

February is American Heart Disease Awareness Month

American Heart Disease Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

- The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.
- The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.
- At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.
- While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.9 million deaths each year.
- That number is expected to rise to more than 23.6 million by 2030.
- President Lyndon B. Johnson's [proclamation](#) first declared February as American Heart Month.

Chances are, we all know someone affected by heart disease and stroke, because about 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds. But together we can change that!

The biggest part of living healthy comes down to simply making healthy choices. While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent.

Did you know?

Cardiovascular diseases, which includes stroke, claim the lives of about one [woman](#) every 80 seconds unnecessarily -- because about 80 percent of cardiovascular diseases may be preventable with education and action.

Why is physical activity so important for health and wellbeing?

1. It's a natural mood lifter.
2. It keeps you physically fit and able.
3. It keeps the doctors away.

Being more active can help you:

1. lower your blood pressure
2. boost your levels of good cholesterol
3. improve blood flow (circulation)
4. keep your weight under control
5. prevent bone loss that can lead to osteoporosis



Begin your healthy lifestyle journey with Go Red, Get Fit!

(Information from the American Heart Association)



What should I do if I get a call claiming there's a problem with my Social Security number or account?

If there is a problem with your Social Security number, we will mail you a letter. Generally, we will only contact you if you have requested a call or have ongoing business with us, but we will never:

- Threaten you with arrest of legal action.
- Suspend your Social Security number (SSN).
- Demand immediate payment from you.
- Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.
- Ask for gift card numbers over the phone or to wire or mail cash.
- Ask for personal details or banking information to give you a cost-of-living adjustment (COLA).

Fraudsters pretend to be government employees and claim there is identity theft or another problem with your SSN, account, or benefits. These criminals continue to evolve and find new ways to steal your money and personal information.

To learn more about fraud prevention and reporting go to the [Protect Yourself from Social Security Scams](#) and [Scam Alert | Office of the Inspector General](#) pages.

If you receive a questionable call, hang up, and report the call to our [Office of the Inspector General](#).

Althea Neale Gibson (1927-2003)

She was the first to break the color barrier of the American Lawn Tennis League in 1950 and played in the U.S. National Tennis Championship in Forest Hills. She became the first African American player to play in Wimbledon in 1951. She won the French Championship in 1956. She won in Wimbledon in 1957, the trophy presented to her by Queen Elizabeth. She successfully defended her Wimbledon title in 1958. She won the U.S. National Tennis Championship at Forest Hills in 1957 and 1958. She retired from Tennis in 1958 and played for a while with the Harlem Globetrotters. She also broke the color barrier in golf, launching her golf career in 1964 and joining the LPGA.



BEREAN
Baptist Church

"Where Traditions & Innovations Commune" Through Cultural Awareness

BLACK HISTORY MONTH

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2425-33 West Indiana Avenue, Philadelphia, PA 19132-1304
Reverend Dr. Michael W. Couch, Pastor

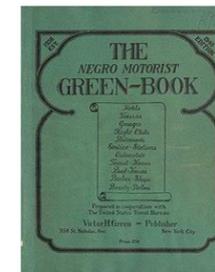
**The Green Book: Published 1936-1966
The Black Travelers' Guide to Jim Crow America**

For nearly 30 years, a guide called the "Negro Motorist Green Book" provided African Americans with advice on safe places to eat and sleep when they traveled through the Jim Crow-era United States.
Author: Evan Andrews

"There will be a day sometime in the near future when this guide will not have to be published. That is when we as a race will have equal opportunities and privileges in the United States. It will be a great day for us to suspend this publication for then we can go wherever we please, and without embarrassment."

That was how the authors of the "Negro Motorist Green Book" ended the introduction to their 1948 edition. In the pages that followed, they provided a rundown of hotels, guest houses, service stations, drug stores, taverns, barber shops and restaurants that were known to be safe ports of call for African American travelers. The "Green Book" listed establishments in segregationist strongholds such as Alabama and Mississippi, but its reach also extended from Connecticut to California - any place where its readers might face prejudice or danger because of their skin color. With Jim Crow still looming over much of the country, a motto on the guide's cover also doubled as a warning: "Carry your Green Book with you - You may need it."

First published in 1936, the Green Book was the brainchild of a Harlem-based postal carrier named Victor Hugo Green. Like most African Americans in the mid-20th century, Green had grown weary of the discrimination blacks faced whenever they ventured outside their neighborhoods.



**BEREAN BAPTIST CHURCH
MONTHLY NEWSLETTER**

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Rates of car ownership had exploded in the years before and after World War II, but the lure of the interstate was also fraught with risk for African Americans. "Whites Only" policies meant that black travelers often couldn't find safe places to eat and sleep, and so-called "Sundown Towns" - municipalities that banned blacks after dark-were scattered across the country. As the foreword of the 1956 edition of the Green Book noted, "the White traveler has had no difficulty in getting accommodations, but with the Negro it has been different.

