfaith Coordinator

Sis. Kimberly Mouzon, Chairperson

Rev. Jay B. Broadnax, Pastor



GREETING FROM CHURCH SCHOOL!

The Lord has seen us through another months. How good and kind our Lord is!!! We enjoyed the Seminar at Mt. Tabor in October where a timely message on the importance of mental health care was presented. The presentation was followed by a time of fellowship and dining.



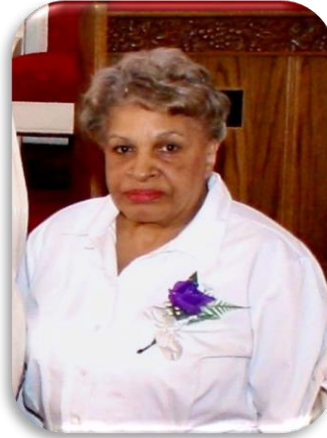
I want to thank all the devoted CS teachers. Mt. Pisgah's Church School is so very blessed to have you all. I want you all to know how very much we appreciate and value you and your efforts to help us learn and better understand God's Word!!!

OUR LOYAL TEACHERS ARE:

Evangelist Sandy Geathers
Sister Elaine Gleaves
Rev. Phyllis A. Harris
Rev. Lisa Richardson
Brother Tim Walls
Sister Jannie Weeks
Sister Ingrid Broadnax
Sister Dara Broadnax
Sister Patricia Brown



GREETING FROM CHURCH SCHOOL!



We were delighted to welcome back at teachers Evangelist Sandy Geathers and Brother Tim Walls. Welcome back, welcome back, welcome back!!!

We are blessed to have a staff of steadfast birthday soloists who serenade our birthday celebrants each week. Thank you:

Sister Gloria Geathers

Sister Sandra Crooms

Brother Tim Walls

Sister Darlene Foreman

Sister Tiffany Fauntleroy

Evangelist Bernadine Devose-Walls

Sister Kim Mouzon

GREETING FROM CHURCH SCHOOL!



We celebrated the life of our dear sister, Shirley A. Harris, who joined the church triumphant on October 12, 2024. We also mourned with Evangelist Bernadine Devose-Walls on the loss of her sister, Gertrude, and with our Sister Pamela Hammond on the loss of her daughter Rose. We

will keep their memories near our hearts knowing we will be reunited with them in heaven.

WORD OF ENCOURAGEMENT:

Nothing on earth can stop the person with the right mental attitude from achieving his/her goal. Nothing on earth can help the person with the wrong mental attitude.

PRAYER

Abba Father:

As the year 2025 draws near, we give thanks for all we hold dear. We are grateful for the countless blessings You've poured out upon us. May it be that with each passing day we reflect Your heart and the image of our blessed Messiah, Jesus. Loving service will continue to be our goal and may all who come behind us find us faithful.

Peace and Love,

Valerie Ives, Church School Superintendent

Reverend Phyllis A. Harris, Christian Education Director

Evang. Angela Ryans, Christian Education Commission Chairperson

Reverend Jay B. Broadnax, Pasto



REV. DONNA M. MINOR, TRIP TO GREECE

Walking in the Footsteps of Apostle Paul: A Journey of a Lifetime"
by Rev. Donna M. Minor.

In late September 2024, I had the incredible opportunity to travel to



Greece and Turkey with a group of 55 people. Over the course of 11 days, we retraced the footsteps of the Apostle Paul, visiting historic locations such as Athens, Corinth, Mykonos, Ephesus, Patmos, Crete, Santorini, Delphi, Kalambaka, Thessaloniki, and Philippi. A significant part of our journey included a three-day cruise to the Greek Isles and Turkey, which added a unique and memorable dimension to the experience. The cruise provided some of the most unforgettable highlights, especially our visit to Santorini. Following the cruise director's advice to reach the top of the

island, we opted for the cable car ride instead of the donkeys—a choice that spared us from the less-than-pleasant odors associated with them. This iconic island, with its dramatic volcanic cliffs and dazzling white buildings in the town of Thera, was simply breathtaking. Standing in Thera, looking

out over the beautiful bay and the nearby volcanic island, was an experience I will never forget. In Turkey, we toured the magnificent ancient city of Ephesus, walking along its marble streets and visiting the House of the Virgin Mary, where tradition holds that she spent her final years. We had the opportunity to visit a Turkish rug shop, where we admired beautiful rugs. Back in the day, the term used for these rugs was

Oriental Rugs. Some of these silk rugs carried price tags exceeding \$20,000. These moments, steeped in history and beauty, left a profound impact on me, reminding me of the deep connections between faith, history, and the world around us. One fascinating fact I learned was that Greece is roughly the size of the state of

TRIP TO GREECE CONTINUE

Alabama, though its rich history and diverse landscapes make it feel much larger. One of our tour guides shared that 90% of Greece's population identifies as Christians. In Corinth, once a thriving and influential city during Paul's time, we wandered through the ancient ruins where Paul collaborated with Aquila and Priscilla, bringing the stories of the Bible vividly to life. Their partnership in both work and ministry is a powerful testament to faith and fellowship. To dive deeper into their story and their impact, explore Acts 18. Visiting Philippi was the most life-changing part of the entire journey for me. Philippi holds a special place in the history of Christianity as the site where Paul first introduced the Gospel to Europe.

