

Voice of the Morning

February 2008 Issue

Morning Chapel CME Church

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Reverend Manuel Henderson, Pastor
 Rev. Russell O. Fuller, Presiding Elder
 Bishop Ronald M. Cunningham, Presiding Bishop

Schedule of Activities

Sunday School — Sundays 9:30 am

Morning Worship — Sundays 11:00 am

Prayer / Praise / Bible Class —

Wednesdays 7:00 pm

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Pastor's Corner By Rev. Manuel Henderson



Remembering Our History

“If a race has no history, if it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated.”

Dr. Carter G. Woodson,

Founded Negro History Week, 1926

Dr. Wyatt Tee Walker in his book *“Somebody’s Calling My Name”: Black Sacred Music and Social Change*, observes, “...If you listen to what Black people are singing religiously, it will provide a clue as to what is happening to them sociologically.”

*By the rivers of Babylon we sat down;
 There we wept when we remembered Zion.
 On the willows near by
 We hung up our harps.*

*Those who captured us told us to sing;
 They told us to entertain them:
 “Sing us a song about Zion.”*

*How can we sing a song to the Lord
 In a foreign land?”* [Psalm 137:1-4, Good News Bible]

I invite you to come with me to a far away place in time, and stand for a few moments—eye ball to eye ball with another people in a different place in time, and a different predicament, a people in a predicament of pain, nothing like you or I could ever imagine. I want you to just quietly stand and feel. Shsssss, don’t utter a word, just let their lives speak to your life, their spirits to your spirit. No, not even a whisper—for they will fall strangely silent if they detect a stranger in their midst. Just stand where they stand where they are standing for a moment and listen.

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Church News

Fort Worth District Stewardess Musical

By Shabra Watkins

The Fort Worth District Stewardess held their annual fund raiser musical at Morning Chapel on January 25th. The crowd came in a little slow because of the threat of ice earlier in the day but slowly and surely the CME's arrived. Sis. Andrea Barron served as the MC of the program and did a fantastic job keeping the program moving and smooth. Morning Chapel's great Mass Choir opened the program with 2 numbers followed by Praise Dancers from Lula McLane who did a great job of dance interpretation. This was a youth group that was phenomenal! The Male Chorus was requested by the Stewardess and kept the spirit coming with 2 moving songs also. They made us proud! To top it all off, Morning Chapel's renowned Praise Dancers performed "Joy to the World" keeping the spirit of the birth of Jesus with us. Mrs. Johnnie Stanton was ecstatic along with the audience. The other Churches that performed were Stewart Chapel, who rendered 2 great selections and all the way from Mineral Wells, Hughes Chapel, whom along with Rev. Lawson, closed the program with an awesome song. At the end of the program, Mrs. Johnnie Stanton, the Fort Worth District President gave an overview of the program and loved every minute of it! The Elder, Rev. Russell Fuller gave remarks and praised everyone for a great program followed by remarks from Pastor Henderson. Morning Chapel was represented and carried out the entire program in style as we always do. A special thanks to all of the Musicians, Choirs and Dancers for a great program and making the Stewardess program a success. A delightful reception was held afterwards for all of our guests following the program.



Stewart Chapel Choir Singing "We Worship You"



Lula McLane's Little Praise team



Morning Chapel Mass Choir Jamming to "Blessed"



Takiyah Evans, Tamiyah Fletcher and Katrina Jefferson performing the intro to Joy to the World

ALL HANDS ON DECK!!! MORNING CHAPEL IT IS TIME FOR US TO GET TRAINED!

By Aisha Barron

Have you ever wondered why things are done the way they are in our local church? Saturday, January 26, Pastor Henderson conducted one of several proposed All Church Training Workshops. During this training, where the Discipline was the main reference, many topics were discussed from the hierarchy of the CME church to the roles of various officers. For instance, Do you know the order of the CME Church? Did you know each CME Church has only one (1) Pastor and may have various Associate Ministers? Do you know the difference between a Church Conference and an Official Board Meeting? Or, how about the difference between a Director and a President? If you do not know the answers to these questions, then you need to attend the next All Church Training Workshop. It was also discussed that things in the church should be done "Right and In-Order".



