

~~FROM THE CHURCH CLERK~~

TO OUR NEW MEMBERS: The Mount Horeb Church Family is always happy to welcome new family members into the Body of Christ. In the month of January, Sisters Diane D. Miller, Lynnette Blair (Restored), Leona E. Rutherford, Adelaide S. Ebron and Pattie Henry and Brother Joseph Henry (Christian Experience) became a part of the Church Family after receiving the Right Hand of Fellowship. WELCOME!

TO OUR SICK AND SHUT-INS: Pastor Cooper and your Church Family's thoughts and prayers are always with you. We pray that you will be renewed with strength, good health and healing. Remember, the God who holds the universe is the God who is holding you.

TO OUR VISITORS: "A careless word may kindle strife, a cruel word may wreck a life, a timely word may lessen stress, a loving word may heal and bless." Pastor Cooper and the Mount Horeb Parishioners welcome all visitors. We are indeed blessed to have you worshiping with us. You are invited to return and fellowship with us, Again! Again! and Again!

REMINDER: At the Annual Church Meeting scheduled for Saturday, March 20, 2004, at 10:00 a.m., reports from the following Auxiliaries and Boards should be given (with a copy to the Church Clerk): Treasurer, Audit Committee, Trustee Board, Deacon Board and the Department of Christian Education.

Thank you for your cooperation.
Sister Joan Randolph, Church Clerk

ABOUT NUTRITION

- Got canned **tomatoes**? Rich in vitamin A and C, tomatoes also are an excellent source of lycopene, the most powerful **antioxidant**. These nutrients may protect against **cancer, stroke** and **diabetes**. Surprisingly, the body absorbs antioxidants more easily from processed products, such as canned tomatoes or spaghetti sauce, than from fresh tomatoes. (Source: *Journal of the American Dietetic Association*)
- **Green tea** may be part of a heart-healthy diet. Researchers conducted a study in Japan, where green tea is the most popular drink. The study showed that people who drank at least one cup of green tea every day cut their risk for **heart attack** nearly in half. (Source: *American Journal of Cardiology*)
- When it comes to quick breakfast foods, **cold cereals** win hands-down in terms of health. Cereal offers **less fat** and more folic acid, iron, niacin and other **vitamins** than toast, breakfast pastries and fast-food breakfasts. An added attraction: Cold cereals **cost less** than other breakfast meals. (Source: *Journal of the American Dietetic Association*)

MARCH SUNDAY SCHOOL SUBJECTS

Sunday, MARCH 7th - "Love and Betrayal"

Lesson Scripture - Matthew 26:3-15, 20-25

Sunday, MARCH 14th - "Loaf and Cup"

Lesson Scripture - Luke 22:7-23

Sunday, MARCH 21st - "Prayer and Arrest"

Lesson Scripture - Matthew 26:36-50

Sunday, MARCH 28th - "Trial and Sentence"

Lesson Scripture - Mark 14:53, 55-64; 15:1,2, 12-15

All are invited to attend!

Deacon Wylie D. Powell, Superintendent

EDITORIAL

You enter the car, turn on the ignition and hear a guttural sound that makes your heart flutter. You turn the key again and hear the same sound, except now it is a faint sound. The thought slowly emerges, "I may need a battery charge." Do you call AAA or call the garage mechanic? While you ponder which option is best, a car pulls up behind you. You heave a sigh of relief for it is your next door neighbor. He will know which option is best.

Machines often need recharging and so do we. Our minds may be filled with useless information, burdens, anger and fears. How do we release what is no longer needed and may also be harmful? Some of us resort to medication for relief and comfort. Remember "Plop, plop, fizz, fizz?" If we are still thinking "to medicate eradicates," maybe we need a "battery" charge.

When you decide that a "battery" charge is what you need, where do you go? First, you must determine where the "battery" is located, that is, is the need physical, mental or spiritual? Often we attempt to fix the wrong "battery." Could it be that prayer is the charge you need?



Springtime brings us new growth of flowers, grass, vegetables, etc. We harvest "fruits" because we have planted and nurtured the seeds. Let us also plant and nurture those things which will yield Fruits of the Spirit.