READ MORE: Was Jim Crow a Real Person?

Inspired by earlier books published for Jewish audiences, Green developed a guide to help black Americans indulge in travel without fear. The first edition of his Green Book only covered hotels and restaurants in the New York area, but he soon expanded its scope by gathering field reports from fellow postal carriers and offering cash payments to readers who sent in useful information. By the early 1940s, the Green Book boasted thousands of establishments from across the country, all of them either black-owned or verified to be non-discriminatory. The 1949 guide encouraged hungry motorists passing through Denver to stop for a bite at the Dew Drop Inn. Those looking for a bar in the Atlanta area were told to try the Yeah Man, Sportsman's Smoke Shop or Butler's. In Richmond, Virginia, Rest-a-Bit was the go-to spot for a ladies' beauty parlor.

The Green Book's listings were organized by state and city, with the vast majority located in major metropolises such as Chicago and Detroit. More remote places had fewer options - Alaska only had a lone entry in the 1960 guide - but even in cities with no black-friendly hotels, the book often listed the addresses of homeowners who were willing to rent rooms.

Continued on page 2

African Americans in History

The Green Book, continued from page 1

In 1954, it suggested that visitors to tiny Roswell, New Mexico, should stay at the home of a Mrs. Mary Collins.

The Green Book wasn't the only handbook for black travelers-another publication called "Travelguide" was marketed with tagline "Vacation and Recreation Without Humiliation" - but it was by far the most popular. Thanks to a sponsorship deal with Standard Oil, the Green Book was available for purchase at Esso gas stations across the country. Though largely unknown to whites, it eventually sold upwards of 15,000 copies per year and was widely used by black business travelers and vacationers alike. In his memoir "A Colored Man's Journey Through 20th Century Segregated America," Earl Hutchinson, Sr. described purchasing a copy in preparation for a road trip he and his wife took from Chicago to California. "The 'Green Book' was the bible of every Negro highway traveler in the 1950s and early 1960s," he wrote. "You literally didn't dare leave home without it."

As its popularity grew, the Green Book expanded from a motorists' companion to an international travel guide. Along with suggestions for the United States, later editions included information on airline and cruise ship journeys to places like Canada, Mexico, the Caribbean, Africa and Europe. "We know a number of our race who have a long standing love affair with the tempestuous city of Paris," the 1962 Green Book noted. The guide also offered travel tips and feature articles on certain cities. The 1949 edition shined the spotlight on Robbins, Illinois, a town "owned and operated by Negroes." In 1954, readers were encouraged to visit San Francisco, which was described as "fast becoming the focal point of the Negroes' future."

In offering advice to its readers, the Green Book adopted a pleasant and encouraging tone. It usually avoided discussing racism in explicit terms - one article simply noted that "the Negro travelers' inconveniences are many" - but as the years passed it began to champion the achievements of the civil rights movement. In one of its last editions in 1963-64, it included a special "Your Rights, Briefly Speaking" feature that listed state statutes related to discrimination in travel accommodations. "The Negro is only demanding what everyone else wants," the article stressed, "what is guaranteed all citizens by the Constitution of the United States."

Victor Hugo Green died in 1960 after more than two decades of publishing his travel guide. His wife Alma took over as editor and continued to release the Green Book in updated editions for a few more years, but just as Green had once hoped, the march of progress eventually helped push it toward obsolescence. In 1964, the Civil Rights Act finally banned racial segregation in restaurants, theaters, hotels, parks and other public places. Just two years later, the Green Book quietly ceased publication after nearly 30 years in print.

Mary McLeod Bethune (1875-1955)

One of the most widely known African American women of the twentieth century, Mary McLeod Bethune was an educator, political advisor, and civil rights leader. After graduation from the Scotia Seminary in 1895, she taught at the Haines Institute in Augusta, Georgia, then at Kendall Institute in Sumter, South Carolina, where she met and later married Albertus Bethune. In October 1904, Bethune founded the Daytona Normal and Industrial Institute for Negro Girls in a small, rented cabin, and continued to develop the school over the next two decades. When white hospitals denied service to black patients and training for residents and nurses, Bethune founded McLeod Hospital to serve the community and to provide training for black physicians and nurses. By 1922, the school had over 300 students and a staff of 25, later becoming the Bethune-Cookman College. As well as working for education, Bethune founded the Circle of Negro War Relief in New York City during World War I, was vice president of the Commission on Interracial Cooperation, and served as president for two terms in the National Association of Colored Women, advising the Coolidge and Hoover administrations on African American issues. In 1935, Bethune founded the National Council of Negro Women and served as president until 1949. She retired from public life on her seventy-fifth birthday in 1950, settling in her home on the campus of Bethune-Cookman College, and over the next five years received 12 honorary degrees. In 2007, Bethune-Cookman College became Bethune-Cookman University.