Pastor Henderson teaching at the training

After Pastor completed his topics for the day, he opened the floor to a Question and Answer session. All in all, Pastor conducted a training where our "laws" of the church were explained and broken down to be understood by all. I encourage everyone to attend the next training. Who know, you might learn something new!

Youth and Young Adult Week

Rodney Patten Delivers the Message

By Takiyah Evans

The celebration of Connectional Youth and Young Adult Week is an important event in the life of the Christian Methodist Episcopal Church. This week provides an opportunity for Youth and Young Adults in the local church to join with adults of the church in witness, worship, fellowship and mission. This year's Youth and Young Adult Week occurred January 27th - February 3rd.

To start the week the Youth and Young Adults invited Bro. Rodney Patten to speak during the morning worship service. Bro. Patten is a member of Christian Chapel CME Church. He is originally from Beaumont, TX where he graduated from Lamar University with a B.S. in Communication in 1994. After attending Lamar University he received a Juris Doctorate degree from the Thurgood Marshall Law School in Houston, TX. Bro. Patten is currently attending the University of Texas at Dallas to obtain his PhD in Public Administration.

In addition to obtaining his PhD Bro. Patten works for the City of Plano as an Assistant City Prosecutor. Bro. Patten is a devoted husband to LaQuitia Patten and they have two sons, Rodney Patten II and Quinton Patten. Outside of his family he is a minister on trial, works on the legal ministry at Christian Chapel, he is the Ministry to Men coordinator for the Dallas District, a member of the Texas Bar Association, the J.L. Turner Bar Association, and Alpha Phi Alpha Fraternity, Inc.

Bro. Patten delivered an astounding message for morning worship on 'facing our giants', referencing Numbers 13:1-3, 26-28. The congregation was delighted by his heart felt message and he was accepted with an open heart by all.

To end the week for the Youth, they enjoyed themselves at Incredible Pizza, located in Euless, on Saturday, February 2nd. The youth had a great time eating, riding go-karts and playing games. A special thanks to the parents that stayed to hang out while the youth were having fun.



Bro. Rodney Patten delivering the morning message

SUPER BOWL XLII

By Katrina Jefferson

The Morning Chapel family helped Super Bowl XLII become the most watched Super Bowl in history. The Young Adult Ministry hosted a Super Bowl party on Sunday, February 3 at the home of Anthony and Dietra Dangerfield. There were cheers and jeers as the New York Giants upset the New England Patriots in the final minutes of the game. About 20 of our congregation's rowdiest football fans enjoyed plenty of food, fun, and fellowship.

Pastor's Corner continued from page 1

These are African People, who for the most part are shepherds. They're a relatively peaceful people. They love music. Music permeates the fabric of their lives. They are famous for their rhyming and rapping—they sing at weddings; they sing at funerals; some of them sing out their sermons; and some of them sing out their prayers. They love music. They go into the church singing, "Make a joyful noise unto the Lord all ye lands. Serve the Lord with gladness. Come before His presence with singing."

And dancing? Child, you ain't seen no dancing. They just make up dances on the spur of the moment—un-choreographed, un-rehearsed. For these people, music is like the air they breathe. They are engulfed by music from the cradle to the grave. They make up impromptu songs to celebrate everything.

These are profound people, a proud people, and a praying people. It was these people who built the pyramids, which our Western minds, with all of its sophistication, still cannot figure out. It was these people who created the first cultures and developed the first civilizations of earth. It was these people, with their music and their rhythms who gave the world Epicurean Materialism, Platonic idealism, Judaism and Christianity. These are profound, proud and praying people...

It would appear that African Americans educated in this country have forgotten what their African forebearers had created—the oral and written tradition of our rich heritage. In a foreign land there is a deliberate attempt to take away the exiles' heritage and replace it with a fabricated history that distorts truth. In a foreign land an identity crisis is created in an attempt to take away history and heritage...Folks may mess with your history and make it hard for you to uncover the truth about your heritage, but don't let go of your hope. It is hope and faith that sustains. No matter how dark the night, don't let go of hope, it will keep you for years to come.