Walking through the ancient ruins, I was struck by the powerful connection to the events recorded in Scripture. Standing before the prison where Paul was held, I could almost imagine his unwavering faith in the face of adversity. Nearby, Lydia's Baptistery—where she and her family were baptized (Acts 16)—offered a profound sense of reverence. As shown in the picture, the baptistery's cross-shaped and dove-like design felt deeply symbolic and sacred. The river added to the serene and beautiful atmosphere, creating a sense of peace and reflection. Everywhere we went in Greece, the stunning views of mountains and hills brought to mind Psalm 121:1-2: "I lift up my eyes to the hills, where does my help come from? My help comes from the Lord, the Maker of heaven and earth." This spiritual journey will forever be etched in my mind and heart, a testament to God's greatness and the blessing of walking in the footsteps of faith. Each time I read about Paul or Lydia in the Bible, I'll picture these places and give thanks for this extraordinary experience of walking with God!



Welcome to our New Members



Kamal Colaïre

Welcome
we're glad you are here!



ATTENTION!

GED Program Resumed

Every Monday, 12-noon-3:00 p.m.

See Sis. Sandra Crooms

or call the Church Office for more Information
215-386-6181

Rev. Phyllis A. Harris, Director
Evang. Angela Ryan's, Commission Chairperson
Rev. Jay B. Broadnax, Pastor



CHILDREN'S/YOUTH CORNER



CONGRATULATIONS TO OUR CHILDREN

ALESE FAUNTLEROY

MIXED NUTS DANCE FUSION
RECITAL/GWENDOLYN BYE DANCE
CENTER



MAKAH RYANS

ARONIMINK ELEMENTARY SCHOOL
WINTER CONCERT



CHILDREN'S/YOUTH CORNER



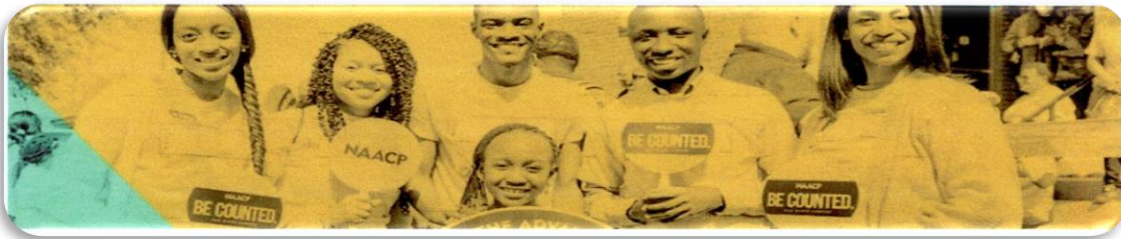
WORD SEARCH

HAPPY NEW YEAR

R	B	N	J	T	K	R	E	B	M	E	C	E	D	Y	M
T	D	M	N	H	O	U	R	G	L	A	S	S	R	S	M
X	Z	X	C	H	A	M	P	A	G	N	E	C	A	R	T
F	S	A	N	X	R	J	H	T	P	N	O	C	E	E	R
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R	S	W	M	R	R	T	L	X	R	L	O	L	M	A	G
E	N	J	O	A	L	N	C	E	C	M	U	N	F	E	R
C	O	A	Y	V	G	Q	G	D	B	C	W	T	S	R	E
R	O	N	J	K	T	Y	P	O	O	M	T	G	E	T	K
A	L	U	F	Y	P	C	Y	U	I	B	N	M	S	S	A
C	L	A	M	U	I	Q	N	D	T	I	Q	D	S	K	M
K	A	R	O	S	N	T	N	O	C	H	A	B	I	W	E
E	B	Y	U	H	D	I	A	N	K	H	A	M	K	I	S
R	E	M	M	O	G	S	A	T	M	Z	N	P	Q	C	I
S	C	L	W	H	T	D	S	T	R	N	M	K	P	G	O
R	O	N	T	S	C	E	L	E	B	R	A	T	E	Y	N

TREAMERS DANCING CHAMPAGNE HAPPY TUXEDO FIRECRACKER
 TOASTS DECEMBER GAMES YEAR MUSIC HOURGLASS FLUTES
 MIDNIGHT NEW COUNTDOWN NOISEMAKER BALLOONS
 VOWS HATS CELEBRATE KISSES FUN JANUARY

BLACK HISTORY



LIFT EVERY VOICE AND SING

Often referred to as "The Black National Anthem," *Lift Every Voice and Sing* was a hymn written as a poem by NAACP leader James Weldon Johnson in 1900. His brother, John Rosamond Johnson (1873-1954), composed the music for the lyrics. A choir of 500 schoolchildren at the segregated Stanton School, where James Weldon Johnson was principal, first performed the song in public in Jacksonville, Florida to celebrate President Abraham Lincoln's birthday.

At the turn of the 20th century, Johnson's lyrics eloquently captured the solemn yet hopeful appeal for the liberty of Black Americans. Set against the religious invocation of God and the promise of freedom, the song was later adopted by NAACP and prominently used as a rallying cry during the Civil Rights Movement of the 1950s and 1960s.



BLACK HISTORY

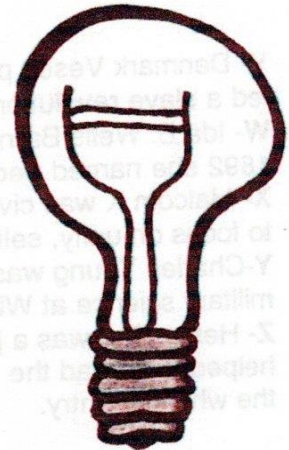
Every time you use these things...



