

1870

2005



**Mount Horeb Baptist Church**  
2914 Bladensburg Road N.E.  
Washington, D.C. 20018-1632  
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# THE UPDATE

NEWS & EVENTS

Vol. 27 No. 3

*And the Lord God took the man,  
and put him into the garden of Eden to dress it and to keep it. Genesis 2:15*

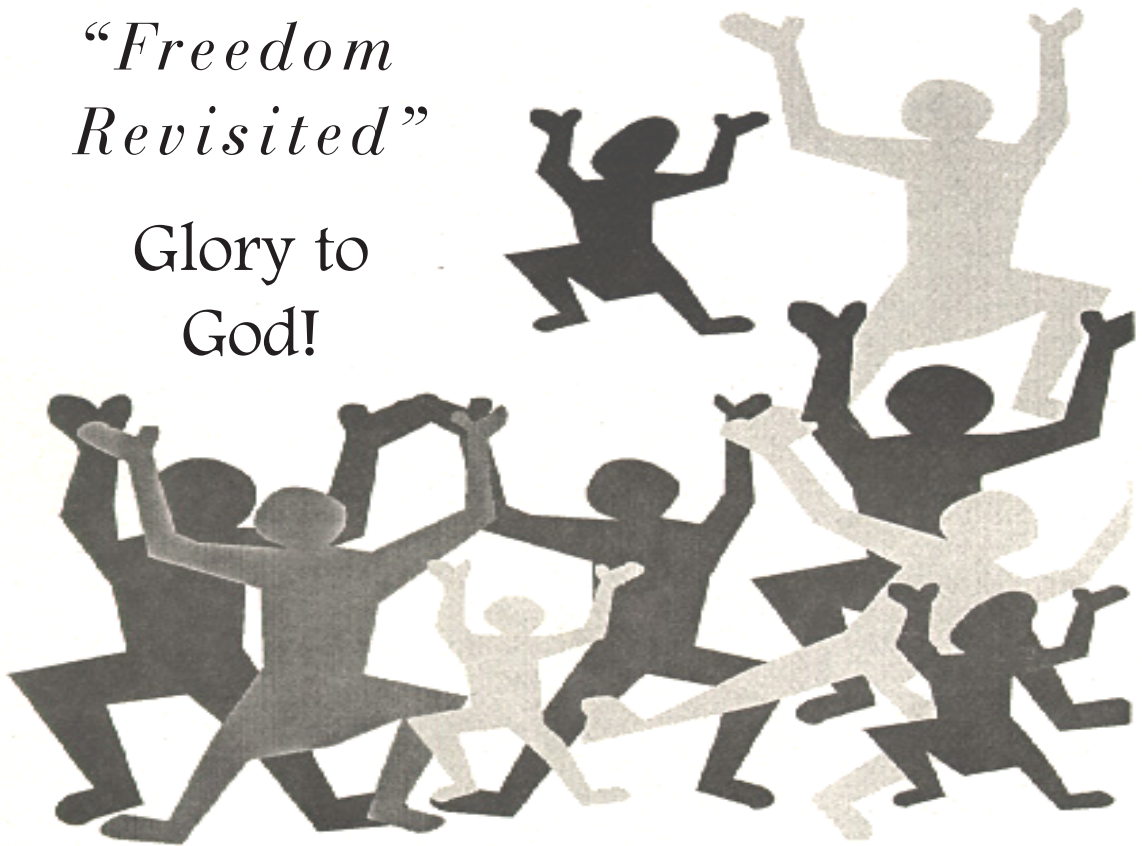
Jun/Jul 2005

## C E L E B R A T I N G

# *Juneteenth*

*“Freedom  
Revisited”*

Glory to  
God!



*The last day of slavery in the U.S.  
June 19, 1865*

HAPPY FATHER'S DAY



## ~~FROM THE CHURCH CLERK~~

**TO OUR NEW MEMBERS:** We welcome into the Mount Horeb Baptist Church Family, Sisters Sandra Darlene Fenwick-Jones and Daisy B. Liddell and Brother George Liddell. (Christian Experience)

"We don't change God's message, His message changes us."

**TO OUR SICK AND SHUT-INS:** "May the angels light your morning, and guide you through the night, may they comfort all your sorrows, may they help you with the fight. May they keep watch over your soul and show you better ways. May they guard you while you're sleeping, and see you through your days." Your Church Family joins with Pastor Cooper in praying that you have renewed strength and energy.

