



# THE EPISTLE

*Newsletter of the  
Nineteenth Street Baptist Church*

*"You are our epistle written in our hearts, known and read by all men..." 2 Corinthians 3:2*



## Nineteenth Street Baptist Church

4606 16th Street NW  
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[www.everyblessing.org](http://www.everyblessing.org)

### Ministerial Staff

Rev. Dr. Darryl D. Roberts, *Senior Pastor*

Rev. Jerry C. Cheatham Jr.

Rev. Christopher O. Crawford

Rev. James A. Crosson Jr.

Rev. Cheryl Coleman Hall

Rev. Reginald Townsend

Rev. Edward Turner

Rev. Robin L. Turner

Rev. Lorise White Wolfe

Rev. James L. Harris, *Youth Pastor*

Church School, Sunday 8:45 AM

Morning Worship, Sunday 10 AM

Prayer Meeting, Thursday 6:30 PM



**GOD** is Our Passion. Serving **People** is Our **Mission**.

The mission of the Nineteenth Street Baptist Church is to profoundly *experience*, joyfully *celebrate*, and meaningfully *share* God's grace.

We do this through Christ-centered **worship**, **biblical instruction**, **prayer**, **nurturing fellowship**, and **caring acts** that are reflective of our love for God and one another.

We, through the power of the Holy Spirit, proclaim the Gospel and Jesus Christ to all people while supporting the work of missions in our church, our community, our country, and the world.

### The Epistle

is an official publication of the  
Nineteenth Street Baptist Church.

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**Questions?** Contact Karen Williamson at 202-829-5973 or [williamsonke@gmail.com](mailto:williamsonke@gmail.com).

# Life's Stony Road

By Rev. Reginald Townsend, Associate Minister



I recently read a fascinating book, *Stony the Road: Reconstruction, White Supremacy, and The Rise of Jim Crow* by Henry Louis Gates Jr. In the book, Gates charts the noble struggles of black people to defeat racism and force America to honor the new birth of freedom that President Lincoln pledged would be the legacy of the Civil War. His research uncovers for today's America the roots of racism in our time.

As a young black child growing up in the segregated South, I often wondered why black and white children were treated differently. Black boys and girls frequently faced greater challenges in receiving education than our white counterparts. I remember walking several miles to get to school in temperatures often exceeding 90 degrees. We traveled great distances in small groups and were required to navigate dangerous traffic intersections and an occasional active railroad crossing. White children on the other side of town walked to neighborhood schools or rode

buses. Years later, I learned that this situation was the result of an intentional government policy known as “separate but equal.”

W.E.B. Du Bois described the psyche of the African American in his book *The Souls of Black Folk* as a double consciousness—the feeling that you have more than one social identity, which makes it difficult to develop a sense of self, the sense of always looking at one's self through the eyes of others, of measuring one's soul by the tape of a world that looks on in amused contempt and pity.

President Barack Obama described the concept in his book *The Audacity of Hope*: “to think clearly about race, then, requires us to see the world on a split screen—to maintain in our sights the kind of America that we want, while looking squarely at America as it is, to acknowledge the sins of our past and the challenges of the present, without becoming trapped in cynicism or despair.”

Today, more than 60 years later, there are still scars of resentment from the social and legal injustices of a bygone period. However, because of our faith in Jesus Christ and His resurrection, we as people of God can forgive the sins of the past, while keeping hope alive for future generations.

As I look back over my life, I am reminded that I traveled many rough roads; but through the aid of the Holy Spirit, I never gave up. Therefore, I can say, regardless of your situation today, you can make it! Just don't give up!

Romans 8:28 reminds us that we know that all things work together and are for good to and for those who love God and are called according to His purpose. This scripture does not say that all things are good, but it does say that all things work together for good, because God has a purpose and plan for every life.

If, at this moment, you are going through something in the process of searching for your purpose, be encouraged. What God has done for others He can surely do for you! Hope looks to the future, but the only valid kind of hope is that which is based on present faith in Jesus. ❖

# Music in the Air and Other Fall News

*By Trustee Donza M. Poole*

## **Nineteenth Street Welcomes Arts Group as New Tenant**

You may have noticed more music around the church these days, and it's not just from our wonderful Music Ministry. The additional sounds are coming from the National Conservatory of Arts (NCA), the church's newest tenant. In late August, the Trustee Board entered into an agreement with NCA to rent space for an after-school music program. NCA, a community music school founded by pianist Jacqueline Banks, offers music instruction to youth and adult students of all levels and abilities. The after-school program is offered during the school year from 3 to 7:30 PM on weekdays and 10 AM to 5 PM on Saturdays. The group rents our Sisterhood Room and classrooms in the Education Wing. NCA is no stranger to Nineteenth Street; it has previously rented the fellowship hall for recitals and performances.