Yours in the ministry of Christ,

Pastor Manuel Henderson

Senior Moment

We have a "champion" senior member! It has been reported that our own sister Erma Grant and her roommate at the Assisted Living Center were January's winners with the highest score in every game/activity they participated in. It's good to know that Sister Erma Grant's winning spirit demonstrate that Senior's Rule!"

Every month we will "Spotlight" a member of our church. The person spotlighted is randomly selected.

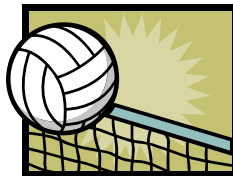
Waymon Allen



...was born in Cherokee County located 6 miles outside of Jacksonville, Texas on June 26, 1909 to the parents of Nora and Sam Allen. His father was a teacher and principal and his mother was a homemaker and together they raised 5 sons and 4 daughters. Their children were educated in Cherokee County and Jacksonville school districts. In 1930, at age 21 he moved to Bullard, Texas. He met and married an educator named Lola James and they had a daughter named Oletha. He was a skilled mechanic; He taught mechanics at Texas College. He also built ships at Kaiser Ship Yard in Oakland, California. He was later contracted by Stanton High School to make ready their first school bus which transported the students in Bullard, Texas. He retired from the Sheriff's Office after serving 20 ½ years managing criminal warrants. Also at age 21, he joined the Masons and has served faithfully for 77 years. He was a successful small business owner: He opened a liquor and drug store in the Fort Worth area. He joined Morning Chapel in January of 1960 and has been faithful for 48 years. He met and married his current wife, Hattie Faye, in 1963. They have been blessed with a union lasting over 45 years. They enjoy a beautiful blended family together. Their children have given them 25 grandchildren and 22 great grandchildren. They are raising one of them and they are doing an exceptional job with Quincy who sings in the choir and is always willing to serve. Although his parents and siblings have gone from labor to reward, he continues to serve and participate here at Morning Chapel enabling us all to see first hand the true dedication and tenacity of the Allen Family from Cherokee County.

Member Spotlight
By Sharron Cass

Youth Spotlight
By Barbara Brown



Jada Ivory

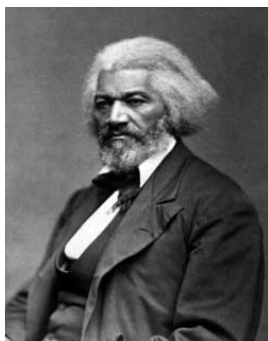


This month we are fortunate enough to spotlight one of our prestigious members by the name of Jada Ivory. Jada was born March 23, 1995 and is 12 years of age. She was born to the parentage of Mr. Andre and Mrs. Velparita Ivory. Jada has two nicknames; "Jada Pooh" and "Love Bug". She has one younger sister, Sabryn, and one older brother by the name of Andrico. Jada's biggest aspiration in life is to become a lawyer, and her second choice is to become an actress. She certainly is beautiful enough to pull this one off. Jada has a lot of pride and beauty about her persona. She enjoys looking sheik and girly. She has a natural school girl look. Her entire character exemplifies health and beauty at such a young age. I am sure her parents are very proud of her. Whereas many people don't have one college choice at such a young age, surprisingly enough Ms. Jada has two choices. Her college choices are FAMM (Florida Agriculture Mechanical University) and University Of Florida. Jada wants to pledge AKA so she can be her dad's "sister". Jada wants the world to know her greatest mentor is none other than her beautiful mom, Mrs. Valparita Ivory to whom we all adore. Jada says she feels this way about her mom because she works hard for what she wants and she is a strong black woman. These are definitely qualities for her daughter to be proud of. Some of Jada's everyday involvements and activities are practicing sports to improve her game.

Miss Jada a word from the writer, keep your head held high as you journey through your young life and never forget how much God loves you. Remember to keep Him close to you and make Him first in everything you do. Your church family loves you very much.

Black History Tidbits

By Aisha Barron, Althea Barron & Christal Griffin



FREDERICK DOUGLASS



CARTER G. WOODSON

DID YOU KNOW?