**TO OUR VISITORS:** "For all His children, God desires a life without flurry. His will for everybody is that we should trust and not worry. To make it in a tough world, keep in touch with God." Pastor Cooper and the Mount Horeb Baptist Church Parishioners welcome you. We are delighted and blessed to have you worshiping with us. You are invited to come back AGAIN! AGAIN! and AGAIN!

**PLEASE NOTE:** To keep the church's membership records current and in order, please make the Church Clerk aware of any changes in your name, address or telephone number. Some members have not supplied the church with their complete date, month and year of birth. This information is also needed so your record can be accurate and complete. Thank you for your cooperation.

**FYI:** When a member has been away from the church and has become inactive (over 12 months), he/she must be reinstated. For information as to the procedure you must follow, please see one of the Deacons in the church.

Sister Joan Randolph  
Church Clerk

## ANNOUNCEMENT

**Come one, come all to the  
Annual Church-Wide  
Picnic.**



Plenty of good food,  
lots of fun, good music,  
recreational activities,  
great fellowship and the  
best fried fish in town.



Saturday, July 16th, 2005

12:00 noon till 7:00 p.m. or dusk

Cosca Regional Park, Clinton, Md.

**There will be directions to the park in the office.**

*HEAR, YE children, the instruction of a father, and attend to  
know understanding.*

*Proverbs 4:1*

## JUNE SUNDAY SCHOOL SUBJECTS

Sunday, June 5th - "Baptism and Temptations"

Lesson Scripture - Mark 1:4-13

Sunday, June 12th - "Miracles"

Lesson Scripture - Mark 2:1-12

Sunday, June 19th - "Trials and Opposition"

Lesson Scripture - Mark 14:53-65;15:1-3

Sunday, June 26th - "Triumph"

Lesson Scripture - Mark 16:1-16

## JULY SUNDAY SCHOOL SUBJECTS

Sunday, July 3rd - "Experiencing True Happiness"

Lesson Scripture - Matthew 5:1-16

Sunday, July 10th - "Practicing Genuine Righteousness"

Lesson Scripture - Matthew 6:1-15

Sunday, July 17th - "Learning to Listen"

Lesson Scripture - Matthew 13:9-17

Sunday, July 24th - "Receiving and Giving Forgiveness"

Lesson Scripture - Matthew 18:21-35

Sunday, July 31st - "Meeting Human Needs"

Lesson Scripture - Matthew 25:31-46

Join Us for Sunday School...All Are Welcome!

Deacon Wylie D. Powell, Superintendent

## JUNETEENTH DAY



June the 19th is a day we should remember. This day was called Juneteenth Day by many southern African Americans.

June the 19th is the oldest known celebration of the ending of slavery. From its Galveston, Texas origin in 1865, the observance of June 19th as the African American Emancipation Day has spread across the United States and beyond.

June the 19th commemorates African American freedom and emphasizes education and achievement. It is a day, a week and in some areas a month marked with celebration and picnics. Some families celebrate their annual family reunion. Some southern churches have service with guest speakers, arts and crafts, etc. Let us not forget this African American Emancipation Day. It is a time for reflection and rejoicing. It is time for assessment, self-improvement and planning our future. Its popularity is rather low in these modern days. Let us rebuild its popularity; teach our children and move to a level of maturity and dignity which is long overdue. Let every city, town and countryside join hands to truthfully acknowledge a period in our history. People of all races, nationalities and religion should join with African Americans to ban hate organizations and discrimination and seek better education for our children.

Let us become sensitized to the condition and experiences of others. Only then can we make significant and lasting improvement in our society. Keep June 19th in our minds.

Submitted by Brother Leopold Wilburn  
*Those who walk with God always reach their destination.*

## “HANDLING OUR HURTS”

Luke 10:30-37



We have heard many sermons on the Good Samaritan which admonished or encouraged us to help those who had fallen along the way. But what about when you are the one who has been hurt?

What do we do when we are the one who has been beaten and bruised and left along the roadside? How can we handle our hurts?

We can resent our hurts. We can whine and sob, "why did it have to happen to me?" If that is all we can do as we lie wounded along the roadside, resentment will eat into our spirit until there will be nothing but hatred and bitterness.

