

# FIRST BAPTIST SENIOR CENTER NEWSLETTER

2022 Spring Edition



**SUPPORTED BY THE D.C. DEPARTMENT OF AGING  
AND COMMUNITY LIVING**



***PUBLISHED AND DISTRIBUTED BY FIRST BAPTIST CHURCH COMPREHENSIVE SENIOR CITIZENS CENTER  
REVEREND DR. FRANK D. TUCKER, SENIOR PASTOR***



Dear Lord Jesus,

You are my light of life...

Then Jesus spoke to them again, saying, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life."

***John 8:12***

You know my deepest thoughts and desires, and yet You love me.

When I come to You, I can rest in the truth that I am fully known and loved by You...

For you created my inner most being; you knit me together in my mother's womb.

***Psalms 139:13***

Thank You for Your unwavering grace and forgiveness. You have saved me. Thank You for all You do and all You have given and continue to give me.

Please help me to shine Your light so that everyone I meet will see the love of Jesus... Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

***Matthew 5:16***

Please help me to be a faithful steward of all that You have entrusted to me. I pray that You would give me grace today to live victoriously—that I may prove to be a faithful servant and a godly witness for You.

In the glorious name of Jesus I pray, Amen.

*Carol M. Desroche*

# March -into- Spring



## BLACK WOMEN PRESENT & PAST IN OUR COURT SYTEM



On February 25, 2022, the White House confirmed that President Joe Biden is nominating *Ketanji Brown Jackson* to the U.S. Supreme Court Justice. Jackson, who currently serves as a judge on the U.S. Court of Appeals for the District of Columbia Circuit, and who the White House described as an “exceptionally qualified” nominee in a statement, is poised to become the first Black woman to serve on the nation’s highest court.

Though Black women are underrepresented as judges in the nation’s court system, Jackson’s nomination marks the latest milestone in a history of Black women lawyers that dates back 150 years. For many, civil rights were a major motivation for practicing law. TIME asked historians what women paved the way for this moment.



The history, they say, starts with *Charlotte Ray*, the first known Black woman lawyer in 1872, both in terms of earning a degree and getting a license to practice; Ray earned a law degree from Howard University and passed the District of Columbia’s bar exam. “She soon opened her own law firm, but because of segregation and pervasive gender prejudice she could not attract enough clients to maintain her practice,” according to Henry Louis Gates’ *Life Upon These Shores: Looking at African American History, 1513-2008*. Ray ended up moving to New York City and getting involved with the women’s suffrage movement and the National Association of Colored Women.

*Lutie Lytle* faced the same obstacles. The first Black female law professor taught for a



year at Central Tennessee University in Nashville from 1898 to 1899, but also later moved to New York to work for suffrage activists because she couldn’t find any clients as an attorney in the South, according to Omar H. Ali’s *In the Lion’s Mouth: Black Populism in the New South, 1886-1900*. “The anchor of my race is grounded on the Constitution,” Lytle said in an 1897 interview. “It is the certificate of our liberty and our equality before the law.”

## BLACK WOMEN PRESENT & PAST IN OUR COURT SYTEM

Later in the 20th century, when men went off to fight in World War II, doors for Black women lawyers opened. “Spaces had opened up at law schools because of World War II,” says Virginia L. Summey, historian and author of *The Life of Elreta Melton Alexander: Activism within the Courts*.

One of those beneficiaries was *Elreta Melton Alexander*, the first Black woman to graduate



from Columbia Law School in 1945. She practiced in her hometown of Greensboro, North Carolina, and her most well-known case came in 1964, when she defended four Black men accused of raping a white woman. Even though she lost the case, she tried to use the trial to call attention to race-based jury selection procedures [which persist in the U.S. today](#). Eventually, she became the first Black woman in the country to be an elected district court judge in 1968. (In 1974, Alexander ran for Chief Justice of North Carolina’s Supreme Court, but lost out to a fire extinguisher salesman with no legal expertise—in response, the state amended its Constitution to say candidates had to have a law degree.)

Another noteworthy predecessor to today’s Supreme Court nominee is *Jane Bolin*, who



was [the first Black woman to become a judge](#) in 1939, presiding over New York City’s Domestic Relations Court—which was renamed Family Court in 1962—until 1978. “Bolin often administered a brand of justice that recognized the racism and structural inequalities that Black youth faced, and she joined a handful of Black reformers who demanded that whites treat them more fairly,” as the historian Carl Suddler described her tenure in *Presumed Criminal: Black Youth and the Justice System in Postwar New York*.

“Black women lawyers were so unusual and so stereotyped that they [had to] exude competency,” Kenneth Mack, author of *Representing the Race: The Creation of the Civil Rights Lawyer*. “Some of the stereotypes involved sexualization, as well as perception that they were not smart enough. So, I would say that they held themselves to higher standards than did the other lawyers with whom they interacted.” And figures like Bolin served as inspiration for the next generation of women lawyers.

