

Theme: "Singing the Blues?"

*"³³ I have told you these things,
so that in me you may have
peace. In this world you will
have trouble. But take heart! I
have overcome the world."*

(John 16:33) (NIV)

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FROM THE EDITOR'S DESK . . .



(John 16:33)

Greetings Mount Pleasant Family,

"*Singing the blues*" is an idiom defined as feeling sad. During this time of year, there are so many people who are "*singing the blues*" and as the graphic depicts, are sad for various reasons (i.e., grieving from a loss, feeling lonely, experiencing depression, etc.). If you are "*singing the blues*", pray and tell Jesus all about it and trust Him to help you get through this challenging time. The poem below, "*The Memphis Blues*" was written and arranged by Deacon Jerald Stark (MPBC) and is fitting for this MPBC Messenger edition.

Everybody wants to know why I don't sing the Blues.

They say:

They bought you over on a ship
With chains and shackles on your feet.
They took you from your home
And sold you like a piece of meat.

They say:

You picked cotton from sun up to sun down
With a whip to your back.
You was promised forty acres and a mule
When you got your freedom back.

Why don't you sing the Blues?

Continued on page 2.

MPBC Connect

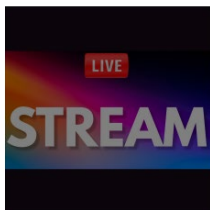
Visit our website at www.mtpleasantbc.org to stay connected.



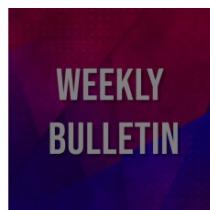
Give Online



Givelify App



Live Stream



Bulletin

Continued from page 1, "The Memphis Blues".

They say:

You fought a war in "42", stood tall like a man.
But when you came home, they still called you a boy.

They would not let you play baseball
Until Jackie knocked down the door.

They say:

You marched in "63",
for rights you should have had.
They killed Malcolm, John, Martin and Bobby
To destroy your hopes and dreams. How sad!
Why don't you sing the Blues?

They say:

You grew up in the ghetto, raised up in that
street life you see.
Prison, instead of school is where you should be.
You ought to know how to sing the blues!
Because you have paid your dues.

But I Say:

When I think of the goodness of Jesus,
And all that he has done for me.
My soul cries out, Hallelujah!
Thank God for saving me.

***I don't sing the blues,
Because Jesus Christ paid my dues!!!!***



Theme: “Ministry on the Move” (Philippians 3:14)

Dear Ministry Member and Fellow Christian,

Greetings to all!

We pray that all is well. Please know we are here for you. We ask for your continued prayers and thank you for your continued support. We need you! If your address and/or other pertinent information has changed, please send Sister Anita Johnson, MPBC Church Clerk, an email to clerk@mtpleasantbc.org. The following are planned events for 2023. As always, if you have any suggestions, please let us know.

- Movie Night
- Gospel Shows
- Zoom Game Night
- Social Day

We want to extend a welcome to our new ministry members and greetings to ministry members who have celebrated and/or are celebrating a birthday, wedding anniversary, retirement or any other celebratory event in December, January and February.

God bless you, continue to keep safe.

Deacon Karl Henderson, Deaconess Karin Henderson and Deacon James Cook
Ministerial Team: Minister Myra Cook and Minister Angela Sheppard
(Prince William/Stafford/Spotsylvania/Caroline Counties and Lorton (PWSSC&L) CCM)

—Thought for the winter—

“One kind word can warm three winter months.”



Word Search

WINTER

WORD SEARCH

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



Blizzard
Boots
Coat
Cold
Fireplace

Frosty
Frozen
Gloves
Hibernate
Hot Chocolate

Ice Skate
Icicle
Mittens
Scarf
Sled

Snowball
Snowboard
Snowman
Sweater
Winter



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From the Editor's Desk

Beating the Winter Blues

[Reprint from a previous edition.]

In the Winter 2010/2011 MPBC Messenger, the LEAD (Life Encouragement And Discipleship) Ministry, a former MPBC ministry, published an article titled, “Beating the Winter Blues”. The article stated that according to the National Centers for Disease Control (CDC), approximately 20% of American adults ages 18 and over experience Seasonal Affective Disorder (SAD). SAD is a mood disorder associated with the change in seasons. This is a temporary depressive state in which persons are affected by weather and/or environment, with no other influences, such as loss of job or loved one. For instance, persons located in regions near the equator, such as Florida and Texas, are less likely to experience SAD than those who live in regions further north, such as New York or Washington. And since SAD is associated with the changes in seasons, it comes in two forms: winter onset and summer onset. Because we are in the winter season, I will share with you what the article stated about winter onset SAD.

