

Bethesda Baptist Church  
1808 Capitol Ave. NE  
Washington, DC. 20002  
202-635-2883

## MAKING A CONNECTION

“ORDINARY WOMEN SERVING AN EXTRAORDINARY GOD”

Titus 2:1-5



NEWSLETTER - Winter-Spring 2016



“WHILE WE WERE YET SINNERS  
CHRIST DIED”  
(Romans 5:8-11)

### **CELEBRATION OF RECONCILIATION**

Christians throughout the world look excitedly to Resurrection Sunday as a time of remembrance of God's **love** toward mankind. Despite the atrocity of crucifixion as a form of capital punishment, **love** was the underlying theme. Yes the crucifixion was gruesome, demeaning, despicable, and horrific. However, God's plan and purpose was to be fulfilled as spoken by the prophets.

Why? Mankind since the time of Adam and Eve has shown hostility toward God. We have a propensity to be sinful by nature. Sin breeds hostility and hostility results in a severed relationship from God. This breach between man and God has perpetuated disharmony. Until we truly understand our hostility toward God we will never rejoice in the Resurrection of

Christ. Similar to the actions of the Roman soldiers we too at one point have spit on Jesus, mocked Him, took and divided His garments, and pierced Him in His side. Our hostility has come in the form of rebellion, disobedience, fulfilling the desires of the flesh, self-righteousness, displaying a prideful disposition towards God and our fellow man, esteeming ourselves over Him, disregard for His authority, harboring ill will toward the practices of worship, refusal to **love** our enemies, and idolizing man or material things. These sinful actions anger God.

However, God's **love** for us prompted Him to initiate the reconciliation process in the midst of our sinfulness. He understood the need for mankind to be harmonious first with Him and then with one another. Reconciliation involves a restoration of God's favor to sinners that repent after putting their trust in Jesus Christ and acknowledging his death on the cross. His favor is made manifest through reconciliation. At this point we are no longer hostile toward God. We intentionally purpose in our hearts to stay in a right relationship with Him. Our lifestyle is such that we are sensitive to the transforming power of the Holy Spirit to make us into a new creation. We no longer intentionally seek to dishonor God by putting ourselves first. We rely on the work of Christ on the Cross which is the foundation. God removes the barrier between us and Him. As Christians we can rejoice that while we

were yet sinners Christ died for us! We can praise God because he initiated the reconciliation process in order that our relationship could be restored to one embodying **love**. Jesus' death on the Cross and resurrection enables us to be restored and for that we can celebrate. Celebrate good times come on, let's celebrate! HE IS RISEN!

**Celebrating Love,  
Lady Lisa M. Palmer**

## Reflections



*Greetings Sisters in Christ!*

*"Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come." II Corinthians 5:17*

All praise to God for the many blessings He bestowed upon the ministry in 2015 and His continuing favor in 2016. On January 16, 2016, the Ministry held its first Women fellowship. The Theme was "Sisters Empowering Sisters: Dress For Success!" The scripture used for our study was Ephesians 6: 13-17. Our focus was the importance of putting on the Full Armor of God so that one will be able to resist the enemy's attacks.

The fellowship was spiritually renewing and left within each participant, a desire to learn more about the spiritual warfare we face and understanding more about each piece of the armor: Helmet of Salvation, Breastplate of Righteousness, and Waist/Belt of Truth, Shoes of readiness with the Gospel of Peace, Shield of Faith, and the Sword of the Spirit.

We commend and give thanks to God for the blessed facilitation of Lady Lisa and the outstanding small group sessions led by Sisters Erika Thompson, Camilla Faulkner, Bobbie Taylor, Sunni Tatum, Joan Brown, and Barbara Harper. We acknowledge each of you for the long dedicated hours of preparation and thank you for sharing this information with the larger sisterhood. It is because of your presentations and prayers that we will be presenting Parts 2 and 3 of "Dress For Success."

Part 2 of "Dress For Success" is scheduled for Saturday, June 11, 2016 from 8:30am – Noon. Watch for upcoming details.