## BLACK WOMEN PRESENT & PAST IN OUR COURT SYTEM

*Constance Baker Motley* was one of those women. Motley worked on school desegregation cases in the mid-20th century, including *Brown v. Board of Education* (1954), alongside future U.S. Supreme Court justice Thurgood Marshall, as the only woman on the NAACP's legal defense team. She also defended James Meredith in his successful suit to gain admission to the University of Mississippi (1962) as its first Black student. The first Black woman known to argue at the U.S. Supreme Court, Motley argued 10 cases—and won nine of them. In 1966, she became the first Black female federal judge, serving on the United States District Court for the Southern District of New York for the next 39 years until her death in 2005.



Among the cases she presided over was *Blank v. Sullivan and Cromwell*, which opened up more spots at law firms to women. Vice President Kamala Harris, a former California Attorney General, said in 2018 that Motley, “inspired me from a young age to fight for the voiceless and for justice.”

One of Harris's predecessors, *Pauli Murray*, was the first Black woman Attorney General of California. Murray is best known for her 1965 article “Jane Crow and the Law” on the laws that restricted what women could do and how the restrictions differed based on race. She was also a co-founder of the National Organization for Women in 1966. The late U.S. Supreme Court justice Ruth Bader Ginsburg would often credit Murray for shaping her work on sex discrimination in the 1970s.



“All of these women, from Jane Bolin to Pauli Murray to Constance Baker Motley experienced discrimination and exclusion themselves,” says Tomiko Brown-Nagin, author of *Civil Rights Queen: Constance Baker Motley and the Struggle for Equality*, “and it’s because of that and the broader context in which the NAACP started to litigate cases attacking discrimination in education that these women themselves turned to the law and developed a passion for equal protection under law. Even as they continue to be victims of discrimination, they fought for others, for equality.”

On the significance of a Black woman Supreme Court justice in 2022, Mack says it makes a statement about U.S. values. As he puts it, “At a time where what Americans should be is very much under assault and being questioned. There’s racial division. Extremist racial views are on the rise. A Black woman on the Supreme Court would be a symbol of what America is and what America should be.”

### Women in History

R	S	S	M	A	D	D	A	N	D	E	R	S	O	N
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C	U	S	E	O	N	R	K	W	A	D	O	E	O	U
T	R	T	I	L	C	I	R	A	N	E	O	I	R	G
I	T	T	C	U	L	K	A	G	L	T	M	F	T	R
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O	E	K	I	T	Y	T	I	O	W	L	L	H	S	T
R	S	D	H	L	O	R	C	O	N	J	E	R	O	H
D	A	G	Y	N	H	A	R	I	A	L	B	A	O	O
A	I	Y	E	C	K	B	P	L	A	N	G	E	R	N
N	A	M	B	U	T	B	A	K	E	N	N	E	D	Y

(JANE) ADDAMS  
 (MIRIAN) ANDERSON  
 (SUSAN B.) ANTHONY  
 (CLAIR) BARTON  
 (BONNIE) BLAIR  
 (AMELIA) BLOOMER  
 (NELLIE) BLY  
 (LIZZIE) BORDAN  
 (MOLLY) BROWN  
 (AGATHA) CHRISTIE  
 (BEVERLY) CLEARY  
 (MARIE) CURIE  
 (PRINCESS) DIANA

(BABE) DIDRIKSON  
 (DOROTHEA) DIX  
 (ELIZABETH) DOLE  
 (AMELIA) EARHART  
 (MIRIAM) FERGUSON  
 (DEBBIE) FIELDS  
 (KATHRIN) HEPBURN  
 (ANNE) HUTCHINSON  
 JOAN (OF ARC)  
 (JACQUELINE) KENNEDY  
 (DOROTHEA) LANGE  
 (MARY) LYON  
 (MARGARET) MEAD

(CARRY) NATION  
 (FLORENCE) NIGHTINGALE  
 (ROSA) PARKS  
 (MOLLY) PITCHER  
 (SALLY) RIDE  
 (ELEANOR) ROOSEVELT  
 (BETSY) ROSS  
 SACAGAWEA  
 (LUCY) STONE  
 (MOTHER) TERESA  
 (SOJOURNER) TRUTH  
 (HARRIET) TUBMAN  
 (IDA) WELLS