James Langston Hughes (1902-1967)

Langston Hughes, was part of the Harlem Renaissance and was known during his lifetime as "the poet laureate of Harlem." He also worked as a journalist, dramatist, and children's author. His poems, which tell of the joys and miseries of the ordinary black man in America, have been widely translated.

James Langston Hughes was born on February 1, 1902, in Joplin, MO. In 1921 he enrolled at Columbia University in New York City, but he was so lonely and unhappy that he left after a year.

He worked at various jobs, including that of a seaman, traveling to Africa and Europe. His first book of poetry, "The Weary Blues," published in 1926, made him well known among literary people. He went on to Lincoln University in Oxford, PA, on a scholarship and received his B.A. degree there in 1929.

From then on, Hughes earned his living as a writer, portraying black life in the United States with idiomatic realism. "Not without Laughter," a novel published in 1930, won him the Harmon gold medal for literature. A book of poems for children, "The Dream Keeper," came out in 1932. Hughes also lectured in schools and colleges, where he talked with black youth who had literacy ability and encouraged them to write.

Dream Deferred - What happens to a dream deferred? Does it dry up like a raisin in the sun? Or fester like a sore - and then run? Does it stink like rotten meat? Or crust and sugar over - like a syrupy sweet? Maybe it just sags like a heavy load. Or does it just explode? (Published in 1951 by James Langston Hughes)

Lift Every Voice and Sing, Hymn #477

Lift every voice and sing,
Till earth and heaven ring.
Ring with the harmonies of liberty;
Let our rejoicing rise,
High as the list'ning skies,
Let it resound loud as the rolling sea.
Sing a song full of the faith that the dark past has taught us,
Sing a song full of the hope that the present has brought us;
Facing the rising sun of our new day begun,
Let us march on till victory is won.

Stony the road we trod,
Bitter the chast'ning rod,
Felt in the days when hope unborn had died;
Yet with a steady beat,
Have not our weary feet,
Come to the place for which our fathers sighed?
We have come over a way that with tears has been watered,
We have come, treading our path thro' the blood of the slaughtered.
Out from the gloomy past, till now we stand at last,
Where the white gleam of our bright star is cast.

God of our weary years,
God of our silent tears,
Thou who has brought us thus far on the way;
Thou who has by Thy might,
Led us into the light,
Keep us forever in the path, we pray.
Lest our feet stray from the places, our God,
where we met Thee,
Lest our hearts, drunk with the wine of the world,
we forget Thee.
Shadowed beneath Thy hand,
May we forever stand,
True to our God,
True to our native land.

Sick & Recovering "Naked & Ye Clothed Me; I Was Sick & Ye Visited Me" (Matthew 25:36)

+++++

Sisters:

Sandra Chestnut Juanita Parker
Elizabeth Crudup (Watch Care) Mother Hazel Frances Williams
Eld. Louise Jones

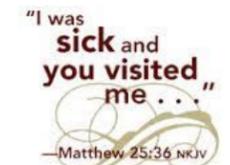
Brother:

John Clark

Nursing/Rehabilitation Centers:

Bro. Albert Chambers	Dea. Edith Lewis
Genesis Spring Nursing	Willow Terrace Nursing &
Rehabilitation Center	& Rehabilitation
1113 Easton Road	1 Penn Blvd.
Room #423A	Room #307
Willow Grove, PA 19090-1901	Philadelphia, PA 19144-1476

Eld. LaReine Richardson
Chestnut Hill Lodge
Healthcare & Rehabilitation
8833 Stenton Avenue
Room #C2A
Wyndmoor, Pa 19038-8319



Please remember to pray for our sick and recoveries
"Visit*Send Cards"

"Worship by Giving"

Worship Leader - 8. Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings. 9. Ye are cursed with a curse: for ye have robbed me, even this whole nation. 10. Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.

Worship Leader:
"Worship by Giving!"
Congregation:
"Praise the Lord!"

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"Worship by Giving!"
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"Worship by Giving!"
Congregation:
"Praise the Lord!"

"...she...put in everything - all she had..."
Mark 12:44

**Maya Angelou becomes
1st Black Woman featured on US Quarters**

The legendary author and poet, who died in 2014, is the first featured in a series of new quarters issued by the U.S. Mint.



The United States Mint began shipping quarters featuring the image of poet Maya Angelou, the first coins in its American Women Quarters Program.

Angelou, an American author, poet and civil rights activist, rose to prominence with the publication of "I Know Why the Caged Bird Sings" in 1969. Angelou, who died in 2014 at the age of 86, was honored with the Presidential Medal of Freedom in 2010 by President Barack Obama.