## The Whole Armor of God

Put on all the armor that God gives you, so that you will be able to stand up against the Devil's evil tricks. For we are not fighting against human beings but against the wicked spiritual forces in the heavenly world, the rulers, authorities, and cosmic powers of this dark age. So put on God's armor now! Then when the evil day comes, you will be able to resist the enemy's attacks; and after fighting to the end, you will still hold your ground.

So stand ready, with TRUTH as a belt tight around your waist, with RIGHTEOUSNESS as your breastplate, and as your shoes the readiness to announce the Good News of peace. At all times carry FAITH as a shield; for with it you will be able to put out all the burning arrows shot by the Evil One. And accept SALVATION as a helmet, and the WORD OF GOD as the sword which the Spirit gives you.

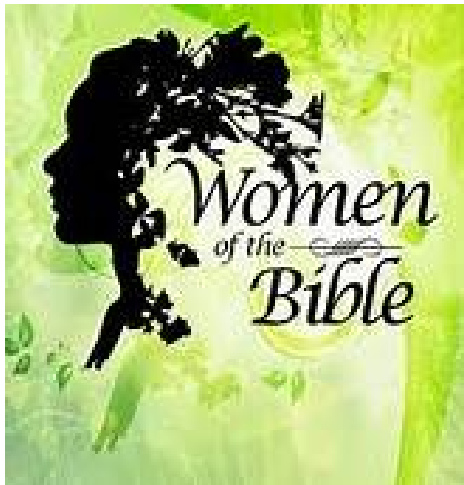
--- Sister Jennie Sanders

## Bethesda Baptist Church One Day Women's Conference

### "Sisters Empowering Sisters: SHEROS of the Old Testament and New Testament"

Saturday, April 9, 2016 (8:30 am- 3:00 pm)  
Bethesda Baptist Church  
1808 Capitol Avenue NE  
Washington, DC 20002

**GOD IS WITHIN HER SHE WILL NOT FALL,  
GOD WILL HELP HER AT THE BREAK OF  
DAY. [Ps.46:5]**



**PURPOSE:** To promote awareness and encouragement to women by discussing the attributes and contributions of women used by God in the Bible.

**Conference Registration:** \$25.00/pp (Inclusive of Continental Breakfast, Lunch and Conference Materials)

**Sign-Up Dates:** February 21<sup>st</sup>, 28<sup>th</sup>; March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> (Room 120)

**Join us for this blessed experience!**

## "SHEROS of the OLD TESTAMENT AND NEW TESTAMENT"



### Old Testament:

- *Eve (Genesis 3: 1-24)...Learning to Handle Temptation*
- *Keturah (Genesis 25: 1-4; I Chronicles 1: 32-33)...Blueprint for a Second Wife*
- *Jochebed (Numbers 26: 59; Exodus 1; 2: 1-11) Imparting Character, Wisdom, and Faith to Our Children*
- *Zipporah (Exodus 2:5 – 25; 18: 1-6) How Not to Be A Spouse*
- *Miriam (Exodus 2: 1-11; 15:20-21; Numbers 12; 20:1; Micah 6:4) The Original "Career Woman"*

### New Testament:

- *Peter's Wife (Matthew 8: 14-15; I Corinthians 9:5) She Inspired Her Husband*
- *Mary Magdalene (Luke 8: 1-2; John 19:25; 20: 1-18) A Healed Mind*
- *The Woman with the Issue of Blood (Luke 8:43-47) She Had Bedrock Faith*
- *Priscilla (Acts 18: 1-3; 18:24-26; Romans 16:3-4) A Servant Leader with a Keen Mind and a Loving Heart*
- *Lydia (Acts 16: 14-15) She Wanted Significance, Not Just Success*

# FEBRUARY HIGHLIGHTS

## 2016 THEME

### 2016 – Hallowed Grounds: Sites of African American Memories

The history of African Americans unfolds across the canvas of America, beginning before the arrival of the Mayflower and continuing to the present. From port cities where Africans disembarked from slave ships to the battle fields where their descendants fought for freedom, from the colleges and universities where they pursued education to places where they created communities during centuries of migration, the imprint of Americans of African descent is deeply embedded in the narrative of the American past. These sites prompt us to remember and over time became hallowed grounds.