## *LENT/ASH WEDNESDAY*

Facts and Figures By Reverend Donald D. Robinson

1. What is the meaning of Ash Wednesday? (*Originally "Day of Ashes," The beginning of Lent.....heads are marked with the sign of the Cross.*)
2. What is the relationship between "Marti Gras" and Lent? (*Marti Gras is the revellous festival leading up to the fasting and the austerity of Lent.*)
3. What does "Collop Monday" mean in relation to Lent? (*"Slice of Meat," on Monday Mothers would get rid of all meats in preparation for Lent and fasting.*)
4. Why do Christians observe the Lenten Season? (*40 days of fasting, prayers, self examination, humility, sacrifice penance leading up to the celebration of the Festival of the Resurrection of Jesus Christ.*)
5. Who were some of the first observers of Lent and why? (*Barefoot criminals, who were catechumens, they were to be baptized on Easter Sunday to show the world that they had been disciple and were serious about Jesus and their faith.*)
6. What does tithing have to do with Lent? (*A tenth of your income, a tenth of your days 365.....as in rounded off to 400.*)
7. What religious leader institutionalized the observance of Lent and when? (*Pope Gregory The Great, 6<sup>th</sup> Century.*)
8. Why do people get their foreheads marked with the sign of the cross? (*Remember Man is dust and from dust he shall return – it's also a sign of ownership, you are owned by Jesus.*)
9. Where do the ashes used on Ash Wednesday come from? (*Old palm branches from the previous Palm Sunday.*)
10. Why are ashes from the previous Palm Sunday used? (*We rejoice, it reminds us of Jesus coming into Jerusalem to die for our sins, His suffering, death, resurrection – our mortality, mourning penance.*)
11. Are all Christians required to get ashes on their forehead? (*No*) (*Terms and Phrases regarding the Lenten Season*)



# *Lent/Ash Wednesday*

Facts and Figures By Reverend Donald D. Robinson

## (Terms and Phrases regarding the Lenten Season)

***Septuagesima*** – 18 days prior to Lent. It is the “preparation for the stern self-discipline of Lent.” (Septuagesima (70), Sexagesima (60) and Quinquagesima (50))

***Collop (Slice of Meat) Monday*** – A day devoted to getting rid of meat, which is in the house in preparation for the upcoming fast.

***Shrove Tuesday*** – During Shrove Tuesday, people engage in excessive feasting prior to Lent; people make confessions and seem austere and shriven. Pancake Tuesday, Fat Tuesday, Mardi Gras, Faschnacht (“Eve of the Fast”), Doughnut Tuesday. Three days in succession – Sunday, Monday and Tuesday together is called Shrovetide.

***Lent*** – Time of examination, penitence, preparation, fasting in preparation for “Resurrection Sunday” (Easter).

12. Where did the word Lent originate? ***Has Anglo-Saxon roots and it means Lenten-lengthening of days.***

***Gregory The Great – Institutionalized Lent observance in the Sixth Century. Gregory says.... “Remember man that thou art dust and unto dust thou shall return.”***

13. What is the significance of the 40-day fast? ***\*\*\*Moses fasted in the desert for 40 days; Elijah fasted 40 days; the children of Israel wandered 40 years in the Wilderness; Jesus fasted 40 days. Fasting 40 days is a significant number in the life of God’s people.***

14. What does tithing have to do with Lent? ***\*\*\*Gregory says, “give a tenth of your days.” Forty Days represents an approximate 10<sup>th</sup> of the year.***

15. What does Mardi Gras mean? ***\*\*\*French for Fat Tuesday.***

16. What does Carnival mean? ***\*\*\*Farewell to meat in Italian.***

17. What does “Fat Tuesday” mean? ***\*\*\*Fats, eggs and butter were put in doughnut batter by housewives, thus the day became a period of excessive and merrymaking.***

18. When was the term “Lent” first officially used? ***\*\*\*The first mention of Lent was found in the Cannons of Nicea, 325 A.D.***

# ST. PATRICK'S DAY CROSSWORD PUZZLE

**Across**

- 4. capital of Ireland
- 5. a type of Irish dance
- 7. if you do not wear green on March 17 this will happen
- 9. the day St. Patrick's Day falls on
- 11. the national emblem of Ireland
- 12. yellow and blue make \_\_\_\_\_
- 13. from Ireland

**Down**

- 1. the 3rd month of the year
- 2. good fortune
- 3. nonsense or misleading talk
- 6. called the Emerald Isle
- 7. a starchy vegetable
- 8. a sprite
- 10. 4 leaf \_\_\_\_\_

**“LET’S WISH THEM ALL”  
“HAPPY BIRTHDAY”**

**MARCH 2022**

**Willie Johnson.....03/05**

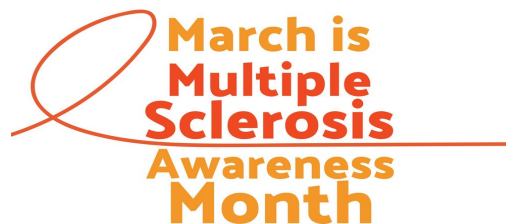
**Annie Lindsey.....03/08**

**Patricia Kelly.....03/15**

**Vera Goodwyn.....03/27**

**FBSC STAFF**

**Esther Bailey.....03/26**



## March is Multiple Sclerosis Awareness Month

Multiple sclerosis (MS) is a chronic disease that involves the central nervous system. The immune system attacks the protective covering around nerves, causing a disruption of communication between the brain and body.