We can give in to them and say "whatever will be, will be, what's the use?" Others have been robbed and left wounded on the road; they gave in to their hurts and said, "well, that's the way the ball bounces."

There is another and better way to handle our hurts and that is to surrender them to the One who really understands and is always ready to help. Help for our hurts may not always come in the way or from the people we had expected. The Priest and the Levites may have been so involved with their own duties or their own hurts and they may not have fully understood. But God understands our hurts; His help is available, if we are willing to surrender our hurts to Him and trust His love and His grace.

Even Jesus, who knew every kind of hurt, said from the cross, "...into thy hands I commend my spirit." And that is the only successful way for anyone to handle the hurts of life. God knows what is needed and how to salvage good out of evil. God bless you all.

*Pastor Cooper*

## EDITORIAL

A fashion designer may measure fabric by the yard or centimeter. A master builder measures by the square foot or square yard. The culinary artist measures by a dash, a pinch and sometimes, a milliliter.



Professionals tend to be precise with dimensions regardless of what entity is being measured.

An average person would, no doubt, have great difficulty achieving an equivalent degree of precision. If he or she wished to reach a proficient level of excellence, prolonged study may be required to qualify as a professional. Having said that, let's look at what the Christian father may need to measure if he hopes to achieve a level of excellence in fatherliness.

The earthly father still needs a benchmark to assess his progress and there is no manuscript superior to the Holy Bible. Hebrews 12:7 speaks of discipline by the father; therefore, he who does not discipline properly is missing the mark. Proverbs 13:1 mentions the father's instruction to his son to convey wisdom. "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord" (Ephesians 6:4). "Fathers, do not embitter your children, or they will become discouraged" (Colossians 3:21). Of course, fathers provide food, clothing and shelter for the family but spiritual guidance is also an essential element.

Fathers, are you measuring up to the standards set by the Holy Bible? Are you training the children (Proverbs 22:6) and not withholding discipline (Proverbs 23:13)? Unless you are meeting the standards set by God, corrective action is obligatory and you may wish to begin by revisiting His Word.

*Happy Father's Day!  
Sister Bernice Perry Perkins, Editor*

## ABOUT OUR CHRISTIAN SUMMER DAY CAMP



Our Christian Summer Day Camp is an ongoing program that takes place every July. Our camp is based on Godly principles and rooted and grounded in Christ. Children between the ages of five and thirteen years of age are able to attend the camp. Activities are planned that are meant to enrich and stimulate them while they are having fun. Each Summer for three weeks in July the children's day starts with daily devotions. In addition, most days field trips are scheduled, and we do our best to make them exciting and memorable. Some of the trips they have been on are: the Smithsonian Museum of African Art to participate in Playful Performances for Children, the Natural History and American History Museums, National Gallery of Art, Botanical Gardens, waterfront tour and boat ride provided by the Harbor Police, pontoon boat ride at the Bladensburg Waterfront Park to observe wildlife, National Aquarium, the Sculpture Garden, the WW II Memorial, Haines Point, performances for children at the Publick Playhouse to see the Russian Circus and a trip to the public library for storytelling.

There are computer classes, talks on various subjects, etiquette classes, arts and crafts, liturgical dance classes, movies and other recreation activities including gospel skating, bowling and swimming. In addition, the children are provided with lunch and snacks each day. As you can see the three weeks of Summer Camp are filled with varied activities.

We are constantly looking for ways to enrich our children and in the process we hope to leave them with some happy memories of their Summer camp experience. Sponsors are needed to enable more children to participate and to provide trips for the children that otherwise may be cost prohibitive. In addition, we need adults to go on the field trips and to share your resources and talents with our children. Any help you are willing to give the camp will be greatly appreciated. Donations may be placed in a supplementary envelope marked "Christian Summer Day Camp" and left in the church office.

Sister Tijuana Williams

## NOTICE

### STUDENTS & PARENTS

Traditionally, we have devoted much of the August edition of the UPDATE to our graduates and students. We will continue this practice. However, we must begin to place some limitations on how much we print for each student. Therefore, for the August/September edition of the UPDATE, students should limit their list of honors, achievements and activities to no more than six (6). UPDATE information forms for student use will be available in the Arizona Cousin Fellowship Hall beginning Sunday, June 19, 2005. Completed forms must be submitted to the UPDATE staff no later than Sunday, July 3, 2005.