Sister Bernice Perry Perkins
Editor

NUTRITION CLASS SERIES

The next series of five nutrition classes will begin Monday, March 15, 2004. Registration is required and registrants must be committed to attending all five classes. Classes will be held from 6:00 - 7:00 p.m. in the Annex Fellowship Hall. To register, contact Sister Bernice Perry Perkins.

VENGEANCE

(Matthew 5:38-39)



Christians are called to a style of life that is totally free of vengeance. A wrong done to you does not give you license to inflict a wrong on someone else.

Vengeance is harmful to the avenger as well as to the avengee. Jesus labeled hatred as inhuman

and vengeance always rises out of hatred. Vengeance produces in the human heart a disorganizing anxiety and displaces those positive and constructive dispositions where our well being lies.

For the man of vengeance, every sunset is bleached of valor; every meal is rendered bland and tasteless; every dream is cankered and every relationship is soured. Vengeance stops prayer, represses joy, misdirects energy, robs the middle years of their productivity and crowns old age with a thorny wreath of bitterness.

Vengeance is futile. Evil is not the true answer to evil. It never was and it never will be. Vengeance simply perpetuates the cycle of sin against hate. We would do better to meet the one who offends us with kindness that is mentioned in Romans 12:20-21: "If your enemy is hungry, feed him; if he is thirsty, give him drink; for by so doing you will heap burning coals upon his head. Do not be overcome by evil, but overcome evil with good."

Vengeance is wrong because something else is right. And that something else is forgiveness.

Some people keep picking at their scar tissue so that the wounds will stay. Others massage their scars so that every trace may vanish.

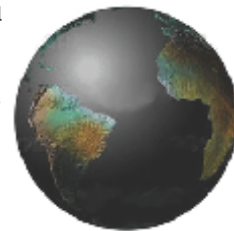
If we have not learned how to forgive others, we haven't learned to receive forgiveness for ourselves. Francis Bacon said: "By taking revenge a man is but even with his enemy; but by passing over it, he is supreme."

Pastor Cooper

TIMELESS WISDOM

Treat your body with kindness and love - for it is the only home in which you dwell.

Your mind is the key to your experiences how you use it determines your health, prosperity and security.



Say no to fear and hate.

God is present in all situations.

Criticism of yourself or of others is a "no, no."

God has not duplicated anyone or anything - each of us is unique.

Pray for peace in the world.

Making mistakes is how we learn.

Do not give others the power to control you.

Give of your time and talent.

Life is a journey - all the steps we take are necessary for our growth and maturity.

You can fit in and still be yourself.

Don't give advice - lend a helping hand.

Don't expect a friend to be perfect.

We are judged by what we finish - not what we start.

Share a laugh with a friend and be lifted.

A smile is a powerful weapon - you can even break ice with it.

Tact is the ability to not say what you are really thinking - be tactful.

To stay youthful, stay useful.

Thank God for the gift of life.

Dorothy Dines Davenport

NATIONAL COLORECTAL CANCER AWARENESS MONTH



How should I eat to prevent cancer?

Diet has been estimated to contribute to at least a third of all cancer-related deaths. Still, there is no definitive diet that will prevent cancer. Instead, experts propose a healthy lifestyle that includes physical activity; not smoking and eating well, specifically:

- Eat plenty of whole-grain products (breads, cereals, pasta and rice), vegetables, beans, lentils and fruits. These foods contain fiber, which is believed to reduce the risk of cancers of the rectum and colon, and they're rich in antioxidants, minerals and other phytochemicals that play a role in cancer reduction.
- Eat foods low in total fat, saturated fat and cholesterol.
- Use sugar in moderation. Likewise, don't go heavy on salt; instead, use herbs and spices to flavor food.

Uterine-cancer mortality runs eight times higher among heavy women. Overweight women develop more cancers of the breast, ovaries and gallbladder. Overweight men have more cancers of the colon and rectum. That's proof enough that it pays to reduce health risks through better eating *and* exercise.

Source: Michael O'Shea, Ph.D., Founder and chairman of Sports Training Institute

MARCH IS NATIONAL NUTRITION MONTH

Personal Action Steps You Can Take

- *Carry a water bottle with you every day and refill it at least three times.*
- *Burn some of the calories you take in—exercise can help you lose weight.*
- *Eat five to nine servings of fruits and vegetables a day. Dried fruits count!*
- *Make a low-calorie shopping list.*

THE DRAMA CLUB

The Drama Club is more than a body of people "acting out" a scene or an experience in a play. It is an organized group of fellow church members who share fellowship and unity of the spirit in striving to worship God in an active dramatic manner. The Drama Club is seeking new members of all ages.