MS doesn't have a cure, but treatment helps many people achieve remission and relief from symptoms like fatigue and pain. Medication and physical therapy can reduce persistent symptoms and slow disease progression.

While almost **1 million** adults in the United States live with MS, many people don't understand the complexity of this unpredictable disease. MS Awareness Month, which takes place in March, aims to change this and provide support to those living with the condition. MS Awareness Month takes place every March, and the goal of this campaign is to raise awareness about MS. Throughout the month of March, several organizations, societies, and advocacy groups will host educational events and activities to bring attention to this condition.

MS Awareness Month can benefit people living with MS, along with their families and communities. Anyone can show their support by participating in various events, such as fundraisers for MS research. This month is also an opportunity for the family and friends of people with MS to gain an accurate, better understanding of the disease. MS affects everyone differently. Some may experience mild symptoms, whereas others have severe symptoms that limit mobility. MS Awareness Month brings awareness to the condition's many forms.

In addition to this month-long awareness campaign, other days throughout the year also focus on MS. For example, Multiple Sclerosis Awareness Week is from March 7th to 13th in 2021. There is also World MS Day, which takes place on May 30th every year. Both offer additional opportunities to get involved in the MS awareness movement.

## MARCH DATES TO CELEBRATE

- ◆ National Kidney Month
- ◆ Epilepsy Awareness Day
- ◆ National Nutrition Month
- ◆ Employee Appreciation Day
- ◆ World Teen Mental Wellness Day
- ◆ National Women’s History Month



### MARCH IS MULTIPLE SCLEROSIS AWARENESS MONTH

***FBC VIRTUAL HEALTH MINISTRY* is sponsoring  
LIVING WELL WITH MULTIPLE SCLEROSIS, WARNING SIGNS AND TREATMENT**

**Presenters:**

**The Huddle Ministry  
Pastor Erik Nelson and First Lady Christina Nelson**



**See how a healthy diet, regular exercise, stress management and other wellness strategies can help you manage your symptoms and feel your best.**

**When: March 15, 2022**

**Time: 11:30 am to 12:30 pm**

**Where: First Baptist Senior Center Zoom**

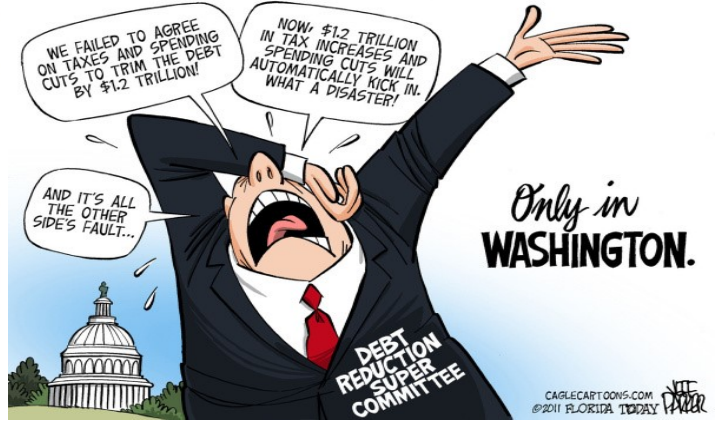
**Zoom: Meeting Id Number “952 3907 1286” Passcode: 023733**

**Call In: Dial..... 1-301-715-8592; When prompted, enter the Meeting ID – 952 3907 1286 & press pound key (#); When prompted for “Participant ID”, enter the (#) key; When prompted for “Meeting Password” enter 023733 & press pound key (#)**



# Senior Cartoon Humor

life is BETTER WHEN YOU'RE LAUGHING!!!





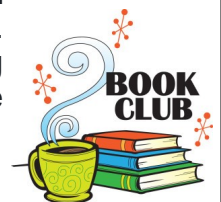
# Chapter 1-Rendezvous

By Pastor Michele Jackson Taylor



Welcome "Welcome!