## YOUTH ON THE MOVE

**WHEN:** Sunday, March 13, 2005 - 2:00 p.m.  
**WHERE:** Mount Horeb Baptist Church  
**WHAT:** A Piano Recital  
**WHO:** Duke Ellington Faculty and Students

Compositions provided by a group of young musicians were not ordinary music that we usually hear at a church service. Renditions played were Kennedy Center



quality entertainment. Brother Jabari Anderson, son of Trustee Gerald and Sister Deborah Anderson, is a 10th grade student at the Duke Ellington School of the Arts. Jabari, four of his fellow students and two faculty members gave performances worthy of the school name.

The piano division of the Music Department of the Duke Ellington School of the Arts hit the road to play in as many local churches and halls that would give them time and space to perform. The group embarked upon this endeavor to obtain wider recognition, to raise funds for the piano division of the music department, and eventually to travel abroad.

Sister Virginia Daniels, Reporter

## YOUNG PEOPLE'S COUNCIL AND RECREATION COMMITTEE EVENT



We invite everyone to join us for a day of fun, food and fellowship at Six Flags America for the Annual "Praise in the Park" featuring Fred Hammond on **Saturday, June 11, 2005**. Tickets are required for admission to the park and concert. The price is \$19.95 per person for ages four and older. Children under 4 are free. The Council encourages all those going to also purchase a meal ticket, which is \$10.75 per person so that we may eat together, as group, in a reserved area. The meal ticket includes hamburgers, hotdogs, 2 side dishes, chips, ice cream and soda. Transportation to and from the park will be arranged, if needed.

A member of the Young People's Council will be available in the Arizona Cousin Fellowship Hall after the 10:30 a.m. service to accept your reservation and money. Please indicate at that time if you require transportation. You may also leave your money in the church office during office hours. **All payments (cash only) are due no later than May 22, 2005.** Flyers are available in the Informational Stand in the Arizona Cousin Fellowship Hall. For more information please contact Sister Elicia John or Deacon Johnathan Beckett, Chairperson.

Come out, bring your family and friends and let's have fun praising the Lord!!



**"A SALUTE TO OUR COLLEGE YOUTH"**  
**SISTER SAMANTHA MCARTHUR**                      **SISTER SANOVIA MCARTHUR**



Samantha Nichelle McArthur is a native of Bowie, Maryland and the proud daughter of Brother Booker and Sister Annie McArthur. Samantha has been a member of Mount Horeb since 1990, and a served as a member of the Youth Choir, Junior Usher Board and Sunday School. Upon completion of her education at Bowie High School, she went on to attend college at the University of Maryland Eastern Shore (UMES) where she transcended from her high school mentality to that of a strong-minded college freshman.

After spending only one year at UMES majoring in computer technology, Samantha transferred to Bowie State University, where she changed her major to Business with a concentration in Information Systems. Here she established meaningful goals that she would carry throughout her college career as well as develop essential skills to utilize in corporate America. During her tenure at Bowie State, she is an intern at Federal Energy Regulatory Commission and General Services Administration. She continues to finance her college miscellaneous fees and has enjoyed her intern positions with the federal government. She is also a member of Toastmaster International and Kiwanis-Circle K.

Upon graduation from college (Fall 2005), she plans to land herself a job which will allow her travel around the world, and enjoy all things she loves to do most in life. Samantha is a strong African American woman who plans to be more than just a statistic in life. With her well established goals and determination, she strives to excel in what is expected of her. She continues to be a loving friend, sibling and daughter to her loved ones and expresses her devotion to Christianity.

**MOUNT HOREB ANNUAL HEALTH FAIR**



The Mount Horeb Annual Health Fair was held on April 2, 2005 and many people came out to obtain health-related data. Brother Ricky Gallmon and his fiancée had an impressive display of Shaklee nutrition products; Howard University Hospital Dental School students showed attendees some useful dental techniques to attain better care of their teeth and gums; Dr. Shari Campbell displayed an array of hand-outs on Women's Health. If you picked up one of the hand-outs and read it, you found some life-saving information. I was impressed by those who came to the Fair and the variety of material presented. Special thanks to Dr. William Morris and Trustee Hayward Corley.

Sister Virginia Daniels, Reporter



Sanovia is a 1999 graduate of Bowie High School, Bowie, MD. While attending Bowie High, she was actively involved with the gospel choir, basketball team, track, Future Business Leaders of America, and mentoring program. Sanovia furthered her educational goal at Towson University, where she was President of Sisterhood, Assistant for Campus Events and one out of five founders of The E-Business Association.