To recall and celebrate the positive contributions to our nation made by people of African descent, American historian Carter G. Woodson established Black History Week. The first celebration occurred February 12, 1926. For many years, the second week of February was set aside for this celebration to coincide with the birthdays of Black abolitionist/editor Frederick Douglass and Abraham Lincoln. In 1976, as part of the nation's bicentennial, the week was expanded into Black History Month.

BUSINESSES

- **\$88.6 billion** in revenues for black-owned businesses in 2002, up 24 percent from 1997. The number of black-owned businesses totaled 1.2 million in 2002, up by 45 percent since 1997. Black-owned firms accounted for 5 percent of all nonfarm businesses in the United States.
- **129,329**: The number of black-owned firms in New York in 2002, which led all states. New York City alone had 98,080 such firms, which led all cities.
- **10,716**: The number of black-owned firms operating in 2002 with receipts of \$1 million or more. These firms accounted for 1 percent of the total number of black-owned firms in 2002 and 55 percent of their total receipts, or \$49 billion.
- **969**: The number of black-owned firms with 100 or more employees in 2002. Firms of this size accounted for 24 percent of the total revenue for black owned employer firms in 2002, or \$16 billion.

EDUCATION

- **80%** of blacks age 25 and older had at least a high school diploma in 2005. In states such as Colorado, the proportion was even higher - 90 percent. (Source: 2005 American Community Survey)
- **17%** of blacks 25 and older had a bachelor's degree or higher in 2005. In many states, the rate was higher. Twenty-six percent of blacks this age in Colorado, for instance, had this level of education. (Source: 2005 American Community Survey)
- **1.1 million** blacks age 25 and older had an advanced degree in 2005 (e.g., master's, Ph.D., M.D. or J.D.). Ten years earlier - in 1995 - only 677,000 blacks had this level of education.
- For the 2005 school year, **2.3 million** black college students were enrolled. This was an increase of roughly 1 million from 15 years earlier.

JOBS

- **26%** of blacks age 16 and older work in management, professional and related occupations. (Source: American FactFinder)
- There are **44,000** black physicians and surgeons; **79,400** postsecondary teachers; **45,200** lawyers; and **49,300** chief executives. (Source: Upcoming Statistical Abstract of the United States: 2007)

Data courtesy of the U.S. Census Bureau

Early Open Heart Surgery Performed by an African American

Daniel Hale Williams was born in Hollidaysburg, Pennsylvania, to Daniel and Sarah Price Williams. In 1883, Williams graduated from the Chicago Medical College, known today as Northwestern University's Feinberg School of Medicine and began his medical career in the office of Surgeon General Henry Palmer in Janesville, Wisconsin.

In 1893 Dr. Williams repaired the torn pericardium of James Cornish, who had suffered a knife wound to the heart. This is the second repair of a wound to the pericardium on record, the first having been performed by Dr Henry Dalton. Even earlier successful pericardial surgeries were performed in the early 19th century by Francisco Romero, a Spanish surgeon, and Napoleon's physician, Baron Dominique-Jean Larrey.



DANIEL HALE WILLIAMS

During the administration of President Grover Cleveland, Dr. Williams was appointed as Surgeon-in-Chief of Freedman's Hospital in Washington, DC. In addition to organizing the hospital, Dr. Williams also established a training school for African-American nurses at the facility.

Dr. Williams was a teacher of Clinical Surgery at Meharry Medical College in Nashville, Tennessee and was an attending surgeon at Cook County Hospital in Chicago. He worked hard to create more hospitals for African Americans. In 1895 he co-founded the National Medical Association for black doctors, and in 1913 he became a charter member and the only black in the American College of Surgeons. Dr. Williams died of a stroke on August 4, 1931 in Idlewild, Michigan.

Source Wikipedia

February is American Heart Month

Heart disease is the leading cause of death in the United States of America. Almost 700,000 people die from heart disease each year. Heart Disease is a broad term that includes several more specific heart conditions, which can lead to heart attacks and other serious conditions. Although heart disease is sometimes thought of as a "man's disease", it is the leading cause of death in men and women. Heart disease is the number one cause of death in women.