NCA joins Worthy Life Baptist Church as the second nonprofit organization to have a long-term rental relationship with Nineteenth Street. The rentals allow our church to put to better use rooms that might otherwise sit empty, while generating additional income for church ministries and operations. The rental relationships also allow Nineteenth Street to support a church serving Asian American college students and a nonprofit committed to providing music instruction to members of our diverse local community. Importantly, the relationships allow members of the groups and Nineteenth Street to get to know each other.

## **RiverSmart Communities Grant Update—Prayer Garden Enters Design Phase**

Nineteenth Street was one of six recipients of the 2019 RiverSmart Communities Grant, administered by the Anacostia Watershed Society (AWS). The church was awarded a grant based on our proposal to transform the concrete courtyard outside of the breezeway into a prayer garden. The transformation of the courtyard will help reduce local water pollution and will help reduce the church's water bill.

Our RiverSmart Grant team, which includes Trustee Patrick Cooper, has been working with AWS to develop a prayer garden design that will achieve the anti-pollution goals and offer a space for prayer, contemplation, and fellowship for the church and surrounding community. The design phase, a collaboration between the church and AWS, seeks to create a prayer garden design that is consistent with our proposal and does not impact our existing utility and access infrastructure. Watch this space for more news on this exciting example of environmental stewardship.

## **First Aid and CPR Class Coming this Month**

Did you know that you can learn CPR (cardiopulmonary resuscitation) at Nineteenth Street? Serve DC presented its "Hands on Heart" CPR class in the fellowship hall on September 14, the second such class they've presented at our church. Members who attended the session were taught how to perform CPR,

*continued on next page*

using both chest compressions and an automated external defibrillator or AED.

We are now pleased to announce that Serve DC will offer the full American Heart Association First Aid and CPR certification class at the church, starting this month. The training is free. If you are interested in obtaining this lifesaving certification, please inform a member of the Nineteenth Street Health Ministry giving the dates and times that are best for you. The Trustee Board and Health Ministry would like to schedule the class at a time when as many church members as possible—including youth and young adults—can attend.

### **AED Update**

As we reported earlier this year, the church purchased an AED (automated external defibrillator) this spring. AEDs must be approved by the DC government before they can be installed. We are pleased to report that the church's AED was approved for installation in September and is being installed in the fellowship hall. ❖

# Let GriefShare Help You Heal

*By Deacon Leon Pierce*

In a recent sermon, Pastor Roberts reminded us that when we love all people in the sight of God, we are doing good work to the glory of God. Hebrews 13:16 expands this thought further, “And do not forget to do good and to share with others, for with such sacrifices God is pleased. “

GriefShare does not refer to a group member sharing his or her thoughts and feelings relative to the loss of a loved one. Rather, the focus is on the sharing and blessings GriefShare brings to a group participant. Participants will gain new insights and perspectives on how their willingness to rely more confidently and faithfully on God will determine the extent of their healing.

You may question how a lay person like me can meaningfully intervene and help you with the burden of grief. GriefShare does not use lay persons but uses experts on video to provide the guidance and counseling participants need. The video experts are impressive, and they are also Christians who review appropriate scriptures along with other help they are sharing. For example, the experts suggest that we take “time out” just as is done in basketball or football. Plan a day, a weekend or just thirty minutes to be alone and talk with God in a park, at the beach, or anywhere you prefer. Let Him ache with you, cry with you, comfort you. You do not need to cover up. The video presentation is about 40 minutes each week, and it is one of our favorite moments.

Orientation for the new GriefShare cycle is Saturday, October 12, from 12:30 to 2:30 PM. The first GriefShare session is Saturday, October 19, from 12:30 to 2:30 PM. We encourage you to participate, and we appeal to you to disregard the reservations or pride that could hinder this shared blessing. ❖

# Do Well and Good: Buy Coffee, Tea & More

*By Trustee Donza M. Poole, Chair, Building Fund Committee*

October is National Fair Trade Month. For the past five years, the Building Fund Committee (BFC) has been raising some funds for capital improvements and repairs to our church from the sale of Fair Trade products. We call these our “Coffee, Tea & More” sales, and they take place almost monthly in the fellowship hall after Sunday service. Our purchases of inventory for these sales also help support small farmers around the world who produce coffees, teas, chocolates, olive oil, and nuts.

Expanded versions of the sales, which often include crafts from Haiti, take place during the BFC’s annual Fair Trade Christmas Bazaar and the Jubilee Sunday Marketplace. We recently added pecans grown by African American farmers in Georgia.