She later made the decision to attend Bowie State University and pursued an internship at Sughrie Mion PLLC Law Firm. She has interned at Department of Education, Federal Bureau of Investigation, DC Children Trust Corporation and Federal Emergency Management Agency. While attending Bowie State University she became a member of Alpha Kappa Alpha Sorority, Inc. She earned her Bachelor of Science Degree in May 2004, majoring in Business Information Systems.

She is currently employed with Micros Systems, in Columbia, Maryland, with a continuing ambition to pursue a Masters Degree in Guidance and Counseling.

Sanovia is the daughter of Brother Booker and Sister Annie McArthur; she is the oldest of three children. She has been a member of Mount Horeb since 1990, served on the Usher Board, Junior Choir, attends Sunday School and is a member of the Young Peoples Council.

**WALKING A MILE**



"Walking a mile in your own shoes is taking steps toward better health." That's what Sister Betty Brewington discovered when she became one of the Morning Milers, a walking program sponsored by Washington Hospital Center in partnership with the Prince George's Sports & Learning Complex.

Sister Brewington began walking in July, 1998 when she saw a friend taking part in the program. She walks at least four mornings a week now and has logged more than 4,000 miles since she started. Since she started, she has improved both her heart rate and blood pressure.

Mount Horeb members may wish to talk with Sister Brewington about additional benefits of this program. CONGRATULATIONS Sister Brewington.

*Some people walk in the rain; others just get wet.*

## PASTOR'S 17TH ANNIVERSARY



The 17th Anniversary of Pastor Delmus U. Cooper and Sister Willie B. Cooper began on Saturday, April 9, 2005 at 3:00 p.m. with a spiritually and emotionally filled program hosted by Mount Horeb Baptist Church Program Committee Chairperson, Sister Tania Allen. The theme for the day was "Living as a Godly Example" (Psalm 119:1-6). Sister Amani Rushing, a Stanford University graduate, served as Mistress of Ceremony. She was very warm, inspiring and excited in her revelations of Pastor and Sister Cooper. The Cooper family and friends from out of town were present to witness the proceedings.

The program began with a processional of eight choirs and each one presented one rendition of their choice. At the conclusion of the program, greetings from a host of church auxiliaries were extended to Pastor and Sister Cooper. A tasty lunch was provided after the service.

On Sunday, April 10, 2005, the 10:30 a.m. morning message was graciously presented by Rev. H. Wesley Wiley, Pastor Emeritus from Covenant Baptist Church, Washington, D.C. His text was "God's Promise to his Church" (Jeremiah 3:11): "And the Lord said unto me, the backsliding Israel hath justified herself more than treacherous Judah." God promises to deliver his people from backsliding. You can avoid this by not hanging with the wrong crowd and your soul will never be destroyed if you trust and believe in God. After the service, a delicious lunch was served by the kitchen committee and youth. During the luncheon, we enjoyed a marvelous rendition of a liturgical dance by Sisters Devanee Beckett and Tiffany Moore.

Historical highlights of all the wonderful accomplishments were presented at the 7:30 a.m. service by Sister Delores Saunders and at the 10:30 a.m. service by Sister Elicia John. Some of the projects that came into fruition are: awareness and focus on Lott Carey Foreign Mission; financial support for American and Progressive Baptist Conventions; Mount Bethel Baptist Church Association; acquisition of six or more properties to provide needed space for expanding membership; Laymen's League; United Women; The Male Usher Board; Mass Male Choir; Security Group; Youth via Youth Summer and Computer Camps; Web Ministry, Boy and Girl Scouts; Share Food Program; Sandwich Brigade; Alcoholics Anonymous; Bible Study and other spiritually enriching services for seniors at Fort Lincoln Community; New Fellowship Hall, Commercial Kitchen, New Administrative Offices; an elevator; Recreation Center equipped with gymnasium, showers and Fitness Center.

The program committee is to be congratulated for having planned and executed such an extraordinary program for the 17th Anniversary of our beloved First Family and their families. "If it be possible, as much as lieth in you, live peaceably with all men" (Roman 12: 18).