One cannot tell the story of America without preserving and reflecting on the places where African Americans have made history. The Kingsley Plantation, DuSable's home site, the numerous stops along the Underground Railroad, Seneca Village, Mother Bethel A.M.E. Church and Frederick Douglass' home — to name just a few — are sites that keep alive the eighteenth and nineteenth centuries in our consciousness. They retain and refresh the memories of our forbears' struggles for freedom and justice, and their belief in God's grace and mercy. Similarly, the hallowed grounds of Mary McLeod Bethune's home in Washington, D.C., 125th Street in Harlem, Beale Street in Memphis, and Sweet Auburn Avenue in Atlanta tell the story of our struggle for equal citizenship during the American century.

The Association for the Study of African American Life & History has selected this annual theme to bring attention to the centennial celebration of the National Park Service and the more than twenty-five sites and the Underground Railroad Network to Freedom that are part of America's hallowed grounds, including the home of the father of black history, Dr. Carter G. Woodson.

**\*\*\*Information provided by the Association for The Study of African American Life and History**

### Top 20 Black History Month Quotations



*I am America.* ~ Muhammad Ali

1. I am America. I am the part you won't recognize.

But get used to me. Black,

confident, cocky;

my religion, name, not yours; my not yours; my goals, my own; get used to me.

-- **Muhammad Ali The Greatest (1975)**

2. Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise I rise I rise.

-- **Maya Angelou "Still I rise," And Still I Rise (1978)**

3. Racism is not an excuse to not do the best you can.

-- **Arthur Ashe**

4. Just like you can buy grades of silk, you can buy grades of justice.

-- **Ray Charles**

5. You have to believe in yourself when no one else does -- that makes you a winner right there.

-- **Venus Williams**

6. There is no Negro problem. The problem is whether the American people have loyalty enough, honor enough, patriotism enough, to live up to their own constitution...

-- **Frederick Douglass**

7. You can be up to your boobies in white satin, with gardenias in your hair and no sugar cane for miles, but you can still be working on a plantation.

-- **Billie Holiday**

8. Greatness occurs when your children love you, when your critics respect you and when you have peace of mind.

-- **Quincy Jones**

9. Do not call for black power or green power. Call for brain power.

-- **Barbara Jordan**

10. Almost always, the creative dedicated minority has made the world better.

-- **Dr. Martin Luther King, Jr.**

11. The battles that count aren't the ones for gold medals. The struggles within yourself—the invisible, inevitable battles inside all of us—that's where it's at.

-- **Jesse Owens, Blackthink (1970)**

12. I have learned over the years that when one's mind is made up, this diminishes fear.

-- **Rosa Parks**

13. Have a vision. Be demanding.

-- **Colin Powell**

14. Be black, shine, aim high. -- **Leontyne Price**

15. Sticks in a bundle are unbreakable. -- **Kenyan Proverb**

16. Freedom is never given; it is won.

-- **A. Philip Randolph in keynote speech given at the Second National Negro Congress in 1937**

17. When I found I had crossed that line, [on her first escape from slavery, 1845] I looked at my hands to see if I was the same person. There was such a glory over everything.

-- **Harriet Tubman**

18. Black people have always been America's wilderness in search of a promised land.

-- **Cornel West, Race Matters**

19. Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

-- **Booker T. Washington**

20. Yes we can.

-- **Barack Obama, President of the United States**

## What is Black History?

By Latorial Faison

It is the dirt road our forefathers trod,  
Memories of their lives branded in our hearts.  
It is a word, a place, a state of mind.  
Black history is a peek into our ancestors' time.