During National Fair Trade Month, you can learn more about fair trade, including how it benefits small farmers and how it is an environmentally friendly method of farming. ❖

## Help Us Do Well, By Doing Good

Visit the Building Fund Committee table at the next Coffee, Tea & More sale. Save the date for two special Coffee, Tea & More sales events:

- October 27, after service on Stewardship Sunday
- December 15, during the Fair Trade Christmas Bazaar & Bake Sale.



*Carlton Terry loves whole bean coffee from Coffee, Tea & More.*

# New Members Urged to “Stay Anchored”

New Members Sunday was observed on September 15, with the theme “Stay Anchored,” and scripture, “Never will I leave you, never will I forsake you.” (Hebrews 13:5) Several new members participated in the worship service. Vickie Hicks-Washington served as worship leader. Monique Brown talked about The Occasion, and David and Victoria Brown gave the Words of Welcome.

Violetta Graham, Director of the New Members Ministry, provided remarks that reflected on the theme, encouraging new members to stay anchored in the Lord, regardless of what may come their way. ❖



*New Members Ministry Director Violetta Graham (center) with Victoria and David Brown*

## New Members Roster July 2018 – August 2019

Deidre Jonese Austin	Janee Drumgold
Denise Austin	Cheryl DuBose
William ‘Billy’ Banks	Rick DuBose
Robin Barclay	Lorraine Falls
Kailee Beckham	Jackson C. Gerst III
Kinsley Beckham	Eleanor Gordon
Lenwood Bentley	Vickie Hicks-Washington
Roxanna Bilial	Robert Q. Holley
Avery Blakeney	Angella Johnson
Taquanna Bolden	Irving R. Kelley
David Brown	Stacey Lincoln
Monique Brown	Mark S. Mann
Victoria Brown	Coviece Marshall
Dorothy Burgess	Makayla McCune
Camille Crawford	Kaniell McMillian
Arianna Cypress	Janet Nash
Colin Cypress	Frances Petis-Mann
Ethan Cypress	Melvin Spann
Garett Cypress	Cynthia J. Swann
Monique Cypress	Andre Williams

# Deaconesses Continue Service Ministry Projects

*By Deaconess Barbara Young Johnson*

For the past two years, the Deaconess Board has participated in four service ministry projects in March, June, September and December. Three of the projects have asked for help from the entire church; our September project was sponsored solely by the Deaconess Board.

The Deaconess Board again contributed to the Interfaith Works Community. Last September we collected and donated over 120 bath towels for the shower facility which provides free showers to over 800 men and women each month. This year the most pressing need was for underwear and socks for adults. Deaconesses actively and cheerfully collected more than 50 bags of underwear and socks, with an estimated value over \$3,000.

Interfaith Works Community is a nonprofit, non-sectarian interfaith coalition of more than 165 affiliated congregations of diverse faiths, working together to meet the needs of the poor and homeless in Montgomery

County, Maryland. The Interfaith Works Empowerment Center Programs recently celebrated a one-year anniversary at Progress Place, their new downtown location in Silver Spring, Maryland. Progress Place is a day program and



*Deaconess Barbara Johnson (left) with Progress Place staff*

outreach program for adults experiencing homelessness in Montgomery County. It provides access to basic needs, such as food, laundry, and showers, and provides seasonal emergency shelter. Progress Place is also the site of Interfaith Works Residence, a residential program that provides apartment-style living to 21 homeless men and women.

The donated items were joyfully accepted by the Volunteer Service Coordinator Tyisha Neal Cyllah and the receptionist on September 9, 2019. Both stated they would love to attend a church that shares the love of Jesus Christ through its ministries. The Deaconess Board was prayed for and sent blessings. The Progress Place staff stated they will visit our church in the near future with their families.

Pastor Roberts and Deaconess Board Chair E. Louise White thank everyone who donated items for this service ministry project. Your gifts of love will be used to help men and women in need. ❖



# Worship and Picnic in the Park – A Day to Remember!

*By Deaconess Brenda Lightening-Tolbert*

Sunday, September 8, was a glorious day, and God’s splendor was on full display as church family and friends gathered in Rock Creek Park for a “worship and picnic in the park.” The planning committee, chaired by Deacon Gerald Young, along with a host of volunteers did a phenomenal job of carrying out Pastor Robert’s vision for an outdoor day of praise, food and fun for the entire church family.

Church School services were inspiring, starting with Deaconess Irish Stovall’s singing of “This Little Light of Mine.” Biblical lessons were conveyed by thespians in the roles of familiar Biblical characters: Abbott Anderson as King Josiah, Deacon

Deborah Crain Kemp as Martha, Violetta Graham as Mary (sister of Martha), Bradford Ellison as Jesus, Deaconess Patricia Andrew as the lady with the blood issue, and Deaconess E. Louise White as Sarah.