Submitted by Sister Dorothy A. Hunter

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### NEWS FROM THE CONSOLING CHOIR

The Consoling Choir provides music for Funerals held at Mount Horeb Baptist Church. The Choir needs additional members. This is a special appeal to those retirees who can be put on a "Call List". When a funeral is scheduled, you would be called and, if available, be asked to serve. The services usually begin at 11:00 a.m. and end around 12:30 p.m. or earlier. Please contact Sister Clarene Jones for additional information. Her telephone number is listed in the church directory. Thank you for your cooperation.

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*And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.*

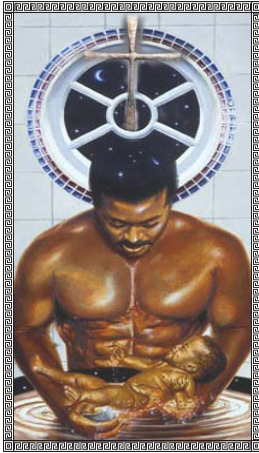
*Ephesians 6:4*

*Honour thy father and mother; which is the first commandment with promise.*

*Ephesians 6:2*

## THE CHRISTIAN BLACK MAN

There is nothing  
more beautiful  
Than a Christian  
black man.  
Whether five-two  
or six-seven  
Yellow fabulous  
or chocolate  
heaven.



There is nothing  
more beautiful  
Than a Christian  
black man.  
Long and lean  
with deep brown  
eyes,  
Wavy hair or  
dreds  
With Jesus on his  
mind.

There is nothing more beautiful  
Than a Christian black man.  
Bald head with goatee,  
Cornrows or a fade  
little thick, a little thin  
Oh, the choices to be made.

There is nothing more beautiful  
Than a Christian black man.  
Scholarly or not  
Wall Street or hip hop  
I'll sing your praises  
To the mountain top.  
Head of the home, Provider and lover  
Obedient son and loving brother.

There is nothing more beautiful  
Than a Christian black man.  
A mighty protector you've proven to be  
Sacrificing your life to keep me free  
Working for crumbs when the table is bare  
Praising the Lord, leading the family in prayer.

There is nothing more beautiful  
Than a Christian black man.  
Holding my hand when fear emerges  
Remaining faithful, suppressing your urges  
Proving your strength by turning the other cheek  
Having high hopes when the situation is bleak.

There is nothing more beautiful  
Than a Christian black man.  
Treating me like the queen I was born to be  
Never disrespecting, dishonoring, or disgracing me  
Giving me credit when it is due  
OH CHRISTIAN BLACK MAN HOW I HONOR YOU.

There is nothing more beautiful  
Than a Christian black man.

## TIMELESS WISDOM

Awaken to the presence and power of God.

Know that God is the answer to every prayer.

Be comforted by God's gentle, loving power.

With faith in God, know that, what may seem impossi-  
ble is possible.

Be reminded that the all-knowing, guiding presence of  
God provides for you.

Pray with the expectation of unlimited blessings.

Let the Christ spirit within you be your source of hap-  
piness and joy.

Accept and be thankful for God's grace in the many  
ways you are blessed.

Sister Dorothy Dines Davenport

## Prince George's County Public School 5K Run/Walk



This second event, "Excellence in Education," 5K Run/Walk was held to raise literacy awareness and funds for the "Library Inside the Classroom Initiative." It was an honor to participate and take an active part in our children's future and pick up the pace for education. School buses located at Largo Senior High School provided transportation to the race location. On April 23, 2005, the run/walk began at Perrywood Elementary School and continued through Watkins Park and back .

There was a 15 minute warm-up session prior to the run/walk race which started at 9:00 a.m. The course was actually 3.125 miles. My finish time for walking was 49.53 minutes. At the end of the race, participants were given bagels, oranges, bananas, cookies, cupcakes, water and juice. The winners were announced according to age groups. I received 1st place for women in the age group of 60-64. I was presented with a 1st place gold medal by Marina Harrison (2003 Miss Maryland), Dr. Andre J. Hornsby (Supt. Schools) and Howard Stone (a former member of Mount Horeb). There were over 2,000 participants and over \$95,000 raised. I thank God for giving me the fortitude to walk this race for a very good cause.

Submitted by  
Sister Dorothy Hunter

## AN OPEN SECRET



Retirees, have you heard about the Mid-Week Bible Class? This group of approximately 25 persons has been meeting every Wednesday morning in the Audrey Gross Chapel for 4 years.