It is a piece of fabric our grandmothers wore,  
An old rope that our grandfathers lived to deplore.  
It is a slave ship and middle passage over seas.  
Black history is cotton fields and tobacco leaves.

It is a plantation overseer and back door crumbs,  
Weeping and wailing, a beating of drums.  
It is a troubling truth, an unapologetic past.  
Black history is an entire race struggling to last.

It is a Mississippi burning in a Tennessee town,  
An evil that lingers to bring Black people down.  
It is a book or movie of strength, courage, and will.  
Black history is the fate of young Emmett Till.

It is little Ruby Bridges, the exquisite Ruby Dee,  
Carter G. Woodson, and Coretta Scott King.  
A Mahalia Jackson song, a Michael Jackson routine,  
Black history is the phrase "Let freedom ring!"

It is Cheney University, the Tuskegee Airmen,  
The N. A. A. C. P., the Black Holocaust Museum.  
It is a navy master diver named Carl Brashear.  
Black history is our legacy of triumph without fear.

It is General Colin Powell, a Vaudeville drama,  
Zora Neale Hurston, and President Barack Obama.  
It is every single experience of our history.  
Black history is the story of you and me.



***\*We applaud the Church Office Staff for including Black History facts in our weekly Sunday Bulletins.***

***LEST WE FORGET!***



# Women's History Month March

## Local Celebrations

As recently as the 1970's, women's history was virtually an unknown topic in the K-12 curriculum or in general public consciousness. To address this situation, the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration for 1978.

The week March 8th, International Women's Day, was chosen as the focal point of the observance. The local Women's History Week activities met with enthusiastic response, and dozens of schools planned special programs for Women's History Week. Over one-hundred community women participated by doing special presentations in classrooms throughout the country and an annual "Real Woman" Essay Contest drew hundreds of entries. The finale for the week was a celebratory parade and program held in the center of downtown Santa Rosa, California.

## Mobilizing a Movement

In 1979, Molly Murphy MacGregor, a member of the group, was invited to participate in The Women's History Institute at Sarah Lawrence College, which was chaired by noted historian, Gerda Lerner and attended by the national leaders of organizations for women and girls. When the participants learned about the success of the Sonoma County's Women's History Week celebration, they decided to initiate similar celebrations within their own organizations, communities, and school districts. They also agreed to support an effort to secure a "National Women's History Week."

## Presidential and Congressional Support

The first steps toward success came in February 1980 when President Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week. In the same year, Representative Barbara Mikulski, who at the time was in the House of Representatives, and Senator Orrin Hatch co-sponsored a Congressional Resolution for National Women's History Week 1981. This co-sponsorship

demonstrated the wide-ranging political support for recognizing, honoring, and celebrating the achievements of American women.

## A National Lobbying Effort

As word spread rapidly across the nation, state departments of education encouraged celebrations of National Women's History Week as an effective means to achieving equity goals within classrooms. Maryland, Pennsylvania, New York, Oregon, Alaska, and other states developed and distributed curriculum materials for all of their public schools. Organizations sponsored essay contests and other special programs in their local areas. Within a few years, thousands of schools and communities were celebrating National Women's History Week, supported and encouraged by resolutions from governors, city councils, school boards, and the U.S. Congress.

Each year, the dates of National Women's History Week, (the week of March 8th) changed and every year a new lobbying effort was needed. Yearly, a national effort that included thousands of individuals and hundreds of educational and women's organizations was spearheaded by the National Women's History Project.

## National Women's History Month

By 1986, 14 states had already declared March as Women's History Month. This momentum and state-by-state action was used as the rational to lobby Congress to declare the entire month of March 1987 as National Women's History Month. In 1987, Congress declared March as National Women's History Month in perpetuity. A special Presidential Proclamation is issued every year which honors the extraordinary achievements of American women. (Taken from US Library of Congress)

**Women have always played an integral part in the world. We can look to the Bible for attributes and characteristics of women that we can use to guide our lives as women. The Women's Ministry is hosting a one day Women's Conference focusing on "Sheroes of the Old and New Testaments. Refer to the earlier insert.**



## Resurrection Sunday

**QUESTION: Why is Resurrection Sunday significant to the Christian faith?**

**ANSWER:**

Whether it is called Easter or Resurrection Sunday is not as important as the event and purpose of the resurrection. However, the timing of the crucifixion and resurrection is significantly meaningful. The resurrection of Jesus is the culmination of all things meaningful, faith and fact, in establishing a relationship with God.

