

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)

Excerpts from "Unchained Memories" Introduction by Spencer Crew & Cynthia Goodman

Readings from The Slave Narratives

Marsh Tom was a fitty man for meanness. He jus' 'bout had to beat somebody every day to satisfy his cravin'. He had a big bullwhip and he stake a nigger on the ground and make 'nother nigger hold his head down with his mouth in the dirt and whip the nigger till the blood run out and red up the ground. We li'l niggers stand round and see it done. Then he tell us, "Run to the kitchen and git some salt from Jane." That my mammy, she was cook. He'd sprinkle salt in the cut, open places and the skin jerk and quiver and the man slobber and puke. Then his shirt stick to his back for a week or more.

She say Marse Tom got mad at the cookin' and grabs her by the hair and drug her out the house and grabs the saw off the tool bench and whips her. -William Moore, Texas

Emancipation

The Emancipation of the slaves came with the passage of the Thirteenth Amendment to the Constitution, yet the desire for freedom began when the first Africans landed in Virginia in 1619. As the colonists sought their freedom from the domination of England, the passion for liberty so penetrated society that slaves internalized the belief that liberty would also be theirs to share. The ideals of liberty and equality embodied in the Declaration of Independence were short-lived for the slaves, with only a few being emancipated for service during the Revolutionary War. The concessions the Founding Fathers made to slaveholders sanctioned slavery in the Constitution. It would take eight decades for the nation to extend the promise of freedom to black Americans. Blacks never gave up on the desire to be free.

After Abraham Lincoln was elected president, South Carolina and other southern states seceded from the Union, plunging the nation into a civil war. Yet freeing the slaves was not a presidential wartime objective. President Lincoln wrote in 1862, "My paramount object in this struggle is to save the Union, and is not either to save or destroy slavery. If I could save the Union without freeing any slave, I would do it; and if I could save it by freeing some and leaving others alone, I would also do that."

When ole marster comes down in de cotton patch to tell us 'bout bein' free, he say, "I hates to tell you but I knows I's got to, you is free, jes' as free as me or anybody else whats white." We didn' hardly know what he means. We jes' sort of huddle 'round together like scared rabbits, but after we knowed what he mean, didn' many of us go, 'cause we didn' know where to of went. - Jenny Proctor, Texas



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



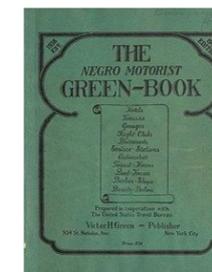
For nearly 30 years, a guide called the "Negro Motorist Green Book" provided African Americans with advice on safe places to eat and sleep when they traveled through the Jim Crow-era United States.

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.



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.

Black History Facts

George Walker, born in Washington, DC in 1922, is a musical pioneer. Walker graduated from Oberlin College at the age of 18 with the highest honors of his class and went on to earn artist diplomas in piano and composition from the renowned Curtis Institute as the first black graduate from that school. Walker also went on to become the first African American to win the Pulitzer Prize in music.

Granville T. Woods, born in Columbus, OH in 1856, was an engineer/inventor. He attended night school and studied electricity in his spare time. In 1878 he took a job as a fireman on the railroad and two years later was named chief engineer. Woods was always interested in improving the railway system. He invented the "third rail" system, still used by electric trains. He also invented telegraphony, a system that allowed train operators to maintain contact with each other, significantly reducing accidents.

Harry Thacker Burleigh, born in Erie, PA in 1856, became the first successful African American classical composer. He studied at the National Conservatory of Music in New York and sang his compositions in English, French, Italian, German, Latin and Hebrew.

Dr. William Augustus Hinton, born in 1883. He won two scholarships to Harvard School of Medicine and graduated with honors. He went on to develop the Hinton Test for syphilis in 1927 and the improved Davies-Hinton Test in 1931. Hinton became the first black professor at Harvard, where he taught bacteriology and immunology for thirty-six years before retiring as professor emeritus in 1950.

Worship Protocol

Whenever possible, we ask that offerings be prepared before services begin. (I Corinthians 16:12).

The presentation of our tithes and offerings is an essential part of our worship. It is not "recess" from worship. We ask each member to maintain the same sense of reverence and refrain from unnecessary talking during this time that they would have in any other part of the worship service. Thank You.