There will be a brief and informative meeting in the Audrey Gross Chapel on Sunday, February 29, 2004, following the 10:30 a.m. worship service. We invite worshipers of all ages to attend as there are no small roles in God's program. If you have questions, please contact Sister Dorothy Jones.

THE FITNESS CENTER

The Recreation Staff thanks those of you who have come to the Fitness Center to exercise and fellowship with us. It has been a pleasure to serve you. We look forward to seeing more of you in the future.

Please review the Center days and times of operation in your Church Bulletin and govern yourselves accordingly. We are also looking for members who are willing to volunteer their service to work in the Fitness Center. Training will be provided.

So, is this the week - month - year that you will fulfill your spiritual and fitness goals? If so, we look forward to seeing you soon.

*Mount Horeb Baptist Church Fitness Center Staff
Brother Hayward Corley, Director*

And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible. (Mark 10:27)

You're either growing in Christ or withering away – there is no standing still.

Order Of Service	
Sunday	
7:30 a.m. and 10:30 a.m.....	Worship Services
Fourth Sunday.....	Holy Communion
9:00 a.m.	Sunday School
Tuesday	
7:30 p.m.	Prayer Service
Wednesday	
10:30 a.m.	Bible Study
12 NOON	Prayer Service
Saturday	
12 NOON	Youth & Adult Bible Study

**MOUNT HOREB BAPTIST CHURCH
SUNDAY SCHOOL**

All are welcome to the Mount Horeb Baptist Church Sunday School. You do not have to be a member of Mount Horeb. If you are seeking to know more about God, our LORD JESUS and the Bible, we need you.

We have classes for all groups and ages.

GROUP	AGES
Beginners	2-5
Primary	6 and 7
Middlers	8 and 9
Junior	10 - 12
Teenagers	13 and 14
Senior High	15 - 18
Young Adult	19 - 25
Adult	26 and above

There are 11 classes each week and surely we can find a place for you. Classes meet on Sundays at 9:00 a.m.

Classes for Beginners, Young Adults and Adults are held in 2914 Bladensburg Road. All other classes meet on the 2nd floor in 3005 Mount Horeb Plaza. Senior Adults who cannot travel meet on Saturday in the senior apartment building located at 3101 Bladensburg Road.

All classes are taught from the same Bible scripture at the appropriate class level. All class material is supplied by the church, however we suggest you bring your own Bible. Families can study together at home.

We look forward to seeing you on Sunday.

Deacon Wylie D. Powell, Sunday School Superintendent

Our Father is looking down on you with love, so keep looking up to Him in prayer.

These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world. (John 16:33)

If a problem is crippling you, use prayer for a crutch.

**FIRST FAMILY'S
16TH ANNIVERSARY CELEBRATIONS**



On Saturday, March 27 and Sunday, March 28, 2004, the Program Committee will host the 16th Anniversary Celebrations of Pastor Cooper and First Lady Willie B. Cooper. The Committee



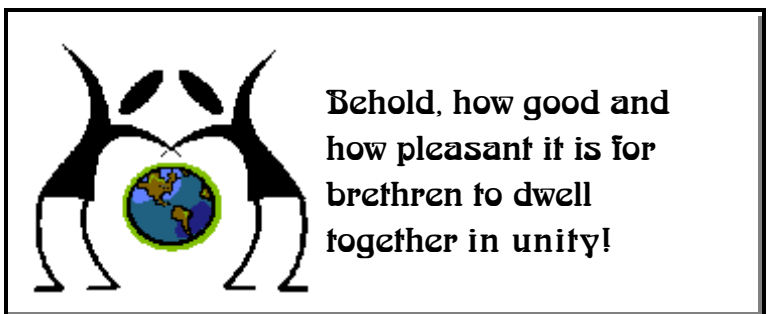
solicits the support of the entire Church Family in paying tributes to the First Family for 16 years of outstanding leadership. Check the Sunday bulletins for additional information.