God used the timing, which occurred just after "Passover" and during the Feast of Unleavened Bread, to illustrate the ultimate sacrifice He made for sinners. Without this sacrifice, Christianity would be an empty religion. Every purpose of Jesus Christ, His atonement for sin, would be unfulfilled and the foundation of Christianity would fall apart.

The Passover commemorates God's "passing over" the Hebrew's homes by the angel of death ([Exodus 12:29](#)). By [accepting Jesus](#), we are promised eternal life and we are saved from spiritual death. The Feast of Unleavened Bread (verse 15) begins with unleavened bread (made without yeast) and sacrificing an unblemished, sacrificial lamb. Leavening represents the escape from bondage and sin. Jesus is called the [Lamb of God](#) through whom the only escape is possible.

Jesus' crucifixion and resurrection are God's provision for the perfect and final sacrifice for man's sins. God requires no other payment for sins! With this provision, mankind is granted opportunity

for new life by the forgiveness of sin and escape from its bondage. It is ours for the mere acceptance of this gift.

This is the key event in the New Testament where it is proclaimed throughout. All four Gospels report the miraculous event. In [Matthew 28:6](#) the angel declared "He is not here: for he is risen!" [Mark 16:6](#) reports "'Don't be alarmed,' [the angel] said. 'you are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him.'"

In [Luke 24:46-48](#), the risen Jesus gave His disciples a greater understanding of the resurrection when He told them: "This is what is written: The Christ will suffer and rise from the dead on the third day, and repentance and forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. You are witnesses of these things." Jesus foretells of His resurrection in [John 16](#); then to one of the doubting witnesses, Thomas, He says the following in [John 20:29](#): "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

While Jesus was admired and praised as a teacher, healer, and for performing miracles, He was put to death on the cross. But God raised Him from the dead. Had the witnesses not believed what they saw, Christianity would not have spread across the globe and remained a profound belief to this day.

(Excerpt from the All About website)

## He Arose! He Arose!

## Hallelujah, Christ Arose!

## He Lives! He Lives!

## Christian Education at Work!

Christian Education is an important hub of the Church's wheel of teaching and learning about God's Word (the Holy Bible) and its application to our lives. The Bethesda Baptist Christian Education Ministry is blessed to have Deacon Michael Thompson as its leader. Under the authority of our Lord and Savior Jesus the Christ and our Pastor, Reverend Michael Palmer, God is showing us how we can create new pathways to Him as well as how we can make room for the move of Him.

Below you will find some snippets of upcoming events being planned for our church family. Mark your calendars so you won't miss any of them.

- Homosexuality has become this generation's great moral and spiritual issue for the Church. But what is God's heart on this matter? What would Jesus have us do? Join us on Saturday, March 5 from 9:00 am to noon to have your questions answered and receive training on how to minister to those in alternative lifestyles. This workshop is being led by Regeneration Ministries of Northern Virginia.
- The movie "War Room" will be shown at the church on Friday, April 8, 2016 at 7:00 pm. There is no admission charge.

There are ongoing opportunities to come and learn about the Holy Bible teachings.

- *Sunday School Classes for all ages, Sunday mornings at 9:00 am.*
- *Bible Study sessions: Tuesday evenings from 7-8 pm and Thursdays during mid day(11:30 am)*
- *The "I AM WHAT I AM" Young Adult Service on the first Wednesday of each month at 7:30 pm*
- *The F.U.E.L. Bible Study will meet on Fridays at 6:30 pm in the Fellowship Hall.*

## APRIL

April is a month with many opportunities in which to explore your area(s) of interest!