The worship service, with the joyous sounds of our Music Ministry and Pastor Roberts’ powerful preaching and praying, lifted our spirits and brought us closer to God. After the service, it was time for games, activities, and great food!

Deaconess Eleanor Banks remarked that this was the best outdoor service she had been to since she joined the church in 1947. It will long be remembered by all who attended. ❖

## Worship and Picnic in the Park Committee Members

Deacon Gerald Young, Chair

Rukiya Bonner, Games

Edith Bullard-Britt, Ushers

Dorothy Curtis, Youth Games

Shirley France, Logistics

Denise Goode, Photo Booth

Violetta Graham, Church School

Rev. James Harris, Worship Service

Deaconess Hester Jones, Food

Roman Holton, Media

Barbara Jumper, Ushers

Deacon Deborah Crain Kemp, Music

Sophia Kirby, Games

Deaconess Brenda Lightening-Tolbert,  
Communications

Kenneth Peagler, Music

Deacon Howard Smith, Food

Robin Smith, Logistics

Robin Williams, Logistics





# Celebrate Stewardship Sunday: Tell Your Story!

*By Trustee Donza M. Poole, Chair, Building Fund Committee*

Mark your calendar and join the Building Fund Committee for our fifth annual Stewardship Sunday on October 27. Sybil Barbour and Ferlandia Townsend return as Stewardship Sunday co-chairs and are planning another notable celebration.

The dynamic Rev. Dr. Henry P. Davis III of First Baptist Church of Highland Park will be our guest preacher on Stewardship Sunday. Our theme this year, “Building on a Solid Foundation,” pays tribute to our church’s 180 years “upon this rock...,” while also looking forward as we continue building on a legacy of faith, perseverance, and good works.

We’ll begin the celebration on the first Sunday in October with stewardship testimonials from church members and friends. The Building Fund Committee invites you to share your personal story of how Nineteenth Street, your faith, or a life

experience inspired you to do good works and to build on the foundation laid by those who came before us. We’re seeking written testimonials of no more than 150 words to place in the bulletin every Sunday in October. You may submit a photo with your testimonial, or you may elect to remain anonymous. Testimonials should be submitted from September 15 through October 15 to a member of the Building Fund Committee or to Sybil Barbour or Ferlandia Townsend. We hope the testimonials will inspire each of us to reflect more deeply on our roles as stewards of all that God has entrusted to our care.

So, mark your calendar! We look forward to celebrating stewardship with our church family and friends throughout the month of October and, most especially, on Stewardship Sunday, October 27. ❖

## Still Seeking Assistant to Church Treasurer

Nineteenth Street Baptist Church is currently seeking someone to fill the role of an assistant treasurer. This is a part-time position with a flexible schedule and a monthly stipend. The successful candidate must have a strong background in financial management and accounting principles and practices and will work with the church treasurer. Experience with nonprofit fund accounting is a plus.

Duties include assisting the treasurer with various responsibilities, including preparing financial reports for Trustee Board

meetings and church business meetings, maintaining records of monies contributed to or received by the church, assisting the Trustee Board in preparing for outside audits, advising and assisting church boards and ministries regarding the status of their budgets and accounts, and assuming the responsibilities of treasurer in his or her absence.

If you are interested in serving in this role or have questions, see church Treasurer Shirley France or email her at [sfrance283@aol.com](mailto:sfrance283@aol.com). ❖



## Sign Up Now for Haiti Walk 5K

*By Andrea Bonhomme, Deacon Kenyatta Hobson, and Phillis Walls Cooke*

Go Ye therefore... Mathew 28:19 (The Great Commission)

Global Missions Ministry is well underway with its plans for Haiti Walk 5K 2019! This year, Global Missions is excited to highlight the support that Nineteenth Street continues to show to Haiti's Healthy Child Project. Along with our partner, VillageMED, our church continues to fulfill the "Great Commission" to youth in Haiti.

Join us for the Fourth Annual Haiti Walk 5K on Saturday, October 19, 2019 in Rock Creek Park. We invite you to make a donation or to join one of our walking teams. This year, we will have non-walking teams, and we seek sponsorships for our youth/student teams. Your support is important to us and, more importantly, to our overall initiative in Haiti where your donations will support the building of a pediatric clinic. What a blessing to be a part of this exciting work!

This year's walk will honor our beloved Cecelia (Cece) Johnson whose legacy was a commitment to serving others. Her efforts led to making the walk a permanent part of Global Missions' call to action for all members. For more details about how you can play a part in this tribute to Cece, visit our website [www.haitiwalk5k.org](http://www.haitiwalk5k.org). We thank you for helping make this year's Haiti Walk 5K fundraiser the best-ever.