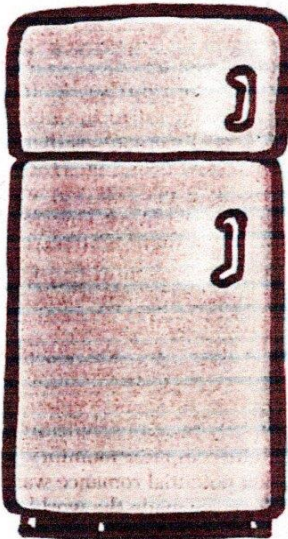
Mailbox - Philip B. Downing
His design incorporated the hinged door opening that is a common feature on U.S. mailboxes.
Patent #462,093 - October 27, 1891.



Golf Tee - George F. Grant - Prior to Grant's invention of the golf tee, golfers used their hands to mold a hitting surface from dirt or sand.
Patent #638,920 - December 12, 1899.



Electric Lamp with carbon filament
Lewis Latimer - He developed key innovations in the electric lamp design resulting in improved durability. These improvements increased effectiveness and lowered cost.
Patent #247,097 - September 13, 1881.



Refrigerator - John Stanard - He patented an improved refrigerator design with a water cooler and faucet for the dispensing of cold water.
Patent #455,891 - July 14, 1891.



Traffic Light - Garrett A. Morgan - His invention of the three-way automatic traffic signal helped make the roads safer for all of us.
Patent #1,475,024 - November 20, 1923.



Fountain Pen - W. B. Purvis - He designed a simple, durable and inexpensive fountain pen which was ideally suited for general use.
Patent #419,065 - January 7, 1890.

... you're celebrating Black History.

McDonald's® salutes these African American innovators and joins in the celebration of Black History throughout the year.



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MONITOR

BLACK HISTORY

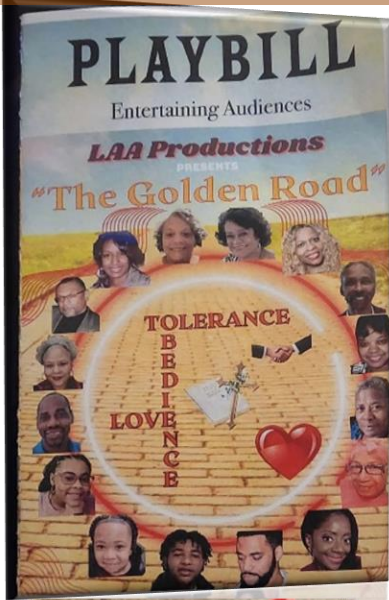
25 WAYS BLACK FOLKS CAN HELP BLACK CHILDREN

by Marian Wright Edelman

Learn the new alphabet of commitment or remember the old ones our forebears taught! This was developed by Jimmie T. Jones., who gave it at the graduation ceremony for the first 25 black college student graduates of the Ella Baker Leadership Training Institute at Shaw University.

- A = Accept the challenge.
- B = Be your best.
- C = Combine your words with action.
- D = Dedicate your life to your dream.
- E = Expect some hard times.
- F = Fight them all off.
- G = Get God on your side.
- H = Have a made up mind and take that...
- I = and Inspire to be somebody else.
- J = Join with others of like mind as yourself.
- K = Keep on leepin' on.
- L = Let your light shine everywhere.
- M = Make everyday count.
- N = Never, never say "I can't."
- O = Overcome all your obstacles.
- P = Put your best foot forward.
- Q = Quit quittin'!
- R = Run the race with patience
- S = Stand strong for what you believe is true.
- T = Teach someone else to take your place while you can.
- U = Understand where you come from so that you can take that...
- V = and Visualize where you need to be.
- W = Work until your work is done.
- X = X-Ray your own lifestyle.
- Y = Yearn to achieve all that you seek.
- Z = Zealously strive to reach your peak.

DRAMA MINISTRY – LAA PRODUCTIONS – THE GOLDEN ROAD!



HOLIDAY EVENTS!

CHRISTMAS PRODUCTION

JOY
To THE
WORLD

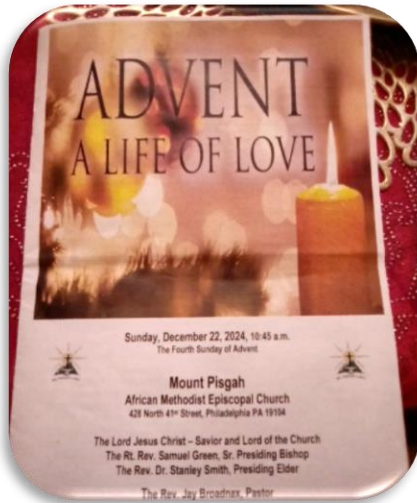


HOLIDAY EVENTS!



HOLIDAY EVENTS!

Advent Sunday "You Are Loved" Luke 1:26-38. Our Divine Movement Ministry was phenomenal, they blessed us in the praise dance to "Emmanuel!" Worthy is your name Lord!





PRAYING GOD'S WORD



The Best Teacher Ever

By Nancy Sutton

Jesus had many followers who saw Him do miracles and heard Him teach. Do you know what they most wanted to learn from Him? They asked Jesus to teach them to pray. Jesus answered them with an *example*, which we now call The Lord's Prayer (Matthew 6:9-13). When you pray the Lord's Prayer, it will probably be a little different each day, because you will go through different things in your life. Here are some ideas on how to make **Jesus' prayer** your own!