### Remember to do your daily Bible Reading!

- Alcohol Awareness Month
- Autism Awareness Month
- Celebrate Diversity Month
- Child Abuse Prevention Month
- (Community Spirit Days (1-30)
- Couple Appreciation Month
- Defeat Diabetes Month
- Emotional Overeating Awareness Month
- Fair Housing Month
- Financial Literacy Month
- Jazz Appreciation Month
- Keep America Beautiful
- Month of the Young Child
- National African American Women's Fitness Month
- National Child Abuse Prevention Month
- National Card and Letter Writing Month
- National Decorating Month
- National Garden Month
- National Humor Month
- National Parkinson's Awareness Month
- Physical Wellness Month
- Stress Awareness Month
- Women Helping Women Heal Month

### Bethesda Baptist Church April Events

- Pastor Palmer's Anniversary, April 3<sup>rd</sup>
- Women's One Day Conference, April 9<sup>th</sup>
- University of Maryland Eastern Shore, April 30<sup>th</sup>



The John D. Bussey  
Scholarship Committee

Presents

University of Maryland  
Eastern Shore  
Concert Choir



*In Concert*

Bethesda Baptist Church

1808 Capitol Avenue, NE

Washington, DC 20002

Saturday, April 30, 2016

4:00 pm

Reverend Michael Palmer Sr., Pastor

This concert is serving as an opportunity to showcase young people and their talents. It is also a fundraising opportunity for scholarship for the University of Maryland Eastern Shore and the Bethesda Baptist Church Scholarship Ministry. An information table will be in the vestibule each Sunday beginning March 6<sup>th</sup>.

# MAY

May is a month with many opportunities in which to continue exploring your area(s) of interest!

Remember to do your daily Bible Reading!

**Arthritis Awareness Month**  
**Asian American & Pacific Islander Heritage Month**

**Asthma Awareness Month**  
**Better Hearing & Speech Month**  
**Borderline Personality Disorder Month**  
**Family Reunion Month**

**Family Wellness Month**  
**Food Allergy Action Month**  
**Haitian Heritage Month**  
**Heal the Children Month**  
**Healthy Vision Month**  
**Lupus Awareness Month**  
**National Allergy/Asthma Awareness Month**  
**National Foster Care Month**  
**National Hepatitis Awareness Month**  
**National High Blood Pressure Education Month**

**National Meditation Month**  
**National Mental Health Month**  
**National Military Appreciation Month**  
**National Stroke Awareness Month**  
**Spiritual Literacy Month**  
**Strike Out Strokes Month**  
**Toilettes Syndrome Awareness Month (5/15 - 6/15)**  
**National Family Month (5/12 to 6/16)**

## *Special Bethesda Baptist May Dates*

- Church Wide Memorial Service, May 1<sup>st</sup>
- Mother's Day Observance, May 8<sup>th</sup>
- Health Education Day, May 14<sup>th</sup>
- VBS Orientation, Pt.2: May 14<sup>th</sup>
- Memorial Day, May 30<sup>th</sup>

## **June Highlights**

- “Dress For Success,” Pt.2: Women’s Ministry, June 11, 2016
- Father’s Day, June 19<sup>th</sup>
- VBS Dedication, June 19<sup>th</sup>
- Vacation Bible School, June 20- 24<sup>th</sup>

### **VACATION BIBLE SCHOOL 2016**

Vacation Bible School (VBS) is always a highlight of our church year. It’s a time to focus on the children of our church and community. There are also opportunities for adults to be involved with the biblical concepts presented during the week also. VBS is a leading outreach tool for our church.

**2016 VBS Theme: SUBMERGED**

**VBS Motto: Jesus Sees**

**Jesus Knows**

**Jesus Saves**

**VBS Scripture: Search me, O God, and know my heart, test me and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.**

**Psalms 139:23-24 (KJV)**

**Begin to pray and prepare to embark on an adventure like no other. We will explore and find the truth below the surface. Workers and helpers are needed. Registration forms for volunteers will be available starting March 6, 2016.**

## **READY FOR A GOOD BOOK?**

Ready for a Good Book?

