



# 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  
Washington, DC 20011  
202-829-2773

[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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**There will not be an August 2019 issue of The Epistle. Materials for the September issue are due August 20.**

Submit articles and photographs for publication via email to [Epistle@everyblessing.org](mailto:Epistle@everyblessing.org).

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

# Spiritual Reinforcement

By Pastor Darryl D. Roberts



*Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" Matthew 4:10 NIV*

The power of Jesus' ministry was due, in large part, to his certainty of his own mission and his reliance on the power of God. In these challenging times, what will sustain us is knowing who we are, whose we are, and what God has called us to do. The life and ministry of Jesus help us to see how to live out our faith even in uncertain times.

Jesus walks on the center stage of his ministry full steam ahead. When he was baptized by John the Baptizer, a voice from heaven declared, "[T]his is my Son, whom I love; with him I am well pleased" (Matthew 3:17).

Afterwards, the Spirit led Jesus into the wilderness to be tempted by the devil, where he fasted and prayed for forty days. Jesus was hungry. And so, it is interesting that Jesus had this encounter with the devil at the point when his body was the weakest and His spirit was the strongest. The devil has a way of testing us when our defenses are most vulnerable. The Good News is that, even when we feel the most vulnerable, God is able to do His greatest work in our lives.

First, when the tempter preys on your vulnerabilities, remember whose job it is to feed you. The tempter came to Jesus and said, "if you are the Son of God, tell these stones to become bread." Because the enemy's job is to kill, steal and destroy, the tempter

will never feed us with sustenance that will give us life, health and strength. The Lord's Prayer is our perpetual reminder that God has promised to give us manna that will satisfy our physical hunger and quench our thirsty souls. (Matthew 6:11)

Second, beware of the enemy's attempts to destroy you by tempting you to test the limits of God's power. The devil took Jesus to the holy city and had him stand at the highest point of the temple where he said, "throw yourself down. For it is written: 'He will command his angels concerning you...'" But, like Jesus, we must remember that true faith does not test God's power; it depends on God's infinite power to meet all our needs. We don't need to engage in reckless behavior just to see how strong we are; God has already told us that we are his children and that we are heirs according to the promise.

Third, when the devil tries to exploit your weaknesses, don't take your focus off God. The devil promised to give Jesus power over all the kingdoms of the world if he would bow down and worship him. The tempter didn't recognize that what he was offering Jesus was less than what belonged to Him. What was so attractive about being exalted as the king when God had already crowned Jesus the King of Kings? The tempter's enticements are appealing when you don't know what belongs to you. When you understand fully what God has promised you, you will worship the Lord alone with your mind, body, soul and strength. The devil cannot give you more power when God has all power!

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One of the most powerful parts of the passage is the point when Jesus tells the tempter, “away from me, Satan...,” and the Bible says, “the angels came and attended to him.” If the angels had to attend to Jesus after his period of testing, what makes you and I so special that we think we don’t need the same kind of attention?

When we worship and serve the Lord, God will always replenish and restore us. Even after we have gone through our period

of testing, God will dispatch his angels of grace and mercy to minister to us, encourage us and strengthen us to labor on for the Lord. Just as we are intentional about serving the Lord, we must be intentional about setting aside time every day for God to strengthen and sustain us through spiritual disciplines like rest, prayer, meditation, fasting, worship, reading, fellowship, and service. As we boldly pursue our calling, God will give us the strength to stand firm so that we can claim victory over temptation at every level. ❖

## 2019 Church School Summer Program

Sundays, July 7 to August 25

### EVANGELISM

“This is my story and I’m sticking to it.”

*“For I am not ashamed of this Good News about Christ.  
It is the power of God at work, saving everyone who believes—  
the Jew first and also the Gentile.”*

Romans 1:16 New Living Translation

Join Us and Share Your Story!

Textbook for the Adult Class:

*Evangelism for the 21st Century* by Dr. Kevin Riggs

8:30–8:40 AM Devotions

8:40–9:20 AM Classes

9:20–9:40 AM Continental Breakfast

See Vialetta Graham,  
Church School Superintendent,  
for more information.