Winter onset SAD, which we know today as the “winter blues”, generally begins in late fall and ends in early spring. Symptoms include (but are not limited to) craving sweet and/or starchy foods, fatigue, oversleeping, difficulty concentrating, weight gain (not caused by holiday eating) and social withdrawal.

Below are tips for beating the winter blues:

1. **Go Outside.** For those who dislike the heat in the summer or the cold in the winter, take a giant leap to the outdoors. Appreciating God’s Creation can always be uplifting.
2. **Exercise.** Try to get in at least 30 minutes of exercise a day. This is for good all-around health.
3. **Eat Right.** Eat more fruits and vegetables.
4. **Meditate.** God’s Word has a way of settling in your spirit and bringing peace.
5. **Socialize.** Fellowship with others. Sometimes, being around other people can lift your spirits even if you don’t want to be around them!

The article reminded us that if you or your loved ones are experiencing any form of depression, whether it is SAD or not, please do not hesitate to seek help. Information and support groups online are available for you. Of course, Pastor Johnson and other MPBC ministries are ready to assist you through any rough spots in your life. The article is a reminder that this season isn’t a joyous season for some folks. I believe there can be hope for a joyous season if only one can grasp the reason for this season which is Jesus Christ who can give you His unspeakable joy that the world cannot take away. Don’t give up! “Cast your cares on the Lord and he will sustain you;” (Psalm 55:22a)

Below are some resources:

- The Substance Abuse and Mental Health Administration: www.samhsa.gov
- Family Doctor.org: <https://familydoctor.org/condition/depression/>
- Mayo Clinic Online: <http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195>
- Seasonal Affective Disorder Health Group: <http://www.dailystrength.org/c/Seasonal-Affective-Disorder/support-group>
- Winter Blues and Holiday Grief: First Lady Robin Johnson (MPBC)

Winter Blues and Holiday Grief

By First Lady Robin Johnson (MPBC)

[Reprint from a previous edition.]

There are signs of the holiday season all around us. Decorations are in every store, holiday displays are in area malls, Christmas music is playing everywhere you go, gifts are being purchased, and party plans are well under way. As Christians, we are preparing to celebrate the birth of Jesus Christ. You may have noticed that the choir is preparing songs for the occasion, the Christmas play is being rehearsed, and the sanctuary has been adorned with poinsettias and wreaths. The theme for the season is gratitude, light and hope, so this should be a joyous time of the year. However, for some people this time of the year causes great stress, sad mood, and feelings of loss.

This is one of the most stressful times of the year. The major causes of stress are gift giving obligations, expenses, a lack of time, and unrealistic expectations about creating a perfect holiday. Christians seem to have the exact same issues as non-Christians. Although the world continues to get more commercialized, God will honor all our efforts to keep the focus where it should be, and we need to set the right example for our family and friends.

Some people experience a serious mood change when the seasons change. You could find yourself sensitive to the lack of natural daylight due to the shorter days and the cold temperatures associated with the late fall and winter months. It is common for people to find that they eat and sleep slightly more during the wintertime, tend to be less active, and dislike the dark mornings. But for some, other symptoms become severe enough to disrupt their lives and cause significant distress. Support from their church, family, and friends are especially important for these individuals, but it is also important to discuss these symptoms with their doctor. There are a number of treatment options available.

Even though the world is consumed with making merry, the holidays make those who have experienced a loss even more aware of the hole in their hearts. Grief is our reaction, experience and feeling due to a loss. It is normal and healthy to mourn the death of a loved one. And, as believers we have a hope and promise when it comes to eternity and in Jesus Christ. We know that our loved ones are in God's arms. The holiday time is an opportunity to honor and include the memories of a missed love one in social gatherings, conversations, and in your holiday activities.

The Bible says in John 14:1: "Let not your hearts be troubled. Believe in God; believe also in me." Remember to take care of yourself, share your thoughts and feelings with friends and family, stay active, and adjust your expectations. Remember, Christmas and winter will soon pass, but discovering a new sense of faith in Christ will carry you the whole year through.

MINISTER'S



Take It Back

³³ *"I have told you all this so that you may have peace in me. Here on earth, you will have many trials and sorrows. But take heart because I have overcome the world."*

John 16:33 NLT

The past few weeks have been slightly overwhelming for many people with the stress of planning holiday gatherings, food menu and gift giving occurring between Thanksgiving and the New Year. However, on top of these burdens, we have had to deal with untimely deaths of loved ones, rising prices and falling morale just about everywhere. But what saddens me most is the confusing messages we see daily about the winter holiday season.