When God blesses you financially, don't raise your standard of living. Raise your standard of giving.

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 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's TV Ministry

TUNE IN EVERY SUNDAY MORNING
AT 7:30 A.M.
FOR
BEREAN'S TV MINISTRY ON
XFINITY 66/966 HD/967HD & VERIZON
29/30 & EVERYWHERE ON ROKU, APPLE TV
& PHILLYCAM LIVE TV

Sick & Recovering

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

+++++

Sisters:

Eloise Ball	Mother Effie Gamble
Mary Chapman	Eld. Louise Jones
Sandra Chestnut	Deac. Louise Myers
Deac. Olivia Collins (Watch Care)	Sharene Richardson
Mother Hazel Drayton	Selena C. Scott
Bertha Edwards (Watch Care)	Delores Withers (Watch Care)
Betty Ford (Watch Care)	

Brothers

Joseph L. Davis, Sr.



Nursing & Rehabilitation Center:

Bro. Albert Chambers	Sis. Jannie Powell
Genesis Spring Nursing & Rehabilitation Center	Rittenhouse Post Acute
113 Easton Road	1800 Lombard Street
Room #423A	Room #6049
Willow Grove, PA 19090-1901	Philadelphia, PA 19146-1414

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

"...she... put in everything - all she had..."

Mark 12:44



The happiest people are the givers, not the takers.

INSPIRATIONAL QUOTES JOURNAL

Ten signs you're doing well in life... 

1. You have a roof above you.
 2. You ate today.
 3. You have a loving heart.
 4. You wish good upon others.
 5. You have clean water.
 6. Someone cares for you.
 7. You forgive others.
 8. You have clothes to wear.
 9. You smile.
 10. You're breathing.
- Be thankful to God for all things.
Amen

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	
	February 3 Brother Furlon (Deak) Wood	
	February 6 Sister Destiny Osborne	
	February 7 Sister Delores Withers	
	February 9 Sister Barbara J. Jones	
	February 11 Deaconess Jacquelyn Way	
	February 16 Sister Sarah Coker Sister Hakeema Chapman	
	February 19 Sister Ernestine Sibert	
	February 23 Minister Anthony Gamble Sister Catherine Lassiter	
	February 27 Sister Linda Thomas	February 28 Mother Effie Gamble



BLACK HISTORY MONTH



Sunday, February 1, 2026, 10:00 A.M.
(Focus on Evangelism/American Heart Month)



Sunday, February 8, 2026, 10:00 A.M.
(Youth & Young Adult Sunday)



Saturday, February 14, 2026



Sunday, February 15, 2026, 10:00 A.M.
(Holy Communion)



Monday, February 16, 2026
(Presidents' Day | Office Closed)



Wednesday, February 18, 2026
(Ash Wednesday/Lent Begins)

Sunday, February 22, 2026, 10:00 A.M.
(Focus on Family Harmony & African American Heritage Sunday)



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

Biblical Heritage for People of Color

Intertwined throughout the pages of biblical history are reflections of people of color both explicit and implicit, their royal lineage to Jesus Christ our Saviour, the important and not so important roles they lent to biblical times, their struggles, their faith of endurance and their tenacity. As we take this time to reflect on these facts, let us be reminded that we as people of color are part of God's inheritance. We must claim this victory in knowing that God is no respecter of person by: educating ourselves and our children of our rich history and diversified ancestral place in the Bible; using our past and present resources to enhance and secure the challenges we have to face and the new opportunities we must pursue.

The following scriptures are but a few which imply or infer to people of color.

NOTE: Cushites, Canaanites, Ethiopia, Midianites all refer to people of darker complexion. Nubians (members of one of the group of Negroid tribes that formed a powerful empire between Egypt and Ethiopia from the 6th to 14th centuries).

In Genesis 10 we find "The Table of Nations." This Table of Nations refer to the early descendants of Noah and his three children; Shem (dark-skinned), Heth (white-skinned) and Ham (dark-skinned), Noah's youngest son and is called the father of Canaan. Shem, the eldest - an ancestor of the semitic (Jewish) people settled in Babylonia, Assyria, Aramaea, Canaan and Phoenicia. Heth - was the father of the Hittites. Of special note is Ham (progenitor of Egyptians, Nubians and Canaanites) and his four sons. Cush - father of Cushites, people of dark complexion. Mizraim (Egypt) - father of Egyptians. Phut - settled in Somaliland. Canaan - fathered eleven nations of Syria and Lebanon, settling in a land known today as Palestine. Nimrod, Ham's grandson formulated and ruled the world's first empire following the flood; he was King (of Shinar) and a mighty hunter.