You can donate at our secure website at [www.haitiwalk5k.org](http://www.haitiwalk5k.org). You can also access the website using the QR code (at right) and posted on the Global Missions Ministry



bulletin board in the church breezeway. Both the website and QR code will make donating a breeze for you!

In this 180th Anniversary year and always, continue to keep people around the world in prayer as many face conditions that many of us will never know. God's word is a help to all. As we continue to serve the Lord with "grateful hearts," we look forward to working with Pastor Roberts and each church auxiliary.

Global Missions is especially grateful to Koya Glaudé, designer of our Haiti Walk 5K digital banner and online presentation, for her meritorious service and creativity. Thank you, Koya!

Mark Your calendars for October 19th for the Fourth Annual Haiti Walk 5K! ❖

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*Andrea Bonhomme and Deacon Kenyatta Hobson are the co-chairs of the 2019 Haiti Walk 5K Committee. Phillis Walls Cooke is the ministry leader for the Global Missions Ministry.*

# Update on Haiti's Healthy Child Project

*By Nancy Quincy, President of VillageMED*

As we prepare for the 2019 Haiti Walk 5K, VillageMED is pleased to update our partner Nineteenth Street Baptist Church on our Haiti's Healthy Child Project, an initiative that allows VillageMED to provide medical care to hundreds of children each year. Your support of the walk-a-thon on October 19 moves us closer to the project's major undertaking—building a pediatric clinic in the rural village of Layaye, Haiti. For more information about the Haiti's Healthy Child Project, visit our website at [www.villagemed.org](http://www.villagemed.org).

Our spring medical mission and groundbreaking ceremony were postponed due to civil unrest in Haiti. During this period, we continued to work with our partners in Haiti to keep our mission alive, and the project moving forward. Deacon Stan Britt, who serves pro bono as the project's architect, is working with us to finalize the clinic's design.

I am traveling to Haiti in October for the official transfer of the property donated for the clinic. In addition to meeting with the donor and other community leaders, I will finalize logistics for VillageMED's winter medical mission, which is planned for December 26 to January 2, 2020.

If you are interested in joining the medical team, contact me at [nquincy@villagemed.org](mailto:nquincy@villagemed.org). ❖



# A Message about Global Missions

*By Phillis Walls Cooke,  
Global Missions Ministry Leader*

Global Missions Ministry has grown over time to support several ministry initiatives and multiple components within some of the initiatives. Presently we have ministries in Nicaragua, Haiti, Burkina Faso, Jamaica, and Nigeria (through our partnership with Change Rocks Foundation). The contributions we received from the church family on Global Missions Ministry Sunday, September 22, go to support all of our initiatives. In the coming months, we will share more information about the countries, our ministries and the people we help.

While our ministries continue in all the countries, we are presently focused on our work in Haiti through our partnership with VillageMED. We are grateful for your participation in the 2019 Haiti Walk 5K on October 19.

We invite you to become a member of Global Missions Ministry. Thank you for your financial support, encouragement and your prayers. ❖



## “Upon This Rock...”

### 180th Anniversary Historical Review in 15-Year Intervals

#### (1929 – 1944)

- On May 14, 1933, the Nineteenth Street Intermediate Christian Endeavor Society sponsored an International Youth Symposium themed “What are the Bases of Youth Standards in a Changing World?” Representatives from American University, Howard University, Miner Teachers College, and the University of New Hampshire participated. The Blind Boy Pianist of Dunbar High School provided the music.
- The Nineteenth Street Sunday School published a collection of Rev. Walter H. Brooks’ poems in 1933; later, comprehensive publications were made of his works.
- In the regular business meeting on August 4, 1933, the church gave a unanimous “vote of confidence” to Rev. Walter H. Brooks to marry his third wife. His previous two wives had died during their marriages to the pastor.
- Between 1933 and 1939, three of our current members were baptized: Deacon Emeritus Walter A. Jackson Jr. (baptized in 1933); Deaconess Jean R. Jordan and Pearl J. Paige Davis (baptized in 1939).
- On January 1, 1937, the church Budget Committee was formed on a temporary basis; it was adopted as a permanent part of the fiscal policy five years later in 1942 as a result of its effectiveness. Three other churches requested our budget procedures to use as a guide.
- In a letter to Rev. Walter H. Brooks, dated November 2, 1938, President Franklin D. Roosevelt wrote, “...congratulations to you upon the completion of 56 years as pastor of Nineteenth Street Baptist Church ... to one who has played the part you have played in the Nation’s Capital...”
- At the time of the 100th Anniversary of Nineteenth Street Baptist Church in 1939, the church membership was 1,862.
- “...when I found it possible to draw a check for \$1,000.00, I drew it ... the only check of the kind I have ever written ...,” wrote Rev. Walter H. Brooks on July 21, 1939 as he gratefully contributed to his alma mater, Lincoln University, in hopes that other colored boys received similar high quality training in ministry, teaching, medicine, law, social services and other callings.