What Jesus prayed:	What it meant:	What you can pray:
"Our Father in heaven"	God is your Father in heaven. No matter what your relationship is with your dad here on earth, you can have a great relationship with your heavenly Dad. Your relationship will grow by talking and listening to Him.	Talk to God about what kind of relationship you'd like to have with Him.
"Hallowed be your name"	God's name is holy and should be praised. He is awesome!	Praise God for who He is. Go on and brag about Him!
"Your kingdom come"	God's kingdom comes when people believe in Jesus as their Savior and want what He wants.	Ask for all people to love, worship, and obey God.
"Your will be done"	God's will is done when we want what God wants for us. God won't force His will on us, but He is happy to tell us when we ask Him.	Let God know you do want His will. Ask Him to show His will to you.
"On earth as it is in heaven"	Heaven is exactly the way God wants things to be. There is beauty, joy, order, and peace. Best of all, God is worshiped by everyone—day and night—as King! We can pray for earth to be more like heaven.	Think of people and situations that need a touch of heaven. Ask God to be King in those lives and situations.
"Give us today our daily bread"	God is your Father in heaven who loves you and will take care of you. He wants to take care of your needs for today so you don't have to worry about the future.	Share your needs with God for today.
"Forgive us our debts"	We are not perfect. We sin and do wrong things. But God is willing to forgive us when we sin, if we just ask Him.	Confess your sins, both the ones you know about and the ones you might not see.
"As we also have forgiven our debtors"	When people hurt you and do wrong things to you, it doesn't mean you should try to get even. Instead, treat them the way God treats you. God forgives us, so we need to forgive others.	Ask God who you need to forgive, and forgive those people.
"And lead us not into temptation"	We need God's protection and strength to avoid temptation. We need His help to lead us away from temptations and to stay far away from them.	Tell God the temptations you have and ask Him to show you the way out.
"But deliver us from the evil one"	We can't fight Satan on our own. We need help. Don't be afraid. God has given us weapons and armor to use: prayer, praise, and the Scriptures.	Ask for and rely on God's help to know which weapons and armor to use in today's fight against the enemy.



HEALTH CORNER

Submitted by Rev. Lisa Richardson

ARE YOU GETTING ENOUGH SLEEP? WHY IT'S IMPORTANT FOR YOUR HEALTH.

Sleep has become a precious commodity – we love it and need it but rarely get enough of it. Busy schedules, kids, stress, technology, and other factors can all get in the way of a good night sleep.

Getting enough sleep can play an important role in your weight, emotional wellbeing, blood pressure, diabetes, mental and physical performance, and more.

Remember that adults are not the only ones who need good sleep. It's also critical that children get even more sleep than adults.

Why is sleep important for health?

Among other factors, three pillars affecting health are nutrition, physical exercise, and sleep. All three of these are connected.

For example, if you don't sleep well, you may not eat well. People get food cravings when they haven't slept well, and they often crave a food with lots of carbohydrates (carbs) like a cookie. And when you are tired, the last thing you want to do is go to the gym.

Here are some other health benefits of sleep:

- helps heart health
- supports weight management
- helps keep your immune system strong
- reduces risk of accidents/injury
- increases attention span
- boosts memory and learning
- Promotes health

How much sleep should adults get?

Studies show that adults should get seven to eight hours a night for good health. Some people insist that they can get away with four or five hours of sleep. While these so-called "short sleepers" do exist, they are a very small percentage of the population.

The rest of the self-identified "short sleepers" are mostly staying alert by drinking coffee or other caffeinated drinks. Not getting enough sleep can raise the risk of health consequences.

However, getting enough sleep isn't just about the number of hours you're asleep. It's also about the quality of sleep and that you stay on a regular schedule so that you feel rested when you wake up

HEALTH CORNER CONTINUED

How much sleep should children get? According to the US Department of Health and Human Services, these are the recommended number of hours of sleep based on a child's age:

- Newborns: 14-17 hours a day
- Babies: 12-16 hours a day (including naps)
- Toddlers: 11-14 hours a day (including naps)
- Preschoolers: 10-13 hours a day (including naps)
- School-aged children: 9-12 hours each night
- Teenagers: 8-10 hours each night

What are some health risks of not getting enough sleep?

Not enough sleep or routinely getting broken sleep is [linked with seven of the 15 leading causes of death in the U.S.](#) These include:

- Heart Disease
- Cancer
- Diseases related to the brain, such as stroke
- Accidents
- Diabetes
- Sepsis
- High blood pressure

It's not healthy to deprive yourself of sleep because sleep supports all aspects of normal brain and body function.

What are some tips for better sleep?

Here are some tips to help you get a better night sleep:

- Avoid late-night snacking, sugar, caffeine, and alcohol.
- Turn off electronics, TVs, and computers two hours before bed. The blue light from these devices causes your brain to stay active. Turning them off a couple hours before bed gives your brain a chance to unwind and get ready for sleep.
- Store all digital devices (e.g., smartphone, tablet, laptop, etc.) in an area of the house other than the bedrooms.
- Sleep in a dark room because light stimulates our brains.
- Use an alarm clock rather than your smartphone or tablet as a wakeup device.
- Keep room temperatures on the cooler side – ideally low to mid-60s.
- Aim for a consistent bedtime routine and sleep schedule to help your body stay on a regular track. Find a good time for you to go to sleep every night and wake up at the same time every morning. It's also important to keep that same schedule even on the weekends.

HEALTH CORNER CONTINUED

What happens to your brain when you don't get enough sleep?

Sleep deprivation affects your ability to remember, concentrate, and make good decisions. Your reaction time is also reduced. A sleep-deprived driver has the same poor response time as someone who is legally drunk.

Not getting enough sleep makes us more emotionally unstable. Lack of sleep can cause you to have very strong emotions, such as extreme sadness or anger.

Does sleep play a role in Alzheimer's disease?

One thing that connects almost all mental and nervous system disorders is some level of wake and sleep disruption. Health experts know that treating sleep disruptions can help stabilize neurologic disorders. But left untreated, sleep disruption may contribute to the progression of disease.