Genesis 11:27-32. Abrams ancestral roots are traced from the city of "Ur," to his settlement in the land of Canaan.

Days of the Patriarchs refers to the lineage of Shem as related to Abram (or Abraham). Hagar was an Egyptian and Sara's handmaiden who bore a son for Abraham, called Ishmael (progenitor of a great nation). The fruit of Hagar's womb was blessed by God. In Genesis 21:18, Ishmaelites are referred to as people of dark complexion. Of further note, we see that Keturah, the second wife of Moses was a Midian (inferring people of darker pigmentation).

I Chron. 6 gives us the genealogies which are inclusive of the families of Levi and Aaron.

Luke 1:5 Zacharias' wife was one of Aaron's daughters.

During the times of the Pharaohs, a look at Egyptians and Ethiopians show they were skilled architects, astronomers, mathematicians, engineers, scientists, artists, people of royalty and rich in gold and other gems (gemologists). Some were of a dark hue with straight black hair (referenced to where the sun rose); others were of a darker hue with wooly hair (referenced to where the sun went down).

Also mentioned during this time was Jethro, the father-in-law of Moses, who was a Midian and descendant of Abraham's second wife, Kethuro. Here we see Moses was married to an Ethiopian (Numbers 12:1) and that Miriam and Aaron spoke out against Moses because of this marriage. In Habakkuk 3:7, we again see the geographical identification of the Cushans and Midians.

In the Promised Land, the Philistines and Midianites oppressed the Israelites. II Samuel 18:32 alludes to the fact that King David choose men from both as he fled from Jerusalem. A Cushite was chosen to tell David of his son's death.

Solomon 1:5; married Egyptian princess (I am black but comely [beautiful]). Heriam, King of Tyre, a descendent of Canaan, supplied cedar wood from forests of Lebanon to King Solomon. I Kings 10:2, speaks of Queen of Sheba, who was married to David and the mother of Solomon. The Queen of Sheba was born on the continent of Africa, Matt. 12:42. Africa held the last known "recorded seed" (Haile Selassie of Ethiopia) King Solomon and Makeda "Sheba" through their son Menelik I. Selessie died in 1974.

Acts 13 refers to a Christian named Simeon (Niger). In biblical times second names were always given for a reason. Simeon had two sons, Rufus and Alexander.

Mark 15:20-21 refers to Simon, the Cyrenian, who helped Christ carry his cross to Golgotha. Cyrenians were black people of the Jewish faith who spread Christianity to the Greeks.

All three gospels identified Simon and that Negroes settled in cities along the Northern coast of Africa during Roman times and intermarried with Greeks and Romans.

Matthew 2:13-15 alludes to the fact that Jesus lived most of his childhood in Africa (Joseph and Mary fled to Egypt to keep Herod from destroying him).

Acts 8:26, Philip evangelized to the Ethiopian eunuch (Chief treasurer to Queen of Ethiopia) sent to Jerusalem to seek information concerning the new religion of Christ. The eunuch was under the authority of Candace (or Queen Amanitere AD 25-41), a Negro Cushite woman, descendent of Ham's son Cush, who was called father of the Cushi.

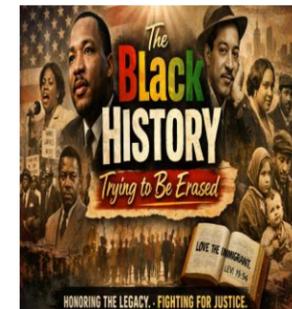
All Blacks in Africa did not resort to tribal life; Egypt and his older brother Ethiopia formed governments that rivaled Europe's for thousands of years. Throughout the Bible people of color included Kings, servants, heroes and ordinary people.

Please be encouraged to seek, search and study your Bibles, the Black Heritage Bible, the text entitled "**The Black Biblical Heritage**," as well as other black historical documents. *Article submitted by Sis. Carolyn Stewart*

Lift Every Voice and Sing #477

1. Lift ev'ry 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.

2. 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 thru' 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.



