

Theme: "African American Health and Wellness"

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FROM THE EDITOR'S DESK . . .



Greetings Mount Pleasant Family,

This year, the group that helped found Black History Month, the Association for the Study of African American Life and History (ASALH) has chosen as their theme for Black History Month 2022: "African American Health and Wellness". The group believes that it is a crucial issue for the African American community, which has suffered a long history of health care disparities. The Centers for Disease Control (CDC) National Center for Health Statistics (NCHS) reports that the leading causes of death in the African American community are heart disease, cancer and COVID-19. There are other health organizations that add diabetes to the list. Many churches believe that their members' health and wellness is important to the body of Christ. Mount Pleasant is one of those churches and as such has organized a Health and Wellness Ministry. Its members are trained individuals with caring hearts and include former practicing nurses and a certified nursing assistant. Mount Pleasant has other members in the healthcare profession that give of their time to promote health and wellness.

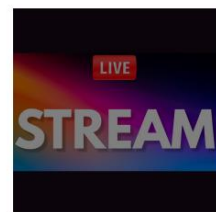
How fitting it is to recognize the Health and Wellness Ministry and other members in the healthcare profession during this Black History Month (see page 3).

Let us embrace this theme to continue to promote health and wellness and to maintain self-care.

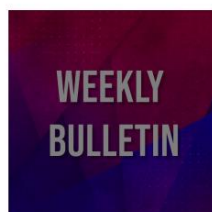
Be blessed and be safe.

MPBC Connect

Visit our website at www.mtpleasantbc.org to stay connected.



Live Stream



Bulletin



Give Online



Givelify App

Inspirations

Caged Bird By Maya Angelou

A free bird leaps
on the back of the wind
and floats downstream
till the current ends
and dips his wing
in the orange sun rays
and dares to claim the sky.

But a bird that stalks
down his narrow cage
can seldom see through
his bars of rage
his wings are clipped and
his feet are tied
so he opens his throat to sing.

The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.

The free bird thinks of another breeze
and the trade winds soft through the sighing trees
and the fat worms waiting on a dawn bright lawn
and he names the sky his own.

But a caged bird stands on the grave of dreams
his shadow shouts on a nightmare scream
his wings are clipped and his feet are tied
so he opens his throat to sing.

The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.

Salute to MPBC Health and Wellness Ministry and Members in Healthcare

Deaconess Annette Colclough (Health and Wellness Ministry)

The Lord knew that the Mount was a place for me to worship and serve. The Mount had a lot of ministry opportunities when I joined. I knew I wanted to be a member of the Health and Wellness Ministry because of my caring spirit. I have been a member of the Health and Wellness Ministry for over 25 years.



Karlyn Henderson (AGACNP-BC)

I received a BSN from Old Dominion University (ODU) (Norfolk, VA), a MSN from New York University (NYU) (New York, NY) and a Post-Masters Certificate from Columbia University (New York, NY). Currently, I work on a General Internal Medicine service at NYU Langone Health, NY, as an acute care nurse practitioner that covers 2 units and 6 different teams. I am responsible for admitting/discharging, managing care, prescribing medications, diagnosing and interpreting data/images for 20-30 patients nightly. Over the course of the pandemic I was required, along with my team, to care for stable and unstable COVID patients in addition to our general population. I have seen firsthand how devastating this pandemic has been, and the strength and determination that it takes to continue on.



Salute to MPBC Health and Wellness Ministry and Members in Healthcare—Continued

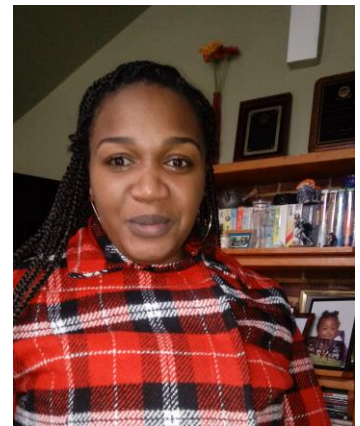
John Jordan III (Health and Wellness Ministry)

I think my desire to serve comes from the light that shines through my mother.



Matisha Jordan (Health and Wellness Ministry)

Following in mom's footsteps and God's Will!



Salute to MPBC Health and Wellness Ministry and Members in Healthcare—Continued

Phyllis Jordan (Health and Wellness Ministry)

Nursing is in our blood line; I have a great aunt who founded and owns a nursing facility in Detroit, Michigan. My heart has always been to serve others.



Tiffany Jordan (Health and Wellness Ministry)

I love helping people and the Health Wellness Ministry touched my heart!



Salute to MPBC Health and Wellness Ministry and Members in Healthcare—Continued

Joyce Lane (Health and Wellness Ministry)

I graduated from Licensed Practical Nurse (LPN) Nursing School in 1966. At the age of sixteen, I decided that I wanted to become a nurse because of a nurse that was so good and kind to me when I was in the hospital. I have always been the person in my family to see about the sick family members. When I first came to Mount Pleasant, I decided to join the Health and Wellness Ministry (formerly named the Nurse's Ministry) because I have a caring spirit for the sick.