One example is Alzheimer's disease. We know that sleep is disrupted in the early stages of the disease. If we could address that early on, perhaps the progression of the disease could be delayed.

Source: UC Davis Health, March 15, 2023

[Patrick M. Fuller](#), a neuroscientist who studies how the brain regulates sleeping and waking; contributed and reviewed this article. Fuller is a professor in UC Davis Health's [Department of Neurological Surgery](#) and vice chair for research.



HEALTH CORNER CONTINUED

5 HEALTHY RESOLUTIONS TO MAKE AND KEEP THIS YEAR.

It's that time of year again! Time to make new resolutions. You may be frustrated with the idea of making new resolutions because they may never pan out. This is why making achievable, relevant resolutions for your health needs is important. Here is our list of the top 5 healthy resolutions you should make and keep!

Getting Ready

When it comes time to make new years' resolutions, most people default to "lose weight," but this resolution may be preventing you from reaching your actual health goals. This resolution can cause people to follow unhealthy fad diets or participate in reckless exercise routines. These short-term changes do not help people reach their health goals. Rather, they discourage people and can contribute to unhealthy habits.

When making your new years' health resolutions, there are four factors you should consider. First, make sure your resolution is specific. Something like "lose weight" does not specify any goal or game plan. Additionally, think of something that you can measure. For example, "exercise for 150 minutes each week", or take 5000 steps per day allows you to keep track of your goal. Your healthy resolutions should also be both attainable and relevant to your lifestyle.

If you're looking for some resolution inspiration, look no further. Here are five baseline health resolutions you can use to build your list of new years' resolutions!

1. Get Regular Exercise

Regular exercise can make all the difference in your health. The CDC cites that physical activity can improve brain health, reduce your risk for cardiovascular disease, and strengthen muscles and bones. Most doctors recommend being active for at least 30 minutes daily, with at least two days of muscle-strengthening activity per week. Going for a walk or run, participating in exercise classes, are just a few examples of ways that you can get active during the new year.

2. Drink More Water

Studies show that adequate hydration improves heart rate and blood pressure. About 60% of the human body is made of water. Drinking water also helps the liver with detoxification. The liver's job is to remove toxins from the body, and water is one of the most important ways it does this. According to the US academy of Science and Medicine, most men need approximately 15.5 cups of water each day, and women need 11.5 cups each day.

HEALTH CORNER CONTINUED

3. Focus on Quality Sleep

The amount of sleep you need varies as you age. Toddlers need approximately 10-13 hours of sleep each day, including naps, while adults need about 7-9 hours. Getting the right amount of sleep is important for your mental and physical health. Establish a regular bedtime and wake time to better regulate your sleep schedule.

If you struggle to fall asleep and stay asleep at night, reduce your afternoon caffeine intake, especially as you get older. Additionally, reducing screen time at night can help you have a more restful sleep.

4. Eat Right

Eating well is a great healthy resolution. First things first, make sure you're eating enough throughout the day. If you find yourself getting hungry at a particular time each day, start planning a balanced snack for that time. Additionally, having a protein-focused meal in the morning can keep your blood sugar stable throughout the day and keep the hunger pains away. The American Heart Association recommends eating four servings of fruit and five servings of vegetables each day for optimal heart health.

5. Make your Annual Check-Up Appointments

Making and going to your doctor's appointments can be painful, but it is a very important part of maintaining your health. These appointments help you stay up to date on your vaccinations and can help prevent disease. Add making your annual appointments to your new year's resolutions list to ensure you are doing everything you can to live a healthy year. Be certain to properly prepare for your appointments by jotting down any questions or concerns you may have. Here is a brief list of appointments to consider making:

- An annual check-up with your primary care provider
- Two dental appointments with your dentist
- An annual eye exam with your ophthalmologist
- A well-woman exam with your gynecologist

Remember to set SMART goals.

- Be specific. Rather than saying you want to lose weight, define exactly how much weight you want to lose. (Remember, a healthy goal is to lose one to two pounds per week.) Don't just say you want to exercise more—make a commitment to exercise for 30 minutes, three times a week, or take 5000 steps

HEALTH CORNER CONTINUED

- per day. If you need help defining a specific health goal for the new year, work with your healthcare provider to create a plan.
- Be realistic. If you haven't exercised in years, resolving to start training for a marathon isn't realistic. If you rarely eat vegetables, rather than making a commitment to eat five servings of vegetables every day for the rest of your life, try adding one serving of a fruit or vegetable to a meal each day. Work your way up to five servings per day over the course of the year.
- Track your success. If your goal is to be more active, a wearable fitness tracker can help you stay motivated. If you want to stop smoking, keep track of how much money you have saved by not buying cigarettes.
- Don't let perfect be the enemy of good. You don't have to be perfect. If healthy eating is your goal, that doesn't mean you have to give up all of the foods you love at once. Try making one or two small changes at a time. Allowing yourself the occasional salty snack or piece of chocolate can actually help you stay on track and achieve your long-term goals.
- Celebrate your milestones. Break your overall goals into smaller items, and reward yourself for each step you accomplish. Join an online/social media support group. Get a hug from your spouse or child. Or treat yourself to something special!

Sources: Work-Health Solutions, APWU Health Planning



Submitted by Rev. Lisa Richardson

HOUSEHOLD USES FOR SALT

Salt certainly makes our food more flavorful, but it can also work to fix many of our unexpected challenges around the house. Here are some of our favorite household uses for salt.