3. God of our weary years,
God of our silent tears,
Thou who hast brought us thus far on the way,
Thou who hast 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.

The Origin of Kum Ba Yah By C. Michael Hawn, United Methodist Church May 27, 2019

The origins of this song have been enveloped in mystery for nearly a century. Some have said that it came from Africa. Others have claimed authorship and even copyrighted it. Some grew up singing it around campfires at summer camp accompanied by folk guitar and three chords. It has been sung at protest marches and candlelight vigils. Those who came of age during the 1960s and 1970s during the Viet Nam War heard Joan Baez (b. 1941) and Pete Seeger (1919-2014) sing this song, as well as Odetta (1930-2008) and the all-women, African American a cappella ensemble, Sweet Honey in the Rock. Indeed, "Kum ba yah" was considered to be a significant Civil Rights song by protestors (Spencer, 93).

Many recall the experience of a "Kum ba yah" moment - a fleeting feeling of unity or togetherness solidified while singing together. Sometime after the 1980s and into the current century, "Kum ba yah" began to be viewed as a simplistic children's song, and the unified feelings it once symbolized became a sonic metaphor for cultural naïveté in a more callous and jaded era. Regardless of one's earlier associations with this song, set them aside and take a fresh look at a spiritual that has a word for us.

African Connections



The claims to African origins come, in part, from Lynn and Katharine Rohrbaugh, leaders of the Cooperative Recreational Service in Ohio. Among their activities was the compiling of songbooks for camps in which appeared "Come by Here" in a 1955 collection. They received the song from Melvin Blake, a missionary who had returned from Angola. Their first printings spelled the name of the song "Koombaya" rather than "Come by yah." Later they changed the spelling so that it sounded more like "Come by here." However, the song had caught on under its earlier pronunciation. The Rohrbaughs collected a second version from Van Richards, a Liberian student at Ohio State, and published that version in another collection. As a result, during the early years of its popularity, many people assumed the song had African origins and that the term "Kumbaya" was a vague African dialect.

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

BLACK HISTORY MONTH

African Americans in History



African Americans have played a vital role in the history and culture of their country since its founding. An important part of the curriculum at the Institute for African American Studies is devoted to creative research on the lives and work of prominent African Americans and to placing them within their cultural context.

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)

Black History Fact

Samella Lewis, born in New Orleans, LA in 1924, is a scholar, artist, writer, and educator in the arts. She earned her BA from Hampton University, and in 1951 became the first African American woman to earn a doctorate in fine arts and art history from Ohio State University.

BLACK HISTORY MONTH

African Americans in History



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Sojourner Truth (1797-1883)

Sojourner Truth, a nationally known speaker on human rights for slaves and women, was born Isabella Baumfree, a slave in Hurley, New York, and spoke only Dutch during her childhood. Sold and resold, denied her choice in husband, and treated cruelly by her masters, Truth ran away in 1826, leaving all but one of her children behind. After her freedom was bought for \$25.00, she moved to New York City in 1829 and became a member of the African Methodist Episcopal Zion Church. In 1853, she helped form a utopian community called “The Kingdom” at Sing Sing, New York, which was soon abandoned following the death and possible murder of its leader. Truth was implicated in the scandal but courageously fought the falsehood aimed at her.

After the death of her son, she took the name Sojourner Truth to signify her new role as traveler telling the truth about slavery. She set out on June 1, 1843, walking for miles in a northeasterly direction with 25 cents in her pocket, and rested only when she found lodging offered by either rich or poor. First she attended religious meetings, then began to hold meetings herself that would bring audience members to tears. As she logged mile after mile, her fame grew and her reputation preceded her. Truth’s popularity was enhanced by her biography written by the abolitionist Oliver Gilbert, with a preface written by William Lloyd Garrison. In 1864, she was invited to the White House, where President Abraham Lincoln personally received her. Later she served as a counselor for the National Freedman’s Relief Association, retiring in 1875 to Battle Creek, Michigan.

Black History Fact

Etta Moten Barnett (1901-2004), was born in Wieman, Texas. She earned a degree in voice and drama from the University of Kansas. The role of “Bess” in Porgy and Bess was written for her by George Gershwin, and she performed it on Broadway. Barnett and her husband represented several U.S. Presidents on official visits to seven African countries.