The quarter design depicts Angelou with outstretched arms. Behind her are a bird in flight and a rising sun, images inspired by her poetry.

The mint's program will issue 20 quarters over the next four years honoring women and their achievements in shaping the nation's history.

Homeless Outreach

"For the poor will never cease out of the land: therefore I command thee, saying, Thou shalt open thine hand wide unto thy brother, to thy poor, and to thy needy, in thy land." (Deut. 15:11, KJV).

The outreach team met at Needle Park during the Christmas season. The team was blessed to be able to provide those in need with a hot meal, Christmas candy, a religious tract, and a present. The team considered the unique needs of those living in the park in the middle of the winter. Therefore, the gifts given were scarves, gloves, hats, socks, lotion, blankets, and much more.

One of the most sought-after gifts was a throw blanket. These small blankets cost less than five dollars at most stores. However, at that time and place, they seemed priceless to those asking for them. One woman asked, "Can I have a blanket now because I am cold?" A small child looked up and asked for a blanket for each member of his small family.

Remember when you lay in your bed tonight that there are many people who do not have the basic comfort of a blanket to keep them warm. We should give thanks for the many blessings the LORD has given us and find ways to share them with others.

Submitted by Sister Charlene Howard

The Origin of Valentine's Day

Valentine's Day, also called **Saint Valentine's Day** or the **Feast of Saint Valentine**, is an annual **holiday** celebrated on February 14. It originated as a **Western Christian liturgical** feast day honoring one or more early **saints** named **Valentinus**, and is recognized as a significant cultural and commercial celebration in many regions around the world, although it is not a **public holiday** in any country.

Several **martyrdom** stories associated with the various Valentines that were connected to February 14 were added to later **martyrologies**, including a popular **hagiographical** account of Saint Valentine of **Rome** which indicated he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were **persecuted under the Roman Empire**. According to **legend**, during his imprisonment, Saint Valentine healed the daughter of his jailer, Asterius, and before his execution, he wrote her a letter signed "Your Valentine" as a farewell.

The day first became associated with **romantic love** within the circle of **Geoffrey Chaucer** in the 14th century, when the tradition of **courtly love** flourished. In 18th-century England, it evolved into an occasion in which **lovers** expressed their love for each other by presenting flowers, offering **confectionery**, and sending **greeting cards** (known as "**valentines**"). In Europe, **Saint Valentine's Keys** are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart," as well as to children, in order to ward off **epilepsy** (called Saint Valentine's Malady). Valentine's Day symbols that are used today include the **heart-shaped** outline, doves, and the figure of the winged **Cupid**. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards.

Saint Valentine's Day is an official **feast day** in the **Anglican Communion**, as well as in the **Lutheran Church**. Many parts of the **Eastern Orthodox Church** also celebrate Saint Valentine's Day, albeit on **July 6** and **July 30**, the former date in honor of the Roman **presbyter** Saint Valentine, and the latter date in honor of **Hieromartyr** Valentine, the Bishop of Interamna (modern **Terni**).

Birthdays	February 2 Brother Albert Chambers Brother Eric Arnold		
	February 3 Brother Furlon (Deak) Wood		
	February 6 Sister Destiny Osborne		
	February 7 Brother Albert K. Gray		
	February 9 Sister Barbara J. Jones		
	February 11 Deacon Jacquelyn Way		
	February 14 Mother Mary Beamon		
	February 16 Sister Hakeema Chapman		
	February 19 Sister Ernestine Sibert	February 26 Mother Hazel Frances Williams	
	February 23 Minister Anthony Gamble Sister Catherine Lassiter	February 27 Sister Linda Thomas	
	February 24 Brother Matthew Garvin	February 28 Mother Effie Gamble	



BLACK HISTORY MONTH



Sunday, February 5, 2023, 10:00 A.M.
(Focus on Evangelism/American Heart Month)

Saturday, February 11, 2023, 10:00 A.M.
(Congregational Recap In-House Meeting)

Sunday, February 12, 2023, 10:00 A.M.
(Youth & Young Adult Sunday)

Sunday, February 12, 2023, 4:00 P.M.
(Church Outing)

The Apostolic Council of Latter Rain for All People Fellowship, Inc.
6327 Limekiln Pike, Philadelphia, PA 19138
Apostle Jesse Ellis, III, Chief & Presiding Apostle

Tuesday, February 14, 2023



Sunday, February 19, 2023, 10:00 A.M.
(Holy Communion)



Monday, February 20, 2023
(Presidents' Day | Office Closed)



Sunday, February 26, 2023, 10:00 A.M.
(Focus on Family Harmony & African American Heritage Sunday)
(Minister Anthony Gamble, Delivering the Word)



Thought of the Month - Are you holding on to what's holding you back?