It's standing-room only." A silver-haired usher adorned in an ankle-length white skirt and long-sleeved purple blouse greeted me as I walked through the double-door entrance of The Redeemer Church—a small store-front in Brooklyn that accommodates all of seventy-five people. I felt welcomed by her inviting smile. A sea of purple and white dresses, skirts and blouses, lap scarves, and purple bow ties caught my attention. Music bounced off the walls filling the building with sounds of spirited rhythms. A five-member choir lifted their voices to the melody of "Praise is What I Do." Hands waving in the air, thunderous claps, and cries of praise echoed as sisters worshipped in the pews and aisles, and brothers surveyed like protective soldiers. "I haven't seen this many folk on a Second Sunday afternoon in a long time," the usher proclaimed. "Then again, Women's Day always brings out a large crowd. Everyone wants to celebrate the wonderful achievements of the 'Ladies in the House.' They worked so hard to make it a great event." "Everyone looks lovely," I observed. "So this is Women's Day?" "It sure is, son. We're so happy you could join us. Let me see if I can find a seat for you." She looked around, walked to the front of the building and returned. "Not an empty seat in the house. Praise our God!" She said with delight. "I'm okay to stand here in the back, if it's alright." "Of course it is." She continued, "This is a special day." "How so?" I asked. "It's a celebration of something wonderful! Something magnificent! Something only God could do. I've seen miracles right here! You know, mothers see everything." Her eyes pierced mine as though she was looking right through me. I had no idea what she was talking about, but her enthusiasm drew me in. I wanted to know what made this year's celebration more special than any other—why this refined elderly woman smiled so radiantly, as if she was the keeper of a big secret. I waited patiently hoping a seat would become available; but none did, and there was no room in the aisle for another folding chair. "If you get tired of standing, you can watch the service downstairs in the Overflow Room. At least you can sit comfortably." "That sounds good right about now," I admitted. "Come on, son. Follow me." So I did. Another usher quickly moved into her spot as we exited the sanctuary and descended a narrow staircase leading to the basement. No sooner than we entered a quaint dining room with a wide-screen television did she begin to point at the screen. "Now, I've seen these sisters worshipping Sunday after Sunday. I tell you, they are truly one in the spirit. The experiences that separated their worlds are the very ones that brought them together in celebration today." I'm sure I had a puzzled look on my face that said, "Huh?" "Each one of these sisters' lives was miraculously changed. You see, their testimonies are quite unique. That's why they're praising God like there's no tomorrow." "They definitely seem happy," I commented. "What's the deal?" "Well, what you're looking at is a rendezvous with the Holy Spirit. Glory!" she bellowed and did a two-step dance with her hand on her hip. "Like the words of this song, praise is what we do!" She pointed to several women who began to dance as the tempo of the music quickened. "That's Glenda, Ramona, Celeste, Jasmine, Mother Sharmaine and Melody." "And you? What's your name?" I finally asked. "Oh mercy! Where are my manners? I'm Mother Jean. Most folk just call me, Mother." "It's nice to meet you, Mother Jean. I'm Russell." She shook my hand firmly and took a seat opposite me at a long table facing the screen. So began a litany of amazing testimonies that blew me away.





**Oncology**  
— INTERNATIONAL —  
COMPASSIONATE COMPREHENSIVE CANCER CARE  
(Oncology & Hematology Clinics)

## **FBC Virtual Health Ministry is sponsoring**

March is colorectal cancer awareness month.  
Topics for Discussion: Colorectal Cancer and  
Prostate Cancer - "Early Signs, Prevention and  
Treatment"



**Dr. Courtney Ackerman, MD,  
Oncologist  
White Oak Medical Center**

***First Baptist Senior Center Zoom  
Presentation:  
March 22, 2022 \* 12 – 12:30 pm***

**Zoom: Meeting Id Number "952 3907 1286" Passcode: 023733**

**Call In: Dial..... 1-301-715-8592; When prompted, enter the Meeting ID – 952 3907 1286 & press pound key (#); When prompted for "Participant ID", enter the (#) key; When prompted for "Meeting Password" enter 023733 & press pound key (#)**





## **ZOOM SIGN-IN**

Sign into Zoom

Click sign in

Enter your email address

Enter your email password

Go to the upper right-hand corner and click

Join a meeting

Another “blue” box will appear

Enter Meeting Id Number **“952 3907 1286”**

Click Join (wait for the blue box to appear) Do not use the “launch box”

Enter Meeting Passcode **“023733”** Click Join Meeting (wait for the Host to bring you on; then a box will appear where the Host is asking you to “start”; then you click start my video

“PLEASE REMEMBER TO CLICK YOUR AUDIO TO MUTE”

WHEN THERE IS NOISE AT YOUR LOCATION

## **“NEW” TELEPHONE SIGN-IN**

Please read below for detailed instructions on how to join First Baptist Church Senior Center (FBSC) virtual activities by your phone (audio only):

Dial.... **1-301-715-8592**

When prompted, enter the Meeting ID – **952 3907 1286** & press pound key (#)

When prompted for “Participant ID”, enter the (#) key

When prompted for “Meeting Password” enter **023733** & press pound key (#)

After successfully joining the call, please mute your phones (\*6) to reduce feedback and background noise during the meeting. You can press (\*5) when you want to speak.