Yes, 4 years, slowly walking through the Bible from Genesis to Revelations. The class is now in the Book of I Chronicles.

The class is taught by Sister Mabel Turner who has traveled extensively in the lands she teaches about and augments with maps and slide projections. It also helps that other students, i.e., Sister Elise Hawkins and Sister Lillian Harris have made the journey to the Holy Land. Scriptural doctrine is the mainstay of current events and daily living testimony.

During the Summer months, when the retirees vacation (smiles), an inspirational book is selected for mental stimulation. The last reading was "The Purpose Driven Life" by Reverend Rick Warren. The book was mentioned as a catalyst in capturing the Atlanta fugitive.

So retirees, once you have finished mall-walking and gardening, why not come out for a mid-week picker-upper. Marching to the Book of Revelation with Brothers and Sisters in Christ is a beautiful journey and fellowship.

On Wednesday evenings, another class of 25 persons assembles for Bible Study. This group is now marching through the Book of Psalms. There are many opportunities to get acquainted with God's Word. It's an Open Secret!

Sister Barbara Battle, Reporter

## SENIOR GUILD

On March 12, 2005, Sister Linda Delaine, a member of Friendship Baptist Church and the Downtown Cluster Tour, volunteered her time to be a guest at the Senior Guild monthly meeting. Sister Delaine enlightened the Guild members with her artistic talent as she depicted the life of Jesus. The crowd was spiritually motivated by her performance from beginning to end. It was amazing to see a stellar act so elegantly prepared and delivered with such magnitude. May God bless her as she continues to give her time and heart in such a generous way.

Sister Cornelia Vaughn, Reporter for the Senior Guild  
*When we read the Bible God talks to us, and when we pray we talk to Him.*

## NEWS FROM THE DEACONESS BOARD

Colossians--1:29 "I also labor, striving according to His working which works in me mightily."

The Deaconess board held a devotional service at the Washington Center for Aging Services on Saturday, April 30, 2005. As part of our activities to support and encourage the residents in the wing of the facility that we adopted three years ago, we regularly visit to fellowship and volunteer. We were all blessed as we sang, read scripture and prayed with the residents. It was an enjoyable, uplifting experience in the Lord. The residents appreciated our prayers especially and many of them joined in on the songs. We all had a wonderful time in the Lord. After the fellowship with our wing, we also visited and prayed with Honorary Deaconess Gertrude Davis and Sister Ruth Simmons, both of whom are currently residents of the Washington Center for Aging Services.

Continue to pray for us as we strive to do the work of the Lord.

Deaconess Shari Campbell, Reporter

## DEACON'S REPORT

The Mount Horeb Church Family is blessed to have three young Deacons, with the support of their wives, whose ministry is to the youth of our church. Our youth is the future of our church.

The scripture says: "Train up a child in the way he should go: and when he is old, he will not depart from it (Proverbs 22:6).

Deacons Johnathan Beckett, Eggerton Campbell and Terry Moore, including Sister Willie B. Cooper, Director of Christian Education, along with others, work tirelessly structuring enhancement programs for our youth that are fun, safe, educational, physical and most importantly spiritual.

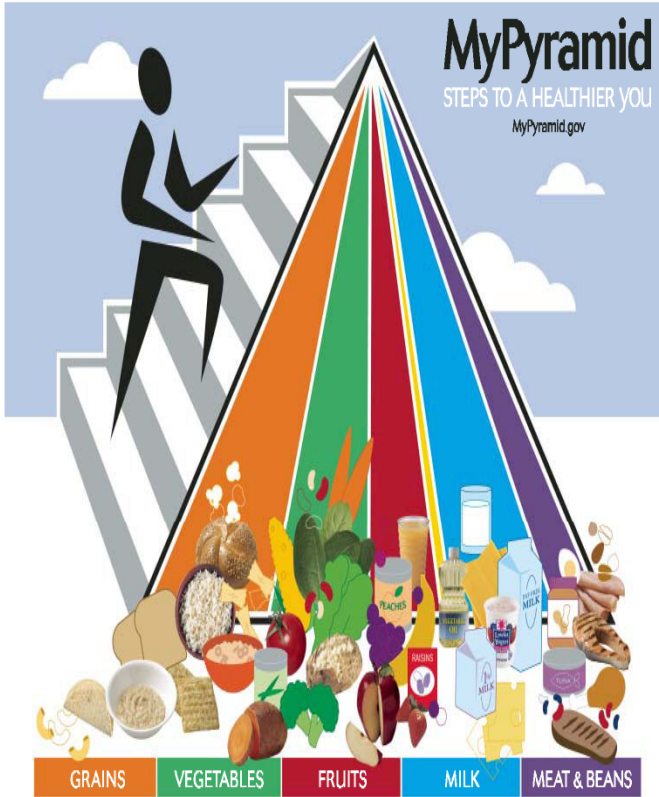
These programs include: Annual Family Night, Youth Prayer Breakfast, Annual Youth Lock-in, Pizza Feast (college panel), Youth Seminars, leading of Tuesday Night Prayer Service, Black History Program, Fall Festival, Church Picnic, Church-wide Retreat and Dance of Praise. We are sure that other programs are evolving and are forthcoming. Mount Horeb, take a look at this listing. Where else can you get so much for free, except for your tithes and offerings?