Services Offered Through The City of Philadelphia

PA House Scholarship Program

NOW ACCEPTING APPLICATIONS THROUGH APRIL 1, 2023

FOR MORE INFORMATION OR TO APPLY, VISIT WWW.TFEC.ORG

PROPERTY TAX/ RENT REBATE PROGRAM

for residents who are permanently disabled, 50+ and widowed, or 65+

Application Deadline: **June 30, 2023**

What we need from you:

EVERYONE
 All earned income tax forms (1099 SSI, W2s, etc.)

HOMEOWNERS
 Copies of all paid tax bills

RENTERS
 Signed form from the landlord

\$35,000
household income for homeowners &

\$15,000
household income for renters

For those on Social Security: half of SSI/SSD income is excluded for eligibility

The rebate program benefits eligible Pennsylvanians aged 65 or older; widows and widowers aged 50 or older; and people with disabilities age 18 or older. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded.

The Department of Revenue strongly encourages applicants to submit their applications [online](#).

Pennsylvania House of Representatives Scholarship

The Pennsylvania House of Representatives' Scholarship Program enhances educational opportunities for eligible students who reside in **Pennsylvania**. The program is privately funded by individual and corporate donors; no tax or other public funds are used. The program is administered by The Foundation for Enhancing Communities (a 501(c)(3) community foundation) and uses the nowU Pennsylvania 529 College Savings Program at the State Treasury Department to ensure that the scholarships keep pace with tuition inflation (nowU, formerly TAP 529, was established by the Pennsylvania General Assembly in 1992).

The program provides four-year scholarships to two high school seniors per year. The award is to be used towards the cost of tuition and fees for a four-year program at a college, university, or career school in Pennsylvania. Each award consists of the value of one semester of tuition at Shippensburg University in Shippensburg, Pennsylvania which is a state supported school for each of four years, as stipulated by members of the Pennsylvania House of Representatives when the scholarship was established. Half of each annual award will be paid in the fall semester, and half in the spring semester. Students must maintain eligibility criteria in all four years in order to receive ongoing awards.

NEED ENERGY ASSISTANCE?

LIHEAP

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

2022-2023 APPLICATIONS ARE NOW OPEN!

Let Gratitude Be Your Attitude

Today will Never come again. Be a blessing. Be a friend. Encourage someone. Take time to care. Let your words heal, and not wound.

Every day of your life is a gift from God. Don't squander it. Don't waste it being angry with anyone. Don't let it slip away by feeling sorry for yourself. Be grateful for this precious gift of life and spend it by being as happy and as thankful as you possibly can. Let your mind dwell on the good things which have happened to you. Let gratitude be your attitude. Think of your assets and don't let anyone else spoil your day for you. Enjoy every day of your life to the fullest. Realize that you can add to the joy of each day by making someone else happy.

The kind of prayer that helps you get into a peaceful, grateful attitude might be something like this:

"Heavenly Father, help me to be grateful for being alive right now. Help me to realize that no matter what my problems may be, where there is life there is hope. Help me to think positively and to realize that thousands of miracles are happening every day. Help me to pray, and help me to remember the times when prayer brought me peace. Let me be a better listener and not be self-centered. Help me to realize that if I get my mind occupied by helping and cheering up other people, I will be healthier than if I were always checking my own pulse. Help me to look for the good in everyone I meet. Let me realize that I cannot change anybody's way of thinking. Only by doing the best I can and setting a good example may I influence someone to change their behavior. Help me to understand that other people have as much a right to their opinions as I do to mine. Let me love myself as I am. Make me realize when I am not proud of myself, I am letting You, my Creator, down. I must be proud of the body you have given me and realize there is a purpose for every person being different. Let me realize that You, my Father, are with me always, to guide and comfort me. Let me open my heart and my pores and let Your love flow in. Let me accept the peace that You can bring and help me to understand that You have a plan and purpose to everything that happens. Amen"

BLACK HISTORY MONTH QUIZ

Test your knowledge of Black History. Circle the answers that you think are correct.