**"SOMETHING HAPPENS WHEN THE CHURCH BEGINS TO PRAY"**

**ACTS 12:1-17**

(REVEREND DONALD D. ROBINSON)

The story is told of a missionary who gave his life serving poor people in West Africa. Each week he'd mount his bicycle and make the day-long bike trek into town to buy food and medical supplies for the people in the village. Each week he used his own money. One day on his long trek, he befriended a man who was hungry. The missionary witnessed to the man and gave him some food to eat and to take with him.

The next week, the missionary saw the same man but this time he was with four other men. The missionary spoke to the man and also witnessed to the four men and gave them some food. It was getting late; therefore the missionary decided to park his bike, make a tent and get some sleep. When the missionary awakened early the next morning, the young man who he had recently met was standing over him, nervous and breathing hard. He said I must confess something to you. He said, yesterday when I saw you, me and my four friends, we knew you carried large amounts of money with you to purchase supplies. Therefore, we decided we were going to rob you. However, when we approached you in your sleep we also saw 26 other people surrounding you. As a result, we got scared and ran away. The missionary looked surprised, he said, I don't know what you're talking about, I've been by myself all night. You must be hallucinating or maybe you had a bad dream! The young man said, say what you want, I know what we saw, we clearly saw that there were 26 people with you. And all five of us counted 26 people!

When the missionary got back to the village days later, he shared his unusual encounter with the people in the village. Many of them were prayer warriors. One of them said, what day and time did this unusual situation happen. The missionary said it happened on Thursday evening around 8:00 p.m. The prayer warrior said, on Thursday evening several of us, about 26 to be exact, got together at our prayer meeting time. We prayed for you because we knew how dangerous the roads are sometimes. We can't explain this unusual set of circumstances, but this is what we know..... ***"Something Happens When The Church Begins To Pray."*** My brothers and sisters, we are the "Body of Christ," when we pray together, of one mind and one accord God does unusual things. Yes, even though the prayer warriors weren't physically with the missionary, they were with him in spirit praying for God's divine protection over his life!

In our text, we find that King Herod has arrested and persecuted many Christians because of their faith. In fact he killed James the brother of John. Many of the Jewish religious leaders were excited about what King Herod was doing to Christians, so much so that they proceeded to persecute and imprison Peter. They intended to behead Peter! Just like they did James! In fact, Herod's intentions were to bring serious charges against Peter, then behead him!

## **"SOMETHING HAPPENS WHEN THE CHURCH BEGINS TO PRAY"**

### ***ACTS 12:1-17 (CONT'D)***

However, because it was the Passover, Herod decided he would wait to try Peter at a later time. Herod knew because Peter was loved and respected, if anything happened to Peter while all these believers were in town for "The Passover," a riot or disturbance might occur. Therefore Herod decided to detain Peter in jail until the crowd of worshippers was gone. While Peter was in jail he was surrounded by four soldiers at all times. Also, while Peter was in jail, the saints of God began to pray for him! The people of God were fearful; in fact, Peter would be killed like James! Some of you might not understand the significance of prayer and dynamic power. However, if you ever want to tap into some real power, get sincere about prayer and fasting! There's nothing more powerful than to see God's people who believe in the power of prayer, getting together to intercede on behalf of someone as they trust God to move on our behalf! ***"Something Happens When The Church Begins To Pray"!***

In verse 5 it says the Church was praying for Peter, "the interceded" on his behalf. Yes, my friends The People of God were engaged in an intercessory prayer. In fact, the Bible says the night before Peter was to come to trial; Peter was sleeping and was chained between two big guards, with 16 other soldiers outside guarding the door. These guards were guarding in shifts. Peter could have been terrified knowing that he could be beheaded the next day. However, the records say Peter was at peace and slept like a baby! Suddenly, a bright light was shining in Peter's cell, out from the light came an angel. The angel struck Peter on the shoulder and awakened Peter up out of his sleep.

The angel said to Peter, quick get up, then the chains fell off of Peter's wrist. The angel then said put on your clothes, sandals and your cloak! The angel then said follow me. Peter was still half asleep, he didn't know if this was really happening or whether he was having a dream or an "out of body experience." Peter followed the angel out of prison however, he thought he was dreaming. He went past two guarded gates finally he reached the iron gate of the prison, which lead to the city. Peter then walked further then realized the angel was gone! Have you ever felt like you were sleep walking, have you ever felt like you were being carried through life by angels? Have you ever been delivered somewhere but didn't know how you got there and who it was that brought you?