Deaconess Sherri Morgan (Utilization Management Nurse)

My nursing career began in 1992 at the Veteran Administration Hospital in Hampton, VA. Following a year working on the medical floor, I transitioned to Riverside Hospital as a float nurse. I rotated through various floors and assisted with patient-centered holistic care. We moved to Northern Virginia in 1997, where I worked as a Community Health Nurse providing teaching, training, and management expertise. Furthermore, I have worked in the private sector as Director of Nursing for a large company. Presently, I am employed by a large insurance company providing services as a utilization management nurse. I remain passionate about community health.



Salute to MPBC Health and Wellness Ministry and Members in Healthcare—Continued

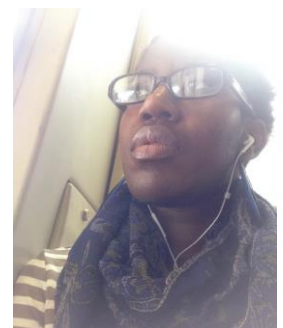
Deaconess Averil Tomlinson (Nurse Manager)

Averil Tomlinson was born in St. Thomas, USVI. She's the third of six children. She completed her education in the Virgin Islands. After high school she attended the University of the Virgin Islands, St. Thomas and graduated with a Bachelor of Science Degree in Nursing. After college she started her nursing career as a medical surgical nurse at the Roy Lester Schneider Hospital, St. Thomas. After a major hurricane devastated the island, Averil decided to relocate to Houston, Texas where she worked as a Cancer Telemetry nurse. In 1991, she moved to Virginia and worked at various places to include George Washington Hospital in Washington, DC, Internal Medicine, and as a Pediatric Nurse in a private practice. Since leaving the private sector in 2005, Averil has been working with Fairfax County Health Department (FCHD) as a Public Health Nurse in School Health where she supervised school health aides in Fairfax County Public School (FCPS). In 2013, she climbed the management ladder and became an Assistant Nurse Manager where she supervises both school health aides and Registered Nurses. After 17 years with FCHD, Averil is the Nurse Manager for the School Health program in the Annandale District Office. She looks forward to this new chapter in her life and hopes to continue to make a difference in the lives of many in the years to come. Averil is married to Ian Tomlinson. They have two sons Akil and Jameel Tomlinson.



Samaijah (Sam) Wims (Health and Wellness Ministry)

I joined the Nurses to help my congregation. I wanted to be part of a quiet sisterhood (comprising of only women at that time) and invisible helping hands.



Thank You
So Much

Mount Pleasant Baptist Church, Alexandria

Sunday In-Person Worship Service 10:00 a.m.

[Arrive by 9:00 a.m. — Doors locked at 10:00 a.m.]

[Limited capacity, must register on website at www.mtpleasantbc.org]

To register, click/tap "IN-PERSON REGISTRATION". Check-in at



MPBC, from your mobile device, scan QR code or tap QR code (below the in-person registration form) to fill out mandatory COVID Liability Release Form.



SCAN ME

All persons will go through screening before entry. Temperatures will be checked and masks must be worn. If you or any member of your group have a temperature of 100.4 degrees or higher and have the following COVID-19 symptoms include but not all: Fever; Fatigue; Dry Cough; Difficulty Breathing; Headache; Chills; Loss of taste or smell or other neurological issues.

Please do not register at this time for in-person worship. **Consult your physician.**

Black History Facts

Olympics 1908 and 1948 (Summer): In 1908, after winning the 4 x 400 meter relay, John Taylor became the first African American to win gold in the Olympics. And in 1948, Alice Coachman became the first Black woman in the world to win an Olympic gold medal while competing in the high jump.

First Black Athletes in the NFL: In 1920, Fritz Pollard and Bobby Marshall became the first Black athletes to play in the NFL. Pollard was also the league's first Black coach.

Black History Month: The celebration of Black History Month began as "Negro History Week," which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

Heavyweight Champ: Jack Johnson became the first African American man to hold the World Heavyweight Champion boxing title in 1908. He held onto the belt until 1915.

Oscar Winner: In 1940, Hattie McDaniel was the first African American performer to win an Academy Award—the film industry's highest honor—for her portrayal of a loyal slave governess in *Gone With the Wind*.

Famous Protestors and Activists: While Rosa Parks is credited with helping to spark the civil rights movement when she refused to give up her public bus seat to a white man in Montgomery, Alabama in 1955—inspiring the Montgomery Bus Boycott—the lesser-known Claudette Colvin was arrested nine months prior for not giving up her bus seat to white passengers.

First Woman Representative: Shirley Chisholm was the first African American woman elected to the House of Representatives. She was elected in 1968 and represented the state of New York. She broke ground again four years later in 1972 when she was the first major party African American candidate and the first female candidate for president of the United States.

First Black Billionaire: Before Oprah Winfrey and Michael Jordan joined the billionaire's club, Robert Johnson became the first African American billionaire when he sold the cable station he founded, Black Entertainment Television (BET) in 2001.