When the news starts, there's this lovely Holiday music with bells ringing and carols. Meanwhile, there is a report of someone being shot and killed over parking spaces. There is another report about a group that is giving meals to the hungry, and another report of a corporate head stealing millions from the poor. It's hard to process. Yet, we wonder why we are stumped by the recent suicide of a popular DJ, who moments before posted a joyous video of him and his family dancing. Something is wrong, church. Why are we accepting these messages of confusion?

Christmas was never about carols or gift giving or bells ringing. We surrender to the pressure society places on us to fulfill their corporate quotas. And it is killing us. Is it wrong to give? Absolutely not! God loves a cheerful giver (2 Corinthians 9:7c). Unfortunately, we forget the first two parts of this very same verse, "you must each decide in your heart how much to give, not reluctantly or in response to pressure" (2 Corinthians 9:7a-b NLT). There is no peace with giving under pressure. There can be no joy where peace doesn't live. And where there is no joy, there lies animosity, which allows anger to fester and love to wane.

The world has it backwards. Happy Holidays don't bring the peace these carols speak of—Jesus does. Let us not forget that and take back Christmas. Jesus warned the disciples that there were going to be tough times. You will grieve. You will weep. You will be hurt constantly and consistently. But it is only a temporary heartache simply because Jesus made a way for us to petition God directly using HIS NAME.

Jesus overcame the world that at the name of Jesus every knee shall bow, things in heaven, in earth, and under the earth, and every tongue confess that Jesus Christ is Lord (Philippians 2: 10-11). So, the state of current affairs in your life, in society, and in the spirit, the world cannot overtake you if you have a relationship with Jesus Christ. Nothing has power to destroy you unless you let it. So, take heart and live in peace...because it is time to take it back.

MPBC Events

JOIN US AS WE RETURN BACK TO

IN-PERSON

WORSHIP

SUNDAY AT 10:00AM

MASK REQUIRED | SOCIAL DISTANCING

Mount Pleasant Baptist Church
6477 LINCOLNIA ROAD, ALEXANDRIA, VA 22312
Rev. Dr. Carl M. Johnson, Pastor



Join us for our

Saturday Morning PRAYER

January 7, 2023

8:00AM-9:00AM
Meeting ID: 865 2443 3578
Passcode: 482844
Dial-In: 1.301.715.8592

MOUNT PLEASANT BAPTIST CHURCH | 6477 LINCOLNIA ROAD, ALEXANDRIA, VA 22312 | 703.256.1268 | WWW.MTPLEASANTBC.ORG

EXPANDING FOR
A GREATER WORK
ISAIAH 54:2

Virtual
New YEARS
EVE CELEBRATION

MOUNT PLEASANT BAPTIST CHURCH
SATURDAY | DEC. 31ST AT 10:00PM

AN EVENING OF SONG, DANCE, AND TESTIMONY
WORD OF INSPIRATION BY PASTOR CARL M. JOHNSON
WWW.MTPLEASANTBC.ORG
MEETING ID: 830 1058 0076 | PASSCODE: 277665 | DIAL-IN: 1.301.715.8592

FIRST LADY ROBIN JOHNSON | PASTOR CARL M. JOHNSON



ALL MINISTRY LEADERS PLAN TO ATTEND!

QUARTERLY MINISTRY LEADERS MEETING

January 7, 2023 | 9:00AM | Virtual Meeting

Mount Pleasant Baptist Church

MOUNT PLEASANT BAPTIST CHURCH | 6477 Lincolnia Road, Alexandria, VA 22312 | 703.256.1268 | office@mtplesantbc.org
Rev. Dr. Carl M. Johnson, Pastor

WOMEN'S MINISTRY

Online Fellowship

UPDATE:
The December Meeting has been rescheduled.

4TH JANUARY 2023
WEDNESDAY
7:00PM - 8:30pm

LIVE ONLINE

Guest: **Jovita Sheppard**

Meeting ID: 818 5797 9136
Passcode: 652911

www.mtplesantbc.org



Mount Pleasant Baptist Church
6477 Lincolnia Road
Alexandria, VA 22312
703.256.1268
Rev. Dr. Carl M. Johnson, Pastor

Weekly DEVOTIONAL Messages

Presented by the Ministerial Staff

Download the Mobile App!




Devotional recordings available on the MPBC website:
www.mtplesantbc.org

MPBC Events – Continued

Zoom ID and Passcode will be provided after group registration.

Virtual Grief Ministry Session

Sessions held on Monday
May 16, 2022 - August 22, 2022
6:30 p.m. - 8:00 p.m.
(No session 7/4/ 2022)

Contact:
Denise Mackie-Smith@mtpleasantbc.org

GRIEF SUPPORT GROUP

Help and encouragement after the death of a spouse, child, family member, or friend

To register for sessions: <https://www.griefshare.org/groups/149679>.