- An act of Congress in 2003 established this museum, which opened in 2016 as part of the Smithsonian Institution.
 - A. National Museum of African American History and Culture
 - B. National Civil Rights Museum and Institute
 - C. National Abolitionist Museum
 - D. Martin Luther King Jr. Museum
- This book by Alice Walker won the 1983 National Book Award for Fiction and was made into a movie starring Whoopi Goldberg.
 - A. The Color Purple
 - B. Uncle Tom's Cabin
 - C. Roots
 - D. Gather Together In My Name
- How long does the holiday of Kwanzaa last?
 - A. One day
 - B. Seven days
 - C. Five days
 - D. Three days
- The first Africans were brought to which North American colony in 1619?
 - A. Williamsburg
 - B. Jamestown
 - C. Ellis Island
 - D. Plymouth
- Alicia Garza, Patrisse Cullors, and Opal Tometi launched what movement in 2013 to protest the shooting of unarmed African Americans?
 - A. The Civil Rights Movement
 - B. The "Me Too" Movement
 - C. The Black Lives Matter Movement
 - D. The Rosa Parks Memorial Movement
- Barack Obama was a U.S. Senator from what state before he became President?
 - A. Alabama
 - B. New York
 - C. Illinois
 - D. Michigan
- What team did Jackie Robinson play for as the first African American in Major League Baseball?
 - A. The Brooklyn Red Sox
 - B. The New York Mets
 - C. The New York Giants
 - D. The Brooklyn Dodgers
- Lincoln Park in Washington, D.C., is home to the first monument named after an African American. To whom does the monument pay tribute?
 - A. Mary McLeod Bethune
 - B. Marvin Gaye
 - C. Ella Fitzgerald
 - D. Rosa Parks
- This museum in Houston, Texas, honors a group of African-American men who helped settle the West.
 - A. The Black American West Museum
 - B. The Buffalo Soldiers National Museum
 - C. The Texas African-American Museum
 - D. National Underground Railroad Freedom Center
- Garrett Morgan invented this to help rescue trapped miners.
 - A. The rechargeable lantern
 - B. A cage for canaries
 - C. The gas mask
 - D. The portable oxygen tank
- Who Am I? Circle the person who you think is described in each statement.
 - 11. I am the first African American to win a best actress Academy Award.
 - A. Halle Berry
 - B. Oprah Winfrey
 - C. Kerry Washington
 - D. Wanda Sykes
 - 12. My invention helped keep astronauts from getting sick in space.
 - A. Katherine Johnson
 - B. Patricia Cowings
 - C. Shirley Chisholm
 - D. Mae C. Jemison
 - 13. Often incorrectly credited with inventing peanut butter, I did find more than 300 industrial and culinary uses of the peanut.
 - A. George Edward Alcorn
 - B. Sylvester James Gates
 - C. Charles Henry Turner
 - D. George Washington Carver
 - 14. My 2018 hip-hop album became the first non-classical and non-jazz album to win the Pulitzer Prize for Music.
 - A. Kendrick Lamar
 - B. Aretha Franklin
 - C. Jennifer Hudson
 - D. Darius Rucker
 - 15. With a total of 19 Olympic and World Championship medals, I am one of the most decorated American gymnasts of all time.
 - A. Gabby Douglas
 - B. Sophia DeJesus
 - C. Simone Biles
 - D. Dominique Dawes

"God has a way of tenderizing even the toughest heart!"

Mission: "Evangelize, Edify, Empower" ~ Vision: "Community, Commune, Christ" ~ Values: "Faith, Hope, Love"

Presentation of Our Pastor.....Worship Leader
 *Altar Call.....Min. Felisha Poteat
 Selection.....Berean's Mass Choir
Sermon.....**Dr. Michael W. Couch, Pastor**
 ***Invitation to Christian Discipleship**
 *Worship by Giving.....(See Page 11).....Worship Leader
 "All things come of Thee, O Lord, and of Thine own have we given thee. Amen"

HOLY COMMUNION SERVICE

*Church Covenant.....Responsively
 *Communion Medley of Hymns
 Consecration of the Elements & Benediction.....Pastor Couch
 **Organ Postlude
 ***Congregation Standing**
 ***Organ Prelude/Seating Interval/Postlude**



The Order of Worship Service
 Sunday, February 26, 2023, 10:00 A.M.
 Worship Leader: Sister Doris Norman



FOCUS ON FAMILY HARMONY | AFRICAN AMERICAN HERITAGE SUNDAY
 (BLACK HISTORY MONTH)