I know of no safer environment for our kids. I see a blessing in this, don't you?

We should mention that all three Deacons have their children enrolled in these programs. This gives their involvement extra spice. As Christians, we are obligated to help one another, especially our children. We are to help keep them on the right path and steer them in the right direction.

Deacons, continue to be encouraged in the Lord and your work will be blessed.

Deacon James L. Paschall, Reporter



The Dietary Guidelines for Americans, 2005, gives science-based advice on food and physical activity choices for health.

What is a "Healthy Diet"? The Dietary Guidelines describe a healthy diet as one that: emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; includes lean meats, poultry, fish, beans, eggs, and nuts; and is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

The recommendations in the Dietary Guidelines and in MyPyramid are for the general public over 2 years of age. MyPyramid is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.

To obtain additional information and to access and use your personal pyramid go to MyPyramid.gov.

**Prayer Concern:**

"We ask all of our friends to join us as we pray for God's guidance and understanding of His Word.

Deacon James Boseman  
Chairman Deacon Board

**HOMEOWNERS SCAMMED INTO SELLING HOMES**

**LCE Files Suit** - AARP attorneys filed suit in District of Columbia Superior Court against five District and Maryland residents, contending that they deceived homeowners into signing away their homes for a fraction of their value. Three senior residents age 64 (NW); age 71 (SE); and 77 (NE), allege they were tricked out of the deeds to their homes -- ranging in value from \$125,000 to \$270,000 -- for between \$9,200 and \$20,000.

According to attorney Jim Sugarman of AARP Legal Counsel for the Elderly (LCE), the plaintiffs' homes were their only significant assets. Each of the three had lived in his or her home for more than 20 years -- one, since birth.

**MY MORNING PRAYER**  
*"This is the day the Lord has made; let us rejoice and be glad in it." (Psalm 118:24)* "O God, for another day, for another morning, for another hour, for another minute, for another chance to live and serve Thee, I am truly grateful."

Be Thou with me for another day, and use me as Thou wilt. For Christ's sake I pray. Amen.

Do Thou this day free me  
 from all fear of the future,  
 from all anxiety about to-morrow,  
 from all bitterness towards any one,  
 from all cowardice in face of danger,  
 from all laziness in the face of work,  
 from all failure before opportunity,  
 from all weakness when Thy power is at hand.

But fill me  
 with Love that knows no barrier,  
 with Sympathy that reaches to all,,  
 with Courage that cannot be shaken,  
 with Faith strong enough for the darkness,  
 with Loyalty to Thy Kingdom's goal,  
 with Wisdom to meet life's complexities,  
 with Power to lift me to Thee.

**Order Of Service**  
**Sunday**  
 7:30 a.m. and 10:30 a.m.....Worship Services  
 Fourth Sunday.....Holy Communion

**~UPDATE STAFF~**

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The suit charges that Vincent Abell and five other defendants conspired to take advantage of these homeowners when they discovered they were under threat of foreclosure by inducing them to transfer over their deeds, while leaving the victims responsible for their mortgage loans.

Sugarman said, because foreclosure "rescue" scams are on the rise we've been swamped with complaints like this -- and fear more as skyrocketing District housing values make this kind of scheme even more lucrative.

Anyone feeling they may be targeted by foreclosure "rescue" cons should call AARP Legal Counsel for the Elderly at (202) 434-2120.