By now Peter has come to his senses and realizes that God has sent the angel to rescue him from prison, from Herod and from death. In his excitement, Peter wants to tell the world about, this wonderful miracle God has done. Much to his surprise he doesn't get the reception, he anticipated. What can we learn from Peter's experiences that can help us to be better witnesses for Jesus? What can we learn from Peter's experiences that will help us better understand that ***"Something Happens When The Church Begins To Pray!"***



# PASSOVER



W P T S E T I V E L C J T D E  
P W H Y L U O S H U X E R A L  
O W J A F E D R P B P W E F I  
L A R D G T G O A W C I S I J  
S T Z T D G F N K H X S S K A  
E E U H U E A H A O H H E O H  
G W T G L W X D B C H F D M J  
Y D Z I N O I T A R B E L E C  
P J J E L G L S Q H B S N N S  
T A M C W E E Z D E L T Q S E  
H D R U N P A J E A U I D A S  
P A S S O V E R V H H V Q B O  
M A T Z A H W E S O B A P S M  
S U D O X E R P L I C L A A D  
E B Q N S Y N Y S E D E R B W

AFIKOMEN  
CUPOFELIAH  
EIGHTDAYS  
HAGGADAH  
JEWISHFESTIVAL  
MATZAH  
PESACH  
TORAH

ANGEL  
DESSERT  
ELIJAH  
HOLY  
KOHENS  
HONES  
SEDER

CELEBRATION  
EGYPT  
EXODUS  
ISRAELITES  
LEVITES  
PASSOVER  
SLAVERY

# Occupational Therapy – Howard University Volunteers



Josephine Budu-Acquah, Meche Booker-Brown, Mauricio Iriarte, and Serena Sandiford

**Come join First Baptist Senior Center on Wednesdays in March and April.**

**Zoom: Meeting Id Number “952 3907 1286” Passcode: 023733**

**Call In: Dial..... 1-301-715-8592; When prompted, enter the Meeting ID – 952 3907 1286 & press pound key (#); When prompted for “Participant ID”, enter the (#) key; When prompted for “Meeting Password” enter 023733 & press pound key (#)**

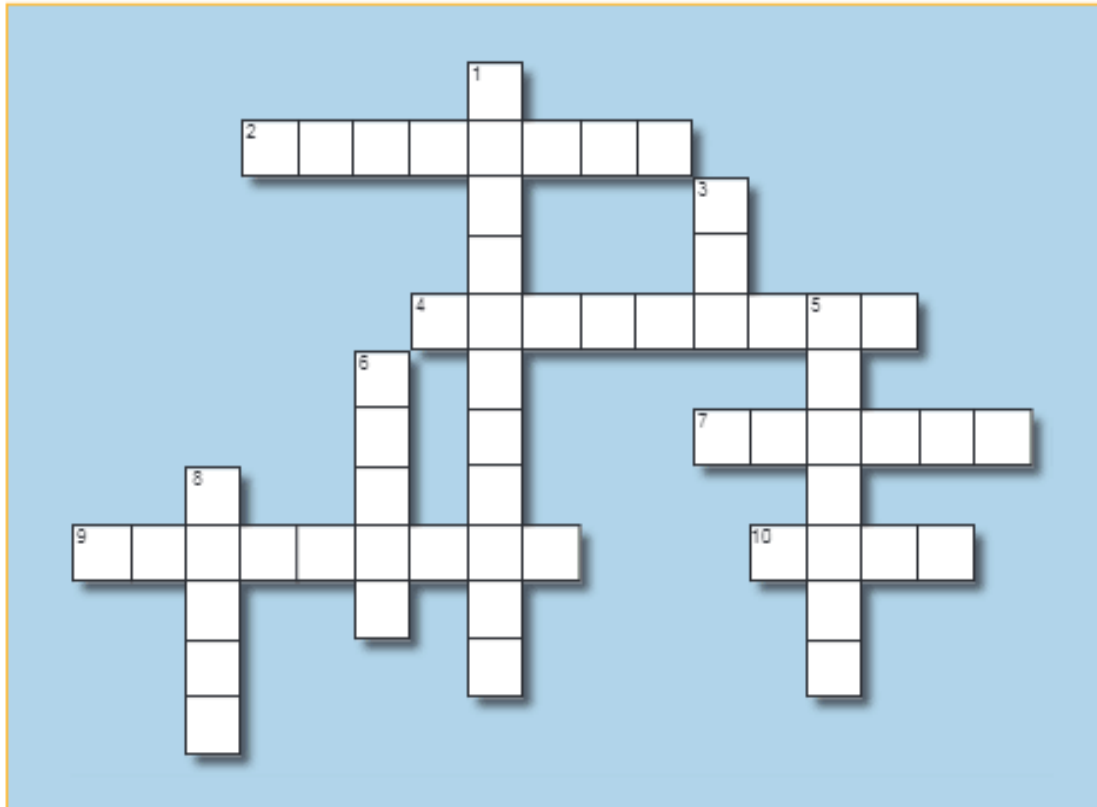
## What is Occupational Therapy?

Occupational therapy has the purpose of enhancing participation in everyday activities that clients find meaningful and bring a sense of peace. We focus on modifying tasks, strengthening skills, and using specific strategies to help someone do what they love to do!

We work with the elderly to make them stronger and more self-sufficient despite an injury, illness, or disability.