There are several types of heart diseases with the most common type is *Coronary Heart Disease (CHD)*. CHD is the number one cause of heart deaths. Second is a *Heart Attack*. Another common heart disease is *Congestive Heart Failure*.

It is very important to know the **SIGNS AND SYMPTOMS of a Heart Attack, Stroke, and Cardiac Arrest.**

Heart Attack warning signs

- **Chest discomfort** - Uncomfortable pressure, squeezing, fullness, or pain. The discomfort is in the center of the chest that lasts for more than a few minutes or goes away and comes back.
- **Discomfort in other areas of the upper body.** This can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** This may happen with or without chest discomfort.
- **Other symptoms.** These may include breaking out in a cold sweat of experiencing nausea or light-headedness.

Warning signs of a stroke

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Cardiac Arrest strikes immediately and without warning.

- Sudden loss of responsiveness. No response to tapping on shoulders.
- No normal breathing (the victim does not take a normal breath when you tilt the head up). Check for at least five seconds.

IF ANYONE IS HAVING ANY OF THE SIGNS AND OR SYMPTOMS OF A HEART ATTACK, STROKE, OR CARDIAC ARREST, CALL 911

There are people who are at a higher risk for developing heart disease whether it's due to genetic or some lifestyle factors.

Genetic factors

- High cholesterol levels
- High blood pressure
- Diabetes
- Family history of heart disease

Lifestyle factors

- Obesity
- Diet
- Physical inactivity
- Alcohol
- Tobacco use

Preventing and controlling the genetic factors and changing your lifestyle, maintaining a healthy weight, having a low fat and high fiber diet, regular exercise at least 30 minutes most days of the week, no tobacco use, and moderate to no alcohol consumption can lower your risk of developing heart disease. Knowing the signs and symptoms of a **heart attack, stroke, and cardiac arrest** can help save a love one or anyone's life. Visit your doctor for regular physical checkups.

You can learn more about heart disease by visiting The American Heart Association website at www.americanheart.org and The Center for Disease Control and Prevention at www.cdc.gov.

Beauty and Black History

Sarah Breedlove was born December 23, 1867 in Delta Louisiana. After she married her second husband Charles Walker, she became Madame C. J. Walker. Many of us have learned over the years that she invented the hot comb. Madame C.J. Walker was more than just an inventor, she was a pioneer that revolutionized the hair-care industry for blacks in the early 1900's when she invented a hair straightening process called the miracle pomade, which we now call a relaxer. Walker created job opportunities for more than 3,000 sales agents and amassed a fortune that made her America's First Black Millionaire. Not only was she a pioneer, she was also a business woman that opened beauty schools and cosmetic colleges. Walker also trained agents to start their own businesses selling her products and teaching them how to set up beauty parlors, keep business records and become financially independent. The formula for her miracle pomade came to her in a dream after she prayed to God to save her hair. Walker had found herself going bald. The formula that used sulfur as a main ingredient, not only made her hair grow back quickly, but could also straighten curly black hair along with the hot comb. Madame C.J. Walker has made a great impact in the beauty industry which allows black women to stay beautiful, through hair-care and cosmetics.

Quick Tip for Long-Lasting Lips (color)

If you are a woman on the go and need your lips to look fresh all day. Instead of going to the mall spending lots of money on long-lasting formula lip colors that don't really last long, try adding foundation and powder to your lips before applying lip color. This is an inexpensive way to have a long-lasting lip color day.

February Announcements & Events

- February 1-3 Youth and Young Adult Week
 February 2 Financial Seminar sponsored by Membership and Evangelism
 February 2 Youth Event at Incredible Pizza
 February 3 Super Bowl Party sponsored by the Young Adults Department, 3:00 pm
 February 3 Pre-Lent Service at Carter Metropolitan 4:00 pm
 February 6 Ash Wednesday Service at Stewart Chapel 7:30 pm
 February 9 Sunday School Teachers Training
 February 9 DFW Region Missionary Training Meeting at Porter Temple 9:30 am
 February 15-16 Fort Worth District Conference at Carter Metropolitan
 February 19 Board of Christian Education Meeting 7:00 pm
 February 23 Children's Bowling Day sponsored by the Children's Department 3:00 - 5:00 pm
 February 24 Social Concerns Sunday