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- Around 1939, Melvin Tyler instituted the junior usher board.
- In 1941 an annex was added to the Syphax Elementary School in Southwest Washington; the school was named in honor of one of the early members and deacons of Nineteenth Street, William Syphax. The area is now the Syphax Village and was listed on the Register of Historic Places in 2003.
- From September 1940 to June 1943, Rev. Jerry A. Moore Jr. served as a student assistant to Rev. Walter H. Brooks, who had been his instructor at Howard University School of Divinity.
- In August 1943, Rev. J. S. Mahlangu, pastor of the African United National Baptist Church in Wolhuterskop, South Africa, notified Nineteenth Street that a classroom in his church had been named in honor of Rev. Walter H. Brooks for the continued support and encouragement received from him and the church.
- Rev. Jerry A. Moore, Jr. who at the time was the Assistant Pastor of Nineteenth Street, gave the invocation at the Mass Meeting of the War on Discrimination in Public Places in the Nation's Capital on November 19, 1944 at the 15th Street Presbyterian Church. Other prominent speakers included Dr. Nannie Helen Burroughs, educator, orator, activist; Tomlinson D. Todd, president of the Institute on Race Relations; and Judge Joseph H. Rainey of Philadelphia, Pennsylvania.
- Under the leadership of Verna J. Dozier and Daisy Booker, the Progressive Young Adult Group was founded with 45 members in the winter of 1944.
- In 1944, Rev. Walter H. Brooks received his Doctor of Divinity from Howard University ❖

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## Join Us for These Anniversary Programs and Events

### 180th Anniversary Market Festival

Saturday, November 2, 10 AM – 3 PM

Arts and crafts designed by our youth will be featured items for sale, in addition to 180th Anniversary memorabilia.

### Presentation: 100-Year History of the National Museum of African American History and Culture

Sunday, November 17, 12:30 – 2 PM

The presenter will be Judge Robert L. Wilkins, author of *Long Road to Hard Truth*.

Copies of his book will be available for purchase.

### Special Service of Thanksgiving for 180 Years of Grace and Mercy

Sunday, December 29, 10 AM

Program will include the unveiling of artwork in celebration of the 180th Anniversary.

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For more information, contact the church office at 202-829-2773 or send e-mail to [wafbonner@aol.com](mailto:wafbonner@aol.com)

Anniversary co-chairs:

Wilma Bonner ([wafbonner@aol.com](mailto:wafbonner@aol.com)) and Rukiya Bonner

# A Salute to Deacon Emeritus Walter A. Jackson Jr.

By Wilma Bonner

As we celebrate our 180th Anniversary, we salute one of the four elders who has been blessed with eighty or more years of membership at Nineteenth Street Baptist Church. We recognize and thank God for Deacon Emeritus Walter A. Jackson Jr., who is remembered and remains highly admired for his extraordinary vocal talents.

A consummate baritone, Deacon Jackson's silky voice has soothed, inspired, and fed the souls of our congregation and the community-at-large for decades. In 1975 when the church relocated from 19th & I Streets NW to its current site, it was Deacon Jackson who rendered what some called his "goodbye" concert; it was formally titled "I Can Face Tomorrow." A professional recording of the concert was produced.

Through his actions and spoken and sung words, he continuously reminds the church of the critical role music plays in our lives, especially in our worship. The Deacon has a special love for anthems and classical music, noting *The Messiah*, *The Last Seven Words*, and solos by The New Commandment Baritones



as favorites. In a recent conversation with church members, he fondly reflected on the friendly but highly competitive contests of the past among choirs from some of the largest black congregations in the city, including Shiloh Baptist, Metropolitan

Baptist and Vermont Avenue Baptist Churches.

Deacon Jackson was baptized on February 3, 1933 at the age of nine, following in the footsteps of his family, beginning with his paternal great grandmother, Susan Burrell Jackson. At the age of 16, he joined the first Junior Usher Board under the leadership of Melvin Tyler. He became a Deacon in 1970 and Deacon Emeritus in 2013. Deacon Jackson's two children, Rev. Walter A. Jackson III and Rev. Cynthia J. Swann, are ordained ministers.

The three other living members of our church with 80 or more years of membership are Thelma D. Fagin Hyman, baptized in 1928 (featured in the September edition of *The Epistle*), Deaconess Jean R. Jordan and Pearl J.

Davis, both baptized in 1939. Deaconess Jordan and Sister Davis will be featured in the next two issues of *The Epistle*. ❖



## YOUR HEALTH MATTERS

# Medicinal Marijuana – Part 2

*By Stephanie Montague, RN, MS, CNL*

This article will focus on the second most common component of cannabis: Cannabidiol (CBD). See the July 2019 issue of *The Epistle* for a discussion of THC, the most common component of cannabis.