OTs focus on the basics of strength, motion, and coordination, and focus on using those skills to perform tasks like getting dressed and cooking.

# The Last Supper Crossword Puzzle



## ACROSS

2. The holiday that Jesus and His friends celebrated.
4. A name for the friends of Jesus
7. The number of Jesus' friends
9. The city where Jesus and His friends ate the meal.
10. Jesus said it represented His blood.

## DOWN

1. \_\_\_\_\_ of sins
3. Something to drink from
5. Not morning
6. Jesus said that this man would betray Him.
8. Jesus said it represented His body.



**“LET’S WISH THEM ALL”  
“HAPPY BIRTHDAY”**

**APRIL 2022**

**Barbara Mickens.....04/01**

**Patricia Lucas.....04/19**

**Elsie S. Brown.....04/22**

**Teuka Mwombela.....04/24**

**Barbara Solomon.....04/30**



# APRIL DATES TO CELEBRATE

- ◆ National Siblings Day
- ◆ Stress Awareness Month
- ◆ Jazz Appreciation Month
- ◆ National Volunteer Month
- ◆ World Autism Awareness Day
- ◆ Scottish-American Heritage Month



## Jazzy Word Search

Find and circle the jazz music words listed below



A	D	B	C	K	L	J	N	P	S
B	R	A	S	S	B	A	N	D	M
T	V	N	Z	A	X	Z	O	S	N
S	A	J	R	T	A	Z	T	H	T
R	O	O	N	C	A	L	E	D	R
P	V	R	E	H	C	H	A	L	U
L	E	N	S	M	U	S	I	C	M
P	I	A	N	O	A	R	Z	U	P
M	S	B	E	P	A	R	A	D	E
L	R	I	V	E	R	B	O	A	T
I	O	S	A	T	V	K	M	N	P
N	E	W	O	R	L	E	A	N	S



Satchmo  
New Orleans  
Trumpet  
Banjo



Jazz  
Music  
Note  
Piano  
Brass Band  
Parade  
Riverboat

### Jazz Musicians

Clockwise from bottom left: Ella Fitzgerald, Duke Ellington, Billie Holiday, Louis "Satchmo" Armstrong

OAKLAND  
JAZZ  
CHORUS



**BRUCE LEE ONCE SAID;**

@ENTREPRENEURSBINTELLIGENCE

INSTEAD OF BUYING YOUR CHILDREN  
ALL THE THINGS YOU NEVER HAD,  
YOU SHOULD **TEACH** THEM ALL THE THINGS  
YOU WERE NEVER TAUGHT.

MATERIAL WEARS OUT BUT  
**KNOWLEDGE** STAYS."

# Senior Cartoon Humor

life is  
BETTER  
WHEN YOU'RE  
LAUGHING!!!





**First Baptist Senior  
Center**

715 Randolph St, NW  
Washington, DC 20011  
202-723-4313

Email:  
fbsc73@hotmail.com

**Center Director**  
Mrs. Carol Desronvil

**Motto:**  
"Reach for the Moon  
If you fall short, you may  
land on a Star"

**Theme Scripture:**  
23rd Psalm

**Theme Song:**  
"I Believe I Can Fly"

**Theme Prayer**  
The Prayer of Jabez



*BJ Washington,  
FBSC Newsletter  
Editor in Chief*

# JEAN'S CORNER

## WINNING THE STRUGGLE WITH DOUBT

**James 1:5-8**

DO YOU STRUGGLE WITH ANXIETY, frustration, and fear? Sometimes these feelings arise when we doubt God's ability to fix a problem or protect us or a loved one. At other times we're distressed because we question His willingness to handle a situation. Such uncertainties can develop from a lack of knowledge about God's character, confusion regarding His promises or a misunderstanding of His plans. That's why it's important to fill our mind with the truths of Scripture. Focusing on the Lord's sufficiency instead of our circumstances gives us hope and strength.

There are many situations that may cause our faith to waver. It could be that our own sin prompts us to question the truth of the Scriptures in order to justify ourselves. Or previous failures might lead to a pessimistic outlook about current and future situations. What's more, we have an enemy who reminds us of past mistakes and times when our prayers appeared to go unanswered. Satan's age-old technique of questioning God's truthfulness can make us wonder whether the Lord is trustworthy.

### **\* January/February \* 2022 DONATIONS**

**To God Be The Glory!**

- Mrs. Rose Turner;** monetary donation
- Mrs. Edna Ross-Dickens;** monetary donation
- Mrs. Marvee Campbell;** perishable donations
- Mrs. Earlene Hughes;** non perishable
- Mrs. Marian O. Williams;** non perishable
- Mrs. Mae Phillip;** non perishable donation
- FBC Health Ministry;** non perishable donations
- In Memory Of Gwen Miller;** monetary donation
- Mrs. Mary Martin;** perishable donations