

# News from the **MOUNT**

The Newsletter of New Mount Moriah African Methodist Episcopal Church

January 2021- March 2021

For we walk by faith, not by sight. 2 Corinthians 5:7

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From the Desk of the Pastor .

"New Year Same God" Psalm 121:1

Like King David, many of us are liftingup our eyes unto the hills of 2021 and asking where our help will come from? In the eyes of David, the hills were a place of uncertainty and lurking danger. To us, the hills of 2021 are a place of the uncertainty of racial and political unity and the effectiveness of the COVID-19 vaccination.

Despite the uncertainties that the hills of 2021 bring, as children of God, we must come to the same statement of faith as did King David; OUR HELP comes from the Lord! It may be a New Year, but we must NEVER forget, that we serve the SAME God.

The same God that brought us through 2020 when our vision was blurred by racism and political foes! The same God that brought us through sickness and the loss of loved ones! The same God that strengthened us when we were weak, and the same God who has returned a black woman to the White House as Vice President, is OUR God!

Our God never slumbers nor sleeps. He is the maker of heaven and earth. He is our keeper. He is our preserver, and we shall not fear the uncertainty of a New Year! Even though the hills of 2021 may bring uncertainty and lurking dangers, remember these words of King David, "**The Lord SHALL preserve your soul.** 

The Lord shall preserve your going out, and your coming in from this time forth, and even forever." Because God will preserve us in 2021, I am persuaded that nothing CAN separate US from the love of God! It may be a New Year, but we serve the same God! Be encouraged, God is not through with you yet!

Pastor, Sha'Reff A. Rashad

> May the faith of God be with you this year. May the peace of God surround you, Y and may you be blessed each day!





# TAKE A BREATH Rev. D'Mrtri Burke

In the plant world many plants don't grow or die during the winter season. Yet even in a plant's death other things grow. Something is happening, but our eyes can't see it.

As humans we always want to see progress/growth. If we don't see it or feel it, we believe nothing is happening like the season of winter. Oooh, but there is something happening. It's a mystery. When we look back on the other side of that wintery time, we can see that it was the beginning of a new direction or course in life and sometimes it just fits in the scheme of things.

Life is really a tapestry of people, places, things and situations woven together to what makes us who we are and sometimes we are sweet, bittersweet, good, bad and even ugly. No matter how much we want to be in control of every second, minute and hour, we eventually discover that we are weaving through life. The thread and cloth we are given during the various seasons can have snags, rips, tears, holes, as well as being smooth. You can prick your finger and bleed in the process.

Many Christians believe because they are saved and led by the Holy Spirit that they will constantly be flowing with fire, but there will always be a winter season. That's just the way it is in life. It's like that 500 years between Malachi, the last book in the Old Testament and Matthew, the first in New Testament. Nothing was recorded. Some neophytes think that God stopped speaking during those 500 years...Tain't so!

It is frustrating during our personal winters when we believe we are not making any progress in ministry or for ourselves, especially after our experience in 2020: COVID-19 infection and death rates still rising, loss of jobs and businesses, racial injustice toward black and brown people, and President Donald J. Trump inciting his supporters and white supremacists with his dangerous lies, ideology and their display of anarchy when they breached and ransacked the U.S. Capitol on Wednesday, January 6, 2021. They threatened to do the same at all the state Capitols around the country on January 20 during the Inauguration of President Joe Bidden and Vice-President Kamala Harris, the first woman, black and Southeast Asian to be elected VPOTUS. (You know I have to add she is my AKA Sorority sister.) Thank God they didn't try it because 25,000 armed National Guard troops were deployed to the Washington.

Not being able to do ministry during such chaotic times has made so many of us feel at times we are doing nothing, not enough or not making any progress. I hear God telling us to take a breath! Listen to God's promise in 1 Peter 5:10:

"After you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen and establish you!"



LENT is a period of 40 days (excluding Sundays) between Ash Wednesday and Resurrection Sunday. It is a time of prayer, fasting, and reflection on God's great love and Christ's great sacrifice for us. During this time, I am asking that the members of New Mount Moriah PRAY that God will pour out His Spirit upon us, that our heart may be moved to worship in spirit and truth! FAST (those that are able) and seek God's face for strength and guidance in our personal lives and the life of the church. **REFLECT** on how God continues to watch over us during a pandemic and bless us beyond our comprehension!



# COVID-19

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.

## Three Important Ways to Slow the Spread

- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with vou.
- Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to COVID-19.

# What to Do If You're Sick

- Stay home except to get medical care.
- Isolate yourself from other members of your family to prevent spread to them and the people that they may have contact with, like grandparents.
- Even if you don't feel sick, you can spread COVID-19 to others.
- Get care immediately if you are having emergency warning signs, like trouble breathing, pain or pressure in chest.

### How to Cope with Stress

- Care for yourself one small way each day.
- Unwind by exercising, reading, listening to music, or gardening.
- Find new ways to connect with family and friends, get support, and share feelings.
- Eat healthy foods and get enough rest
- Relax by reading, listening to music, or starting a new hobby.

# \*\*\*\*\*\* **YPD** News

Congratulations to Jasmine Gill on her re-election as East Conference 1st Vice President.

Congratulations to Roderick Sampson, Jr. on his appointment as President of the Gaines Manning Williams Area.

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"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go." - Joshua 1:9



# Tyree Jalyeir King

**Bachelor of Science** Major-Biology

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# Parliamentary Procedure Nugget

Parliamentary Procedure is a set of rules for conduct at meetings. It allows everyone to be heard and to make decisions without confusion.

Motions: Members who wish to participate in meetings do so by making motions. A motion is a proposal that the assembly take a stand or action on some issue. When making a motion you say "I move that...", you do not say "I make a motion that..."

Roses to our First Lady, Sis Sharon Rashad, for our participation in the Baptist Health Faith Partnership. We were able to get over 60 people vaccinated . We had our own JTA bus to transport those who didn't want to drive over to Baptist South. What a blessing. Thank you Sis. Rashad.



# Remember Our Sick and Shut-In Members

# **Upcoming Events**

# BLACK HISTORY MONTH

February 7	Bi-annual Lay, Mt Olive, Gainesville
February 8	District Conference, Mt Olive, Gainesville
February 12	11th District Founder's Day
February 12-14	Black Heritage Weekend
February 14	AME Church Founder's Day
February 17	Ash Wednesday
March 18-19	11th District Mid-Year Meeting