CBD is derived from the stalks, flowers, stems and leaves of hemp. Hemp is a different species within the cannabis family and is considered legal in many countries because it is generally grown for industrial purposes. In hemp, CBD dominates the plants' make-up, and THC (Tetrahydrocannabinol) is only present in negligible amounts. In marijuana, THC is the lead component. Hemp is actually the true chemical cousin of marijuana. Interestingly, it looks like marijuana, but grows more rapidly with a slight difference in presentation. The most important factor here is that CBD can legally only contain .03% of THC.

Unlike THC, CBD is considered non-intoxicating because it does not elicit any euphoric effects. For this reason, CBD

is making its way into mainstream commerce. CBD is mainly used in the holistic/alternative wellness realm to help balance the body's internal systems. Furthermore, CBD use is not limited to medical ailments; there are claims that its effects are beneficial for overall health and well-being.

There are varied forms, but they are legally confined to tinctures, oils, lotions and capsules. It is technically legal in all 50 states though some states do have restrictions on its sale. The US Food and Drug Administration does not put a priority on enforcing laws on CBD use; but note that CBD in food and drink is presently illegal at the federal level. Products on the market that add CBD to a food or label it as a dietary supplement are essentially taking risks, as are the consumers who buy them.

Currently, there is extreme hype surrounding CBD products. As an alternative medicine category that did not exist five years ago, CBD sales are expected to reach \$22 billion by 2020.

Claims from users of CBD are driving the demand.

What is more interesting is that individuals aged 65 and over are now the fastest growing segment of the population taking advantage of the use of medicinal marijuana. Seniors "claim" that CBD is more useful for them in curbing stress and anxiety, aiding in acute and chronic pain, inflammation of joints/muscle and insomnia.

The data supporting evidence of CBD's effectiveness is nascent and mainly subjective. So many factors have to be considered. The biggest concern with CBD products is uncertainty about what you are actually getting. CBD can be purchased online, bought in health food stores, and soon it will be at your local CVS. This is "a buyer beware situation." You must be educated about whether what is listed on the label is what you are getting. Keep in mind there are no regulatory guidelines for content and marketing. Overall, the safest practice

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that I have learned from researching this topic is the suggestion that you purchase specifically hemp-based CBD from providers/ manufacturers that have independent testing done on their product. All you have to do is inquire.

If you are taking prescribed medication, please discuss with your care provider your interest in using any herbal or holistic product that is not regulated. The interaction of herbal vs. prescription can have an adverse effect on your body's metabolism of the chemical components. ❖

## A Music Concert to Take You on a Journey!



The Jarvis Memorial Club invites you to experience "180 Years - A Journey of Love," a concert that celebrates the journey of the church through music. The concert is Sunday, October 13, at 4 PM at the church. Tickets are \$20 and can be purchased in advance on Sundays in the fellowship hall or at the door.

The Jarvis Memorial Club was founded in 1902 by Deacon Henry Jarvis to assist the pastor. Sandra K. Brown is president of the Jarvis Memorial Club.

The concert will feature popular church musicians and talented guest performers:

Burkett Lyburn and the  
All Together Gospel Singers  
Renaire Rivers  
Minister Charita Jones-Wells  
Terra Greene  
Sierra Toney  
Deacon Peyton Lively  
Susan Edwards

This concert will take you on a spiritual musical journey that you will not want to miss!



Check out and follow our social media accounts:



Facebook: [www.facebook.com/Everyblessing.org](http://www.facebook.com/Everyblessing.org)



Instagram: [www.instagram.com/explore/tags/nsbcdc](http://www.instagram.com/explore/tags/nsbcdc)



Twitter: [twitter.com/\\_nsbcdc](https://twitter.com/_nsbcdc)

Watch broadcasts of our weekly Worship Services on YouTube



# Progressive Adults Love Pals

By Virginia C. Lee

Writing letters is fast becoming a lost art form. As we celebrate our 180th Church Anniversary we are thankful that the Progressive Adults Ministry is preserving this form of communication through its Love Pal Program. This program helps build a relationship between our college students and their home church while they are pursuing their studies. Mentors send letters and notes of encouragement, along with a stipend, throughout the school year.