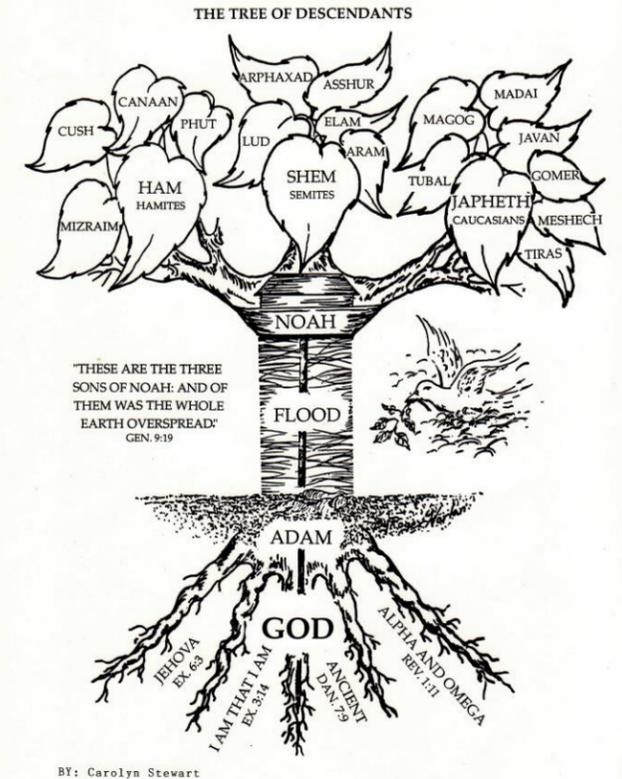
Praise & Worship.....The Praise Team
 Processional.....Choir
 *Call to Worship:
 Leader: "But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him" (John 4:23).
 All: "God is a Spirit: and they that worship him must worship him in spirit and in truth" (John 4:24).
 *Doxology.....**"Glory Be To The Father"**.....#538
 "Glory be to the Father, And to the Son, And to the Holy Ghost, As it was in the beginning, It's now and ever shall be, World without end, Amen! Amen!"
 **
Enter His Gates
 Responsive Reading.....**"The Christian Family"**.....#558
 Invocation.....Diaconate Ministry
 **
Enter His Gates
 *Congregational Hymn.....**"Lift Every Voice And Sing"**.....#477
 Welcome & Announcements.....Sis. Kim Woods
 Welcome Song.....Dr. Josiah N. Rogers
 Selection.....Men of Berean (M.O.B.) Chorale
 **
Enter His Gates
 Presentation of Guest Speaker.....Worship Leader
 *****Dedication Service of Baby JaKai' Fred Smith*****
 *Altar Call.....Min. Felisha Poteat
 Selection.....Men of Berean (M.O.B.) Chorale
Sermon.....**Min. Anthony Gamble**
 ***Invitation to Christian Discipleship**
 *Worship by Giving.....(See Page 11).....Worship Leader
 "All things come of Thee, O Lord, and of Thine own have we given thee. Amen"
 *Closing Words & Benediction.....Min. Gamble

Newsletter Update: Please submit all items, articles, anniversaries and birthdays to the office by the 15th of each month so they can be published in our monthly newsletter. Thank you for your cooperation. **"It's All About Ministry: Serving the Lord With Gladness"** (Ephesians 4:11-16).

Core Commitments

- I. Bereanites start each day the **Right Way:**
 - Commit to personal development by reading one chapter of the Bible every day and every night.
 - Listen to fifteen minutes of an inspirational audio/video
 - Reflect on your action steps for that day
- II. **Stay Connected:**
 - Discipleship Training Zoom **"Bible Study"** on Wednesday at 6:00 P.M.-7:00 P.M.
 - Discipleship Training **"Sunday School"** 9:00 A.M.-9:45 A.M.
 - Discipleship Training **"RightNow Media"** our streaming library of more than 20,000 Bible Study videos for you and your family
- III. **Commit** to planting two seeds **Every Day:**
 - Share your story or the Gospel story with two people every day.
 - By texting, emailing, tracts, social media, Berean Newsletters, and by any means necessary = (48 seeds planted every month)
 - Proverbs 11:30
- IV. **Attend** weekly service with **Guests:**
 - Invite guests each week by sharing your story or the Gospel story to grow the ministry.
 - Make a 52-week commitment.
- V. **Help** new members get started right:
 - Help new members plug into Bible Study on Wednesday at 6:00 P.M.-7:00 P.M.
 - Help new members plug into Sunday School from 9:00 A.M.-9.45 A.M.
 - Help new members plug into RightNow Media
 - Help new members to share their story or the Gospel story by texting, emailing, tracts, social media, Berean's Newsletter, etc.
- VI. **Retain** membership:
 - Pray for the Berean family every day and every night.
 - Check-in with other Berean members
 - Show love and encouragement to all your Berean family and guests.
 - Follow-up with Berean family and new members
- VII. **Find** a Biblical workout partner:
 - Partner with someone who will hold you accountable, motivate you, and help you stretch for more.
- VIII. Be here **next year** if the Lord allows it:
 - Commit to the commitments.
 - We will see a harvest in you and the ministry.
 - Strength & Honor

Submitted by Pastor Couch



**Low Income Home Energy Assistance Program
 2022-2023 Applications Are Now Open!**

(Continued from Page #4)

LIHEAP helps families struggling to pay their heating bills in the form of a cash grant paid directly to the utility company. Households in danger of being without heat can also qualify for crisis grants.

The season runs through April 28th. Applications can be submitted [online](#).

I do have a district office located at 3333 West Hunting Park Avenue, Philadelphia, PA 19132, but we are not yet set up to assist you in-person with applications and related state government programs. When we are, my team and I will be able to help with a variety of state services and programs. In the meantime, if you have any questions, please contact me at RepGreen@pahouse.net.