Sister Tania Allen, Chairperson, Program Committee

**NATIONAL COLORECTAL CANCER
AWARENESS MONTH**

Between 1973 and 1992, colorectal cancer in black American men increased 40 percent; in black American women, it increased 16 percent. And during the same period, the death rate from colon cancer for black men increased 23 percent. Thousands of black American lives could be saved if all could have a healthy diet, avoid smoking and get regular checkups.

Get informed and share your knowledge with others. The National Cancer Institute (NCI) has the Cancer Information Service available to provide you with free information about cancer. NCI has a program called the National Black Leadership Initiative on Cancer (NBLIC) to help black American communities increase their cancer awareness. Call 1-800-4-CANCER (1-800-422-6237) for information. Source: NIH Publication No. 96-3412



SENIOR NEWS

Blackouts can happen anytime and the road conditions may prevent safe travel.

But even when electricity is out for a lengthy period, that doesn't mean going to bed on an empty stomach is your only option. A well-stocked pantry is the best way to prepare for a mealtime emergency.

There is a variety of nonperishable foods in the canned food aisle – such as canned fruit, vegetables, beans, fish, lean meats and chicken. These products are heat-sealed to preserve the foods' healthfulness, safety and flavor. Plan ahead.

Non-perishable food tips:

1. *Evaluate pantry needs:* Take a careful look at your shelves to see if they're stocked appropriately for both day-to-day mealtime preparation and emergencies.
2. *Be prepared:* Stock up with a variety of nonperishable foods, including cereal, crackers, granola or energy bars, canned vegetables, tomato juice, canned fruits, applesauce, fruit juice, dried fruit, canned tuna, canned chicken and lean beef, boxed milk (from the store shelf not the refrigerator), nonfat dry milk, salad dressing and trail mix.
3. *Stay hydrated:* Buy bottled water and plan for one gallon of water per person, per day. Keep a three-day supply of water at hand.
4. *Rotate supplies:* Be sure to rotate your nonperishable food and water supply every year.
5. *Remember the can opener:* Make sure you have a handheld can opener, paper plates, plastic utensils, paper napkins and towels and garbage bags. Keep a bottle of liquid sanitizer, too, for disinfecting without water.
6. *Use refrigerated foods while they are still cool:* Try to keep the refrigerator and freezer doors closed so heat stays out and cold stays in. Unopened, most refrigerators stay chilled for at least four to six hours according to author Roberta Larson Duyff, RD.

With a well-stocked pantry you won't have any problem putting together simple, tasty dishes. Just remember to use mayonnaise only if it is still cool.

Source: Washington Senior Beacon – November 2003

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You can give without loving, but you can't love without giving.
 The Lord is my shepherd; I shall not want. (Psalm 23:1)

DON'T EVER DIAL AREA CODE 809, 284 AND 876



This is UNCONFIRMED information provided by AT&T!

MAJOR SCAM: Don't respond to e-mails, phone calls or web pages which tell you to call phone numbers beginning with Area Code 809.

This scam has been identified by the National Fraud Information Center and is costing victims a lot of money, as much as \$2400 or more.

HERE'S HOW IT WORKS:

You will receive a message on your answering machine or pager which asks you to call a number beginning with Area Code 809. The reason you are asked to call varies. It can be to receive information about a family member who has been ill, to tell you someone has been arrested, died, to let you know you have won a wonderful prize, etc. In each case, you are told to call the 809 number right away. Since there are so many new area codes these days, people unknowingly return these calls.

WHY IT WORKS:

If you call from the USA, you will apparently be charged \$2425 per minute. The 809 area code is located in the British Virgin Islands (the Bahamas). Since the 809 code is not in the USA, it is not covered by U.S. regulations of 900 numbers, which require that you be notified and warned of charges and rates involved when you call a "pay-per-call" number. Call blocking does not work in preventing calls to the 809 Area Code.

It is important to prevent becoming a victim of this scam, since trying to fight the charges afterwards can become a real nightmare. That is because you did actually make the call. If you complain, both your local and long distance carriers will simply tell you that they are billing for the foreign company. You'll end up dealing with a foreign company that argues they have done nothing wrong.

It is recommended that no matter how you get the message, if you are asked to call a number with an 809 Area Code that you don't recognize, just disregard the message.

Source: AT&T Field Service Manager