For those interested in giving back to our youth, please contact the Love Pal Program Coordinator Sandra Howell at [eswhowell@gmail.com](mailto:eswhowell@gmail.com) ❖



## The Love Pal Directory for 2019-2020

Student	School	Mentor
Kiara Beckham	Union College	Deaconess Pearl Sudduth
Sekai Bonner-Flagg	Spelman College	Jaleya Leonard
Keelin Brown	Bowie State University	Rev. Reginald & Ferlandia Townsend
Derrick Collins	Penn State University	Trustee James Rodgers
Terrell Dance	Morehead State University	Emmanuel Bonhomme
Alicia Dawson	High Point University	Edith Britt
Tyler Hinton	Montgomery College	Louis Ford
LaChela Johnson	University of the District of Columbia	Giovanna Baptiste
Grace Lightfoot	St. John's University	Judith Neely
Mark Little	High Point University	Trustee Emerson Bretous
Matthew Little	Montgomery College	Stacey Lincoln
Jade Parchment	North Carolina State University	Anika Cooper
Nigel Sanders	Hampton University	Trustee Franklin Smith & Deaconess Gloria Smith
Ronnea Simpkins	Norfolk State University	Shirley France
Melvin Spann	Xavier University	Rev. Jerry Cheatham
Mack Sullivan	Morehouse College	Carlton Terry
Taylor Sullivan	University of Maryland	Dorothy Whyte
Justin Thomas	Bowie State University	Deacon Kenyatta Hobson
Jadyn Wilensky	University of Pennsylvania	Barbara Jumper

# A Love Pal at Norfolk State University

*By Ronnea Simpkins*

I was invited to the 22nd Annual Fish Fry held by the Washington DC Chapter of Norfolk State University alumni. The fish fry took place on Saturday, August 10, at Boswell Hall in Bowie, Maryland. It was very special for me to attend this fish fry because last school year I was awarded the Ellen P. Imbrigato Scholarship from this chapter.

It was a pleasure to be surrounded by alumni who went to the Illustrious Norfolk State University. As a rising senior, it was an excellent opportunity to introduce myself, network, share remarkable memories, and share some of my accomplishments at Norfolk State University:

- I served as the President of the Psychology Club
- I served as Vice President of Virginia Organizing

- I am member of Psi Chi International Honor Society in Psychology
- This past summer I had the opportunity to participate in the American Psychological Association Research Program at Norfolk State University, the first HBCU to have this intensive research program.

I want to thank Sandra Howell, a Norfolk State alumna and member of the DC alumni chapter, for inviting me to this event. Everyone was welcoming and showed Spartan pride. It allowed me to see the different successes of Norfolk State alumni. I can't wait to be an alumna and be a part of the DC alumni chapter. ❖



*Love Pal Ronnea Simpkins (right)  
with Deaconesses Brenda Lightening-Tolbert and Evangeline Stevens*

# Calendar

## OCTOBER

**Saturday, October 5** – Evangelism Ministry, Annual Prayer Breakfast, 8:30 – 11 AM

**Sunday, October 13** – Jarvis Memorial Club Annual Gospel Concert, 4 PM

**Monday, October 14** – Columbus Day Holiday, church office closed

**Thursday, October 17** – Pastor Roberts, Guest Preacher, Faith United Church of Christ, 4900 Tenth Street NE, Washington, DC 20017, 7 PM

**Friday, October 18** – Church Business Meeting, 7 PM

**Saturday, October 19** – Haiti Walk 5K, sponsored by Global Missions Ministry, Carter Barron area at Rock Creek Park, 8 - 11 AM

**Sunday, October 20** – Deaconesses Annual Family Dinner, 12:30 PM

**Sunday, October 20** – Pastor Roberts on Coach Butch McAdams Radio Show, WOL (1450 AM) and MAGIC (95.9 FM), 12:30 PM

**Saturday, October 26** – Pastor Roberts, Guest Speaker, Usher Board Annual Prayer Breakfast, Shiloh Baptist Church, 1500 Ninth Street NW, Washington, DC, 9 AM

**Sunday, October 27** – Stewardship Sunday, 10 AM

**Sunday, October 27** – Progressive Adults Theater Outing, *The Bodyguard*, Toby's Dinner Theater, Columbia, Maryland, 7 PM

## NOVEMBER

**Saturday, November 2** – Youth Fall Festival, 180th Anniversary Event, 10 AM -3 PM

**Sunday, November 10** – Christian Mite Sunday, Guest Preacher Chaplain Barry C. Black, Chaplain of the U.S. Senate, 10 AM

**Monday, November 11** – Veteran's Day Holiday, church office closed

**Sunday, November 17** – Presentation on the 100-Year History of the Museum of African American History and Culture by Judge Robert Wilkins, 180th Anniversary Event, 12:30 PM

**Sunday, November 17** – Pastor Roberts on Coach Butch McAdams Radio Show, WOL (1450 AM) and MAGIC (95.9 FM), 12:30 PM

**Wednesday, November 27** – Church office closes at 12 Noon

**Thursday, November 28** – Thanksgiving Day Worship Service, 10 AM

**Friday, November 29** – Church office closed