Congratulations to Brother Robert Battle!



Robert Battle was inducted into the Drexel University Hall of Fame Class of 2023 on Saturday, January 21, 2023, for his Outstanding Accomplishments on and off the court.



The Order of Worship Service
 Sunday, February 5, 2023, 10:00 A.M.
 Worship Leader: Sister Loretta Davis



FOCUS ON EVANGELISM
 AMERICAN HEART MONTH | (BLACK HISTORY MONTH)

Praise & Worship.....The Praise Team
 Processional.....Choir

*Call to Worship:
 Leader: "For great is the Lord, and greatly to be praised: he also is to be feared above all gods" (I Chronicles 16:25).
 All: "Give unto the Lord the glory due unto his name: bring an offering, and come before him: worship the Lord in the beauty of holiness" (I Chronicles 16:29).

*Doxology.....**"Glory Be To The Father"**.....#538
 "Glory be to the Father, And to the Son, And to the Holy Ghost, As it was in the beginning, It's now and ever shall be,
 World without end, Amen! Amen!"

**
 Responsive Reading.....**"Christian Living"**.....#561
 Invocation.....Diaconate Ministry

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 *Congregational Hymn.....**"Lift Every Voice And Sing"**.....#477

Welcome & Announcements.....Sis. Kim Woods
 Welcome Song.....Dr. Josiah N. Rogers
 Selection.....Berean's Unity Choir
 **
Enter His Gates

Presentation of Our Pastor.....Worship Leader
 *Altar Call.....Min. Felisha Poteat
 Selection.....Berean's Unity Choir
Sermon.....**Dr. Michael W. Couch, Pastor**
***Invitation to Christian Discipleship**

*Worship by Giving.....(See Page 11).....Worship Leader
 "All things come of Thee, O Lord, and of Thine own have we given thee. Amen"

*Closing Words & Benediction.....Pastor Couch



The Order of Worship Service
 Sunday, February 12, 2023, 10:00 A.M.
 Worship Leader: Sister Jacqueline Harvin



YOUTH & YOUNG ADULT WORSHIP
 (BLACK HISTORY MONTH)

Praise & Worship.....The Praise Team
 Processional.....Choir

*Call to Worship
 Leader: "Young people, in the same way, be submissive to those who are older. All of you clothe yourselves with humility toward one another, because, "God opposes the proud but gives grace to the humble." Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time" (I Peter 5:5-6).

All: "Cast all your anxiety on Him because He cares for you. Be self-controlled and alert. Your enemy, the devil, prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings" (I Peter 5:7-9).

"When God has an assignment on your life, you can't hang with everybody!"

*Doxology.....**"Glory Be To The Father"**.....#538
 "Glory be to the Father, And to the Son, And to the Holy Ghost, As it was in the beginning, It's now and ever shall be,
 World without end, Amen! Amen!"

Responsive Reading.....**"Christ's Concern for Children"**.....#598
 Invocation.....Diaconate Ministry
 **
Enter His Gates

*Congregational Hymn.....**"Lift Every Voice And Sing"**.....#477
 Welcome & Announcements.....Sis. Kim Woods
 Welcome Song.....Dr. Josiah N. Rogers
 Selection.....The Music Ministry
 **
Enter His Gates

Presentation of Our Pastor.....Worship Leader
 *Altar Call.....Min. Felisha Poteat
 Selection.....The Music Ministry
Sermon.....**Dr. Michael W. Couch, Pastor**
***Invitation to Christian Discipleship**

*Worship by Giving.....(See Page 11).....Worship Leader
 "All things come of Thee, O Lord, and of Thine own have we given thee. Amen"

*Closing Words & Benediction.....Pastor Couch



The Order of Worship Service
 Sunday, February 19, 2023, 10:00 A.M.
 Worship Leader: Deacon Oliver Matthews



COMMUNION SUNDAY
 (BLACK HISTORY MONTH)

Praise & Worship.....The Praise Team
 Processional.....Choir

*Call to Worship:
 Leader: "Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you" (John 6:53).

All: "Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day" (John 6:54).
 *Doxology.....**"Glory Be To The Father"**.....#538
 "Glory be to the Father, And to the Son, And to the Holy Ghost, As it was in the beginning, It's now and ever shall be,
 World without end, Amen! Amen!"

**
 Responsive Reading.....**"The Lord's Supper"**.....#581
 Invocation.....Diaconate Ministry

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 *Congregational Hymn.....**"Lift Every Voice And Sing"**.....#477

Welcome & Announcements.....Sis. Kim Woods
 Welcome Song.....Dr. Josiah N. Rogers
 Selection.....Berean's Mass Choir
 **
Enter His Gates



(continued on next page)



"A good Pastor isn't in it for the income; he's in it for the outcome!"