Best Uses for Salt in the Home

- Rub salt on fruit-stained clothes while still wet, then put them in the wash.
- For mildew spots, rub in salt and some buttermilk, and then let dry in the Sun.
- If you spill wine or fruit juice on your tablecloth, pour salt on the spot immediately to absorb the stain.
- Apply a paste of salt and olive oil to the ugly heat rings on your table. Let it sit for about an hour, and then wipe it off with a soft cloth.
- To clean your clothing iron, sprinkle salt on a piece of paper and run the sticky iron over it a few times while the iron is hot.
- To restore some of the color to faded fabric, soak it in a strong solution of salt and water.
- A mixture of salt and vinegar will clean brass.
- Salt on your fingers when cleaning meat or fish will prevent your hands from slipping.
- To kill unwanted weeds growing in your driveway or between bricks and stones, pour boiling salted water over them.
- For perspiration stains, add enough water to salt to make a paste, then rub into the cloth. Wait an hour, and then launder as usual.
- Cover spilled raw eggs with salt, then wipe clean with a paper towel.
- To freshen smelly sneakers (or any canvas shoe), sprinkle their insides with salt. Wait 24 hours for the salt to absorb the odor, then shake them out.
- Pour salt directly onto a grease spill and come back to it later.
- A new broom will last longer if you soak the bristles in hot saltwater before using it for the first time.
- Stainless steel can be cleaned by rubbing it with a gritty paste of 2 tablespoons of salt mixed with lemon juice. Rinse well and pat dry with a soft cloth.
- Rub 2 to 3 tablespoons of salt onto the stains inside your glass vases, and then scrub clean with a damp bristle brush.
- Gargle with warm saltwater ($\frac{1}{4}$ teaspoon salt to 1 cup of water) to relieve a sore throat.
- Sprinkle salt on carpets to dry out muddy footprints before vacuuming.
- When silk flowers get dusty, put them in a paper bag with several tablespoons of salt and shake gently for 2 minutes to clean them.
- Refresh household sponges by soaking them in cold saltwater for 10 minutes.



CONSUMER REPORT



A good way to save your herbs is by making frozen herb cubes. Simply break up herbs by hand and add to ice cube trays. Fill the cubes with olive oil or coconut oil and place them in the freezer allowing them to solidify. Transfer to a labeled freezer-friendly container. When you're ready to use them, just pop them in your favorite dish.

GARLIC'S HISTORY OF HEALING

You might know garlic as your favorite fall crop and a wonderful addition to your shrimp scampi, but it also has a long history of healing. See some of garlic's glorious health benefits and consider adding an extra clove of garlic to your next meal!

Garlic's Long History of Healing

Historical records from India and Egypt referring to garlic date back 5,000 years, ranking garlic as one of the world's oldest horticultural crops. It's easy to grow and harvest, and many varieties will store well for long periods.

A wide variety of folkloric and traditional uses for "the stinking rose" have appeared throughout history: The ancients variously recommended garlic as an aphrodisiac and male potency enhancer; as a charm to ward off devils, werewolves, and vampires; as an adhesive for mending glass and porcelain; as a mordant for gilding; as food for enslaved people and laborers to promote strength and physical endurance and for soldiers to promote battlefield courage; and as an insect repellent, and squirrel and mole deterrent.

But across many centuries and cultures, people have valued garlic for its health-promoting properties as a preventative or cure for conditions as varied as arthritis, asthma, diabetes, athlete's foot, colds, influenza, intestinal worms, ulcers, bronchitis, many forms of cancer, dandruff, arteriosclerosis, skin infections, cholera, constipation, epilepsy, gangrene, ear infections, high blood pressure, laryngitis, heavy-metal poisoning, leprosy, malaria, measles, meningitis, hemorrhoids, ringworm, scurvy, food poisoning, smallpox,

snakebites, tuberculosis, and typhoid.

Contemporary research has validated some of these claims and questioned others, although many scientists around the world continue to study garlic's healing potential.

And why not? It's inexpensive, safe, and readily available, with thousands of years of cross-cultural use as a primary natural healing agent—and it grows just about everywhere.

Get the Health Benefits of Garlic: Just Eat It!

With so many delicious ways to use garlic in your daily diet, don't wait for science to confirm its usefulness in treating diseases. Serve it often because you love the taste. Mince it into salad dressings; add it to casseroles, soups, and stews; give your pizza a garlic topping.

If you can't tolerate the flavor of raw or lightly cooked garlic, try roasted garlic for an ambrosial treat. The sharp flavor mellows and the flesh becomes soft and easy to spread or blend into dips, soups, casseroles, or sandwich fillings.

Caution: To prevent the growth of deadly botulinum bacteria, don't infuse raw garlic in olive oil or any other salad or cooking oil unless you plan to use it right away. You can safely infuse raw garlic in vinegar because the acid in the vinegar prevents the botulinum bacteria from growing.



What's Cooking?

MARKET • DELICATESSEN & CATERING



SOUTHWESTERN VEGETABLE SOUP

- | | |
|--|--|
| 1 lb. lean ground beef | 1 (15-oz.) can pinto beans, rinsed & drained |
| 5 c. water | 1 (15-oz.) can tomato sauce |
| 2 (15½-oz.) cans Mexican-style stewed tomatoes (undrained) | 1 (8-oz.) can cut green beans, drained |
| 1 (16-oz.) can black beans, rinsed & drained | 1 (1¼-oz.) env. chili seasoning mix |
| 1 (16-oz.) can dark red kidney beans, rinsed & drained | 1 lg. onion, diced |
| 1 (15¼-oz.) can whole kernel corn, drained | 1 green bell pepper, diced |

Brown ground beef in a large Dutch oven, stirring until it crumbles; drain. Stir in 5 cups water and next 10 minutes; bring to a boil. Reduce heat and simmer, stirring occasionally, 2 hours. Serve with cheese. Yield: about 1 gallon.