Reading a good book can be so refreshing and relaxing. Reflecting on what you have read can prove to be a powerful opportunity for meditation and personal self growth. A good book can be a useful tool for empowering one another as sisters in Christ. First Lady Lisa submitted the following reading suggestions.

### **Single women:**

- 1) Sacred Singleness by Leslie Ludy
- 2) I Was Blind But Now I See: My Misadventures in Dating, Waiting and Stumbling into Love by Stephanie Rische
- 3) They Were Single Too: 8 Biblical Role Models by David M. Hoffeditz

**AND**

### **Married women:**

- 1) Do Your Kids A Favor.....Love Your Spouse by Kendra Smiley with John Smiley
- 2) Eight Great Ways to Honor Your Spouse by Marilyn Chadwick
- 3) Marriage Matters by Tony Evans

(Reading Suggestions by Lady Lisa)

**The Newsletter Staff welcomes your reflections on the readings to be included in our next newsletter. Articles for the next newsletter are due May 22, 2016.**

## In THE KITCHEN



**Make everything more delicious  
with preparation Love!**

### CHERRY-BLUEBERRY CRISP

Do thaw the cherries, but don't bother thawing the blueberries before cooking. They'll cook more evenly this way. This crisp is also good with frozen yogurt.

Prep Time: 10 minutes----Cook Time 35 minutes  
Ready in 45 minutes---Serves 4

Cooking Spray      1/3 cup butter  
2 cups frozen unsweetened cherries, thawed  
3/4 cup flour      1/2 cup granulated sugar  
2 cups frozen blueberries      1/2 cup walnuts  
1/3 cup (packed) light brown sugar  
1/2 cup plain Greek yogurt

STEP 1 Preheat the oven to 400 degrees F. Spray an 8x8 inch baking dish with cooking spray. Add the cherries, blueberries and brown sugar and stir gently to combine.

STEP 2 Cut the butter into cubes and add to the bowl of a food processor, Add flour and pulse until the mixture forms crumbs. Stir in the granulated sugar and walnuts. Sprinkle mixture evenly over the fruit. Bake for 35 minutes or until top is golden brown and juices are bubbling. Serve with yogurt.

**YUM! YUM! YUM! YUM!**

Per serving: 564 calories, 26g fat, 11g saturated fat, 44mg cholesterol, 150mg sodium, 80g carbohydrate, 6g fiber, 56g sugar, 9 g protein

**Submitted by Sister Margaret Elliott**

## LET'S LAUGH!

### The Sermon

A little girl became restless as the preacher's sermon dragged on and on. Finally, she leaned over to her mother and whispered, *"Mommy, if we give him the money now, will he let us go?"*

### The Boasting Boys

Three boys are in the schoolyard bragging about their fathers. The first boy says, *"My Dad scribbles a few words on a piece of paper, he calls it a poem, they give him \$50."*

The second boy says, *"That's nothing. My Dad scribbles a few words on a piece of paper, he calls it a song, and they give him \$100."*

The third boy says, *"I got you both beat. My Dad scribbles a few words on a piece of paper, he calls it a sermon. And it takes eight people to collect all the money!"*

### Church Announcement

There is the story of a preacher who got up one Sunday and announced to his congregation: *"I have good news and bad news. The good news is, we have enough money to pay for our new building program. The bad news is, it's still out there in your pockets."*

### Instruction about Church

A Sunday school teacher asked the children just before she dismissed them to go to church, *"And why is it necessary to be quiet in church?"*

Annie replied, *"Because people are sleeping."*

(Taken from Church Humor Website)

**\*\*\*SPECIAL NOTE; ARTICLES FOR THE NEXT  
NEWSLETTER—MAY 22, 2016**

**Sister Jennie Sanders**