February Birthdays

- | | |
|-------------|--------------------------|
| February 4 | Brantley Kirven |
| February 8 | Andrea Barron |
| February 8 | Zaitah Hunter |
| February 8 | Freddie Nolen, IV |
| February 11 | Esther Menefee |
| February 13 | Norma Moore |
| February 14 | Anthony Dangerfield, Jr. |
| February 15 | Aujnah Hunter |
| February 15 | Bernice Williams |
| February 16 | Robert Evans |
| February 22 | Rhian Carter |

Have an Article you want Published?

If any Member, Board or Auxiliary is interested in submitting an article to be published in the **Voice of the Morning** newsletter, please contact Shabra Watkins or Aisha Barron.

All articles should be submitted no later than the last Wednesday of the month to be published in the next issue. The articles must be submitted in electronic format and emailed to the Editors at morningchapel_cmechurch@yahoo.com

If you are interested in being a member of the newsletter committee, please contact the editors.

Recipe of the Month

Lemon Butter Snowballs



Crust

1 1/3 cups all-purpose flour
 1/4 cup granulated sugar
 1/2 cup LAND O'LAKES Butter, soften

Filing

3/4 cup granulated sugar
 2 eggs
 2 tablespoons all-purpose flour
 1/4 teaspoon baking powder
 3 tablespoons lemon juice
 Powdered sugar for sprinkling.

Heat oven to 350°. For crust, in small mixer bowl, combine all crust ingredients. Beat at low speed, scraping bowl often, until mixture is crumbly, about 2 to 3 minutes. Press on bottom of ungreased 8-inch square baking pan. Bake for 15 to 20 minutes, or until the edges are lightly browned.

For filing, in small mixer bowl, combine granulated sugar, eggs, flour, baking powder and lemon juice. Beat at low speed, scraping bowl often, until well mixed, about 1 to 2 minutes.

Once the crust is lightly browned, remove from oven and then pour filling mixture over hot crust, then place back in the oven to bake for 18 to 20 minutes or until the filing is set. Sprinkle with powdered sugar; cool completely. Cut into bars. Makes 16 bars

Submitted by Linda Griffin

Black History Month Word Scramble

Use the definition, sentence, or description to identify the scrambled word.

- EDRD OTSCT** - A slave who sued for freedom. He believed that because he lived for two years in a free state he should also be free. The court ruled against him and said that blacks were not American citizens. (2 words)
- LAKBC TRYHISO** - The history of African Americans, from their first arrival to the Americas in the 15th century until the present day. (2 words)
- ILEDMD GESSAPA** - The crossing of the Atlantic Ocean in which slaves were placed on overcrowded ships. Male slaves were shackled to each other and were usually unable to stand up or even turn over. The voyage may be as short as 21 days or longer than 90 days. (2 words)
- NCTNISRDIOAIM** - The unfair treatment of someone because of prejudice.
- ILIVC AWR** - The war fought to preserve the Union. During this war, President Lincoln issued the Emancipation Proclamation. (2 words)
- REHEITGA** - A part of a culture that is passed down from one generation to the next. This may consist of traditions, a way of life, art, music, literature, paintings, etc.
- EPPSRSIONO** - The treatment of people in a cruel or unjust manner.
- OTRNH** - Between 1910 and 1925 more than a million blacks moved to the industrial cities of the _____.
- ILISBANTTOO** - A person who worked to try to end slavery before the Civil War.
- PNACA** - This organization was created in 1909 with the merging of the Niagara Movement and a group of blacks led by W.E.B. Du Bois. This organization demanded equal rights.
- RNSGGOEIAT** - The separation or practice of keeping people or groups apart.
- CRFAIAN SIARMNAC** - This is the term often used and preferred by many to describe black Americans. (2 words)
- EMLHRA** - A neighborhood in New York City that during the 1920s became the North's largest African American community.
- TUSRCONCOD** - People who were a part of the Underground Railroad and went to the South to help slaves escape.

Answers will be printed in the next issue

Answers for the
January issue