Helen J. Williams
Mt. Pisgah A.M.E.C.

VEGETABLE SOUP

- | | |
|-------------------------------|---|
| 1 to 2 lbs. stew meat, cut up | Sliced carrots |
| 1 beef bone | Potatoes, diced |
| Cabbage | Seasonings (such as pepper, seasoned salt, crushed red pepper, thyme, garlic, Worcestershire sauce) |
| 1 turnip, diced | |
| 1 lg. onion, diced | |
| 1 lg. can tomatoes, squashed | |
| Sliced mushrooms | |

Using Dutch oven, brown meat in 1 tablespoon oil about 5 minutes. Add cabbage, turnips, onion, tomatoes with liquid and mushrooms to Dutch oven with enough water to within 1 inch from the top. Add seasonings. Cook slowly for several hours. Add more seasonings, if necessary. About 1½ hours before serving, add carrots and potatoes.

Tammie E. Cox
Boynton Beach, FL

A SIMPLE CAKE

- | | |
|---------------------------------|----------------------|
| 1 c. butter | 1 c. sugar |
| 3 eggs | 2 c. flour |
| ½ c. milk | 2 tsp. baking powder |
| 1 tsp. vanilla or lemon extract | |

Cream butter and sugar together. Add 3 eggs and cream and beat well until batter is light. Add milk. Stir flour into the batter. Use 2 (9-inch) pans for a layer cake. Use chocolate frosting or vanilla. This bakes for 20 minutes.

Denise Ruffin
Mt. Pisgah A.M.E.C.

ONE TWO THREE STRAWBERRY CHEESECAKE

- | | |
|---|--------------------------|
| 2 eggs | 2 T. melted butter |
| ½ c. sugar | 11 oz. strawberry sauce |
| 2 tsp. vanilla | 1 pt. fresh strawberries |
| 1½ c. sour cream | |
| 1 lb. soft cream cheese, 2 (8-oz.) pkgs., cut into pieces | |

In a blender or food processor add eggs, sugar, vanilla and sour cream. Blend well. Add cheese and melted butter. Pour into chocolate cookie crust and bake in preheated oven, 325° for 45 minutes. Or until center sets. Filling will be soft but will firm up as cake cools. Chill before serving.

Darlene Foreman
Mt. Pisgah A.M.E.C.

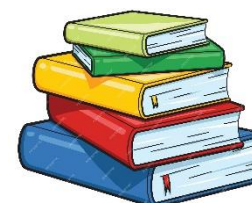


RECOMMENDED READING LIST



Little Leaders: Bold Women in Black History ((By: Vashti Harrison)	Ages: 4-9
Nate the Great (By: Marjorie Weinman)	Ages: 5-7
The Missing Key (By Sharmat)	Ages: 5-7
Juneteenth Is (By Natasha Tripplett)	Ages: 5-8
The Mouse and the Motorcycle” (By Beverly Cleary)	Ages: 5-9
A Kid’s Book About Juneteenth (By Garrison Haye)	Ages: 5-9
Charlotte’s Webb (By E. B. White)	Ages: 5-10
Nate the Great and the Lost List (By Weinman Sharmat)	Ages: 6-9
The History of Juneteenth (By Arlisha Norwood, PHD)	Ages: 6-10
Isaiah Is My Hero (By Kelly J. Baptist)	Ages: 8-10
Black Boy Joy (By Kwame Mbalia)	Ages: 8-11
Fast Pitch (By Nic Stone)	Ages: 8-11
WOKE: A Young Poet’s Call to Justice (By Mohogany L. Browne)	Ages 8-12
What Is Juneteenth (By Kirsti Jewel)	Ages 8-12
Life In Motion: An Unlikely Ballerina (By Misty Copeland)	Ages: 9-12
Little Legends: Exceptional Men in Black History (By Vashti Harrison)	Ages 9-12
Brown Girl Dreaming (By Jacqueline Woodson)	Ages: 9-12
From the Desk of Joe Washington (By Janae Marks)	Ages: 10-12
The Mystery at Blackhaven School (By CJ Laughty)	Ages: 12-16
Louder Than Words (By Ashley Woodfolk & Lexi Underwood)	Ages: 12+
Cool Awkward. Black (By Karen Strong)	Ages: 12+
Dear Justyce (By Nic Stone)	
The Girl in the Castle (By James Patterson)	Ages: 13-17
Christian Finance for Teens (By Cindy Kersey)	Ages: 13+
Courage to Soar (By Simone Biles)	Ages: 13+
Bone Black: Memories of Girlhood (By Bellhooks)	Ages: 15+
The Light We Carry: Overcoming in Uncertain Times (By Michelle Obama)	Ages: 15+
Swift River (By Essie Chambers)	Ages: 15+
A Calamity of Souls (By David Baldacci)	Ages: 15+
ADULTS	
A Black Theology (By James H. Cone)	
The Warmth of Other Sons (By Isabelle Wilkerson)	
Juneteenth (By Edward T. Cotham, Jr.)	
Twisted Love: Kind of-Sort of (By Natalie M. Kennedy)	

Rev. Phyllis A. Harris, Director
Department of Christian Education



ANNOUNCEMENT

CALLING ALL WORSHIPPERS

Let them praise his name with dancing...Psalm 149:3

OPEN MEMBERSHIP IN BOTH GROUPS

Angels of Praise Dance Ministry
(Ages: 6-18)

CO-DIRECTORS

Tiffany Fauntleroy
215-436-0364

Dara J. Broadnax
610-551-3075



PRAYER IN MOTION MIME MINISTRY

(Age 7 – Adults)

Wearing a linen ephod, David was dancing before the Lord with all his might...2 Samuel 6:14



The young women will dance and be glad, young men and old as well...Jeremiah 31:13

CO-DIRECTORS

Wade Fauntleroy
267-971-6865

Briana Arrington-Dengoue
215-900-5655





A TIME TO HEALED...