GRIEF SHARE

MOUNT PLEASANT BAPTIST CHURCH
6477 LINCOLNIA ROAD, ALEXANDRIA, VA 22312
Rev. Dr. Carl M. Johnson, Pastor

SUNDAY | 9:00 A.M.

Virtual adult classes will be held in the Pinkett/Sheppard Memorial Chapel for In-Person worshippers.

CHURCH SCHOOL

CLASSES FOR AGES 5-ADULT

Online classes are available for adults, children, youth and young adults.

Zoom conference ID's and passwords will be provided prior to the event via email and mobile app notifications.

www.mtpleasantbc.org

WAYS TO GIVE

- TEXT TO GIVE**
Text "GIVE" to 703-215-2545
- GIVELIFY**
Mobile App
- WEBSITE**
mtpleasantbc.org
- MAIL-IN**
6477 Lincolnia Road,
Alexandria, Virginia 22312

Mount Pleasant Baptist

JOIN US FOR

Tuesday Evening
PRAYER CALL
6:00PM (EST)

Dial: 1.848.220.3300
Code: 1571206#

zoom

Expressions

It gives me great pleasure to share about an adopted family I received in 1993. My family, Mount Pleasant Baptist Church! You embraced us on November 28, 2022, when we lost a husband, father, grandfather, brother, friend, etc. Love poured out of the pores and foundation of this branch of Zion like nothing we have felt before. The calls, cards, gifts, visits, food, support, serving, prayers and most of all, love.

We do not have words to express how we feel – “Thank you!” From the Leadership (Pastor, Deacons, Deaconesses), Nurses, Senior and Junior Ushers, Church Office, Ministers, AV team, Music, members, etc. We have been blessed beyond measure!

This piece is written to “Honor” you, my/our adopted family. Please accept the love, hugs, and prayers we happily give.

From our hearts to yours “Many blessings and love!”

The Jordan Family

(Phyllis, Tiffani, John III, Matisha & TaCara)

MPBC FEDERAL CREDIT UNION

Notes & News

WINTER 2022-2023 EDITION

Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior, who is Christ the Lord.
Luke 2: 10-11 (NKJV)

LOANS AVAILABLE

Do high-interest-rate credit card bills have you singing the blues?
Contact your MPBC Federal Credit Union to see how our Signature loan special rates can help change your tune.
Don't delay - apply today for a Signature loan up to \$7,500.



Did you know that each year your MPBC Federal Credit Union pays dividends on your Regular Share and Christmas Club accounts? Dividends are the way we pay YOU from earned profits.
We are proud to provide this to members and thank you for your business.

We are YOUR Credit Union.

Season's Greetings



On behalf of all of the MPBC Federal Credit Union's Board of Directors and volunteers, we wish everyone a very merry Christmas and happy new year!

FINANCIAL CHECK-UP

As the new year approaches, it's important to review and adjust your financial situation.

Here are a few things to consider:

- Create a budget to track your income, expenses, and spending habits.
- Plan out your savings goals and automate the funds directly to a savings account - you can open an account with MPBC FCU with zero banking fees!
- Pay off high-interest debt with a low-interest personal loan - how about a Signature loan from MPBC FCU?
- Contribute to an employer-sponsored or individual retirement plan that aligns with your future goals.



OPERATION STATUS

The Credit Union is open for business on Sunday mornings! Operating hours are from 8:45 AM - 10:00 AM.
Church entry protocol must be followed and masks are required. For more information, please contact the Credit Union.

CONTACT US:

MPBC Federal Credit Union
P.O. Box 11146
Alexandria, VA 22312

(703) 256-4802

mpbcfcu@mtpleasantbc.org

www.mtpleasantbc.org/credit-union



Thanks for your business.

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

Youth Ministry — Teachers — Youth Bible Study — contact Reverend E. Chris White, III

Nurses Ministry — Nurses — contact Sister Phyllis Jordan

Audio/Visual — Assistants — contact Church Office

Grief Ministry — Members — contact Sister Denise Mackie-Smith

Church School — 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 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 La'Tonia 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 22015 Fairfax 22039 Springfield 22150 22151 22152 22153	Annandale 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 July 2022

Mount Pleasant Baptist Church
6477 Lincolnia Road
Alexandria, Virginia 22312
(703) 256-1268
Rev. Dr. Carl M. Johnson, Pastor



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web site: www.mtpleasantbc.org*

MPBC Messenger Staff

Karin Henderson	Editor-in-Chief/ Designer
Eloise Clarke	Editor
Anita Johnson	Editor
Debbie Coles	Church News Reporter
Linda Hayes	Staff Writer/Contributor



VIRTUAL CHURCH CONFERENCE — JANUARY 28, 2022 @ 5:00 PM

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, “Expanding For A Greater Work” (Isaiah 54:2)

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