Olympics 2002 (Winter): Vonetta Flowers became the first Black athlete to win a gold medal in women's bobsled.

First Black President: In January 2009, Barack Obama became the first Black president of the United States.

First Black Vice President: In January 2021, Kamala Harris became the first woman of African or Asian descent to become vice president. Harris's mother immigrated to the United States from India and her father immigrated from Jamaica.

Scientist and Mathematician: Benjamin Banneker is credited with helping to design the blueprints for Washington, DC.

Olympics 2022 (Winter): Kelly Curtis became the first Black athlete to compete for the U.S. in women's skeleton. And, Erin Jackson became the first Black woman to win a speedskating medal for the U.S. and a gold medal at that. The medal was the first for the U.S. in 28 years.

Black History Word Search

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

Black History
 Inventors
 Lewis Latimer
 telephone

Fire Escape
 ironing board
 Peanut Butter
 Traffic Light

Garrett Morgan
 Jan Matzeliger
 Sarah Boone

George Carver
 Joseph Winters
 Shoe Machine

Ministry Opportunities

[There are still ministry opportunities to consider.]

*“For we are His workmanship, created in Christ Jesus for good works,
which God prepared beforehand ...”*

Ephesians 2:10

Homeless Ministry — Cooks — contact Sister Shirley Thomas

Youth Ministry — Director/Assistants — 1st, 2nd, 3rd Sundays during 11:00 a.m. Worship Service;
Thursday Nite Takeover (TNT) Workers/Teachers/Helpers — contact Reverend E. Chris White, III

Nursery Ministry — Assistants — contact Sister Allie Hollister

Nurses Ministry — Nurses — contact Sister Phyllis Jordan

Audio/Visual — Assistants — contact Church Office

Grief Ministry — Members — contact Sister Denise Mackie-Smith

Church School — Van Drivers/Teachers — contact Sister Yvonne Bush

CONGREGATIONAL CARE MINISTRY (CCM) by DEACON, DEACONESS, MINISTERIAL STAFF and ZIP CODE

Pastor Johnson	John White (MD) Jessie LeCount-White Jerry and Rosie Brown Marcia Gilbert-Gregory Annette Colclough Min. Percy Edwards Rev. Vonda Batts Rev. Dwight Cokely	Karl and Karin Henderson James Cook Min. Myra Cook Min. Angela Sheppard	Jerald and Faye Stark Maurice Evans Gloria Giron Min. Myron Euille Min. Leticia Watson Min. Stephanie Gillus Min. Eldred Williams	Carlton Brown Amanda Brown Dalton Martin Min. Linda Hayes Min. Percell Spinner	David Evans Spencer and Mattie Charles Michael and Sylvia Hardy Min. Henrietta Nelson Rev. Yvette Baldwin	Barry Newsome Glenn Blackwell LaTonia White Rev. Chris White Rev. Margaret Barr	John and Barbara White Edward Robinson Rev. Cornella Carter-Taylor	Kenneth and Rita Jackson Averil Tomlinson Robert Brooks Sherri Morgan Rev. Brian Morgan Min. Mark Miller	James and Jean Watson Michael Wilson Susie Taylor Rev. Jessie Reynolds
Deacons, Deaconesses, and Family Out of Town Members	DC and Maryland All Zip Codes	Prince William County (excluding Manassas and its independent cities) Lorton 22079 22199 Stafford, Spotsylvania, and Caroline Counties	Centreville Chantilly Manassas Sterling Nokesville Herndon Reston Fauquier, Warren, and Loudoun Counties Fairfax 22030 22031 22032 22033 22037 Vienna 22180	Alexandria 22312	Ft. Belvoir 22060 Alexandria 22301 22302 22303 22305 22306 22307 22308 22309 22310 22313 22314 22315	Alexandria 22304 22311	Arlington All Zip Codes 22201 22202 22203 22204 22205 22206 22207 22209 22211 22212	Burke 22205 Fairfax 22039 Springfield 22150 22151 22152 22153	Annapdale 22003 McLean Merrifield
Ronald Hampton Marilyn McPherson Karen White Josephine Byrd Min. Aleia Taylor Min. Carl Hollister									
Falls Church and Baileys X-roads 22041 22042 22043 22044 22046									

Updated Feb. 2022

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Rev. Dr. Carl M. Johnson, Pastor



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Linda Hayes	Staff Writer/Contributor



Vision Statement

A Church "Growing by Grace." (2 Peter 3:18)

Mission Statement

"To grow a congregation of believers committed to the ministry of Worship, Evangelism, Missions, Discipleship, Service, and Fellowship with a heart for Prayer, Bible Study, and the Great Commission." (Matthew 28:19–20)

Theme

@ the Mount, "We Are Trusting God with Our Future!" (Jeremiah 29:11–12)

Submission of articles to the **Messenger** — Please send articles via email attachment to:
mpbcnewsletter@mtpleasantbc.org.