Sick & Shut-in



Pat Brown	202 Alden Street, 19143
Robert Brown	1420 Clearview Street, Apt. H-110 (32)
Billy Cash	1118 E Sydney Street, 19150
Elizabeth Cason Kamara	4928 N. Camac St (41))
Phyllis Covington	418 N. 53rd Street (39)
Brian Durkson	2363 N. 23 rd St. 19132
Jackie Gardner	2133 S. 58th Street (43)
Vivian H. Gee	1519 Paul Jack Dr, Hampton VA 23666
Claudie Hammond	2001 S 59 th Street, Phila, Pa. Apt. 406, 19143
Willie Holloway	4912 Osage Ave. 19143
Syreeta Jeter	411 N. 42nd Street (04)
Kathy Johnson	4751 Bingham St. (20)
Elizabeth E. Lavender	5917 Washington Ave. (43)
Elizabeth Kamara	2100 N. 49th St. Apt. 103 (31)
Corine McKeithan	4239 Pennngrove St. (04)
Mildred McNeil	3901 Market St., Apt. 607 (04)
Vincent Mercer	1345 71 st Avenue (26)
Arthur Neal	2172 Schaefer Road, Abington, PA 19001
Rose Davis Neal	2172 Schaefer Road, Abington, PA 19001
Eunice Patterson	1843 N 72 nd . Street, 19151
Joyce Patterson	6213 Walnut Street, 19145
Arletha D. Pierce	5524 Haverford Ave. Apt 413 (39)
Ida Pierce	5458 Locust Street (39)
Debbie Pompey	5623 Berks Street 19139
Maryetta Reid	4511 Walnut Street, Apt 220 (39)
Rhonda Gordon Simon	116 N. 61 st . Street (39)
Catherine Thompson	4400 Fairmount Ave, Apt.102, 19104
James Walden	4036 Angel Oak Ct., #104, Tampa Fl 33613
Audrey Washington	6213 Carpenter St., Phila 19143
Marlene Winfield	3939 Conshohocken Ave. Apt. 9400 (31)

NURSING CARE, ASSISTANT LIVING

Therion Hudson	Ecumenical Nursing Home, 624 Wilhelm Rd. Bldg. 2 Rm118, Harrisburg, PA 17111
Rev. Isaac N. Patterson IV	Centennial Nursing Home, 4400 W. Girard Ave. 19104
Henriette Stukes	Simpson House, Olde Main Bldg., 2101 Belmont Ave. 19131
Mamie Young	Renaissance Healthcare & Rehab, 4712 Chester Ave. RM-111 (43)
Alonso Wall, Jr	Germantown Home, 6950 Germantown Ave., RM-227 19119
Mabel Wilson	Simpson House, Olde Main Bldg., 2101 Belmont Ave., 19143
	HOSPITAL
Elizabeth Kamara	Lankenau Hospital 100 Lancaster Ave., RM 357 Wynnewood, PA 19096

*Please, remember our Sick and Homebound with card and a phone call.
Always keep them in Prayers.*

HAPPY
BIRTHDAY

*To all who will celebrate their
birthday for the Months of*



February
BIRTHDAYS





Upcoming Events

*Please send any articles of interest,
stories, birthdays, baby births,
anniversaries, any*



Mt. Pisgah Family & Friends

*celebrations, upcoming events,
anything you want to share with the church,
members and communities.*

*Birthday
Blessings*

*Anniversary
Blessings*

Send Information to:

*Dolores M. Clinton
clinton3962@gmail.com*

OR

*Betty L. Hammond
bhlolalou144@gmail.com*

*Help us to help you stay informed!
and to continue enjoying
The View from Mt. Pisgah...*

***Deadline for SPRING Edition
March 9, 2025***



BUSINESS CORNER

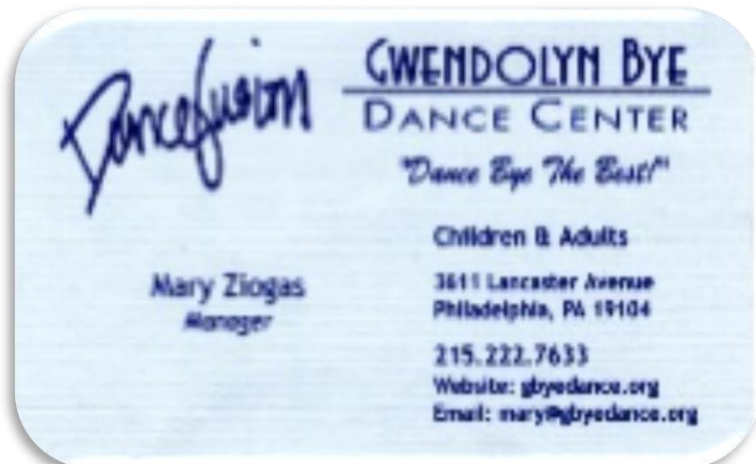
"Commit to the Lord whatever you do, and he will establish your plans"
Proverbs 16:3



L'jae Hair Care LLC
Located in the Suites

1417 Old York Road Suite
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Abington, PA 19001

Styles by Rina/Facebook
@Ljaehaircare/ Instagram



In Loving Memory

Shirley A. Harris

*There are places in the heart reserved especially for
those most Special to us. Rest in peace our beloved
We love you, But God love you best!*

Gone But Not Forgotten