## Summer Hours and Closings

### CHURCH OFFICE - SUMMER HOURS

The church office will be closed every Monday beginning Monday, July 15 through Monday, September 2.

The church office summer hours will be 8 AM to 6 PM, Tuesday through Friday.

### FELLOWSHIP HALL CLOSED

The fellowship hall will be closed to all activities from Monday, July 8 through Saturday, July 20 for repairs and cleaning of the floors.

### FOOD PANTRY

The Food Pantry will be closed on July 10 and July 12 when the fellowship hall is closed and during the month of August.

The Food Pantry will reopen Wednesday, September 4 at 9 AM.

# Rev. James A. Crosson Celebrated for Years of Service

The fellowship hall of Nineteenth Street was overflowing on June 2 as fellow clergy, church members, family, and friends paid tribute to Assistant Pastor Rev. James A. Crosson Jr. on his retirement as Assistant Pastor. Representatives of the church ministries and organizations lined up to express their heartfelt appreciation to Rev. Crosson for his years of dedicated service and to offer him prayers and best wishes for the future. ❖





# Summertime Brings New Hours and a New Look

*By Trustee Donza M. Poole*

Summer is in full swing at Nineteenth Street Baptist Church. And, while that doesn't mean we're on summer break, it does mean we'll be making a few changes to better enjoy all that summer has to offer. One such change is the beginning of summer office hours.

From July 15 through September 2, the church office will be closed on Mondays and open from 8 AM to 6 PM on Tuesday through Friday. The church will continue to be open Tuesday through Friday evenings until 9 PM for ministry and group meetings and activities. The trustees on evening duty ask that ministries respect the 9 PM closing time.

Office hours aren't the only thing changing this summer. Thanks to the church family's generous support of Trustee Rally Day, the flooring in the fellowship hall will be repaired and refinished in July. Both the parquet wood floors and the stone terrazzo on the stairs and the rise will receive a much-needed facelift. The stair railings will also be repainted. Work on the floors will begin on July 8, after Vacation Bible School ends, and will take one week. In addition, the contractor has recommended that the fellowship hall not be used for the following week to allow for adequate drying time. All furniture, except the grand piano, will be removed from the fellowship hall during the repair and refinishing process. Also, the Food Pantry will be closed during the week of July 8.

A welcome change, especially for those who regularly use our church transportation, is the return of the church's 14-passenger bus. In addition, we have made a change to enhance the safety of the church van, as recommended by our insurance company and transportation research. Specifically, we have removed the last row of seats in the van. Although designed for 15 passengers, vans like the one owned by the church can be operated better with fewer than 15 passengers.

**Watch Your Mail for Mid-Year Giving Statement.** Contribution statements showing tithes and offerings given through June 30, 2019 will be mailed in mid-July to church members and to those with an offering envelope number. We are deeply grateful for the support of our church family in helping to ensure our historic church continues to be one committed to exalting the hope, power, and glory of Jesus Christ through transformative ministries. If you have questions about your contribution statement, please contact Treasurer Shirley France or call the church office at 202-829-2773.

**Youth Can Still Sign Up for Youth Golf Program.** Starting this month, youth ages 8 to 17 can participate in the National First Tee Junior Golf Program. The 8-week program, with instruction by Professional Golfers' Association (PGA) members, is designed to assist with the development of junior golfers. Classes will begin in mid-July and be held at the Enterprise Golf Course in Mitchellville, Maryland, and the church will provide

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transportation. Applications are being accepted until July 19. Interested parents and youth should contact Trustee Charlie Sprow, 301-980-1030, or Rev. James Harris, Youth Pastor. We are also seeking church members and friends to help sponsor and mentor the participants. The cost for instruction plus golf clubs and equipment is approximately \$300 per student.

Your support, no matter the amount, will be greatly appreciated. Please make contributions payable to Nineteenth Street Baptist Church and note that your donation is for the First Tee Program. ❖



*Deaconess Jean Jackson, Phillis Cooke, Deacon Yvonne Dickson and Shirley France, after serving communion to Deacon Emeritus Walter Jackson Jr. on June 2 at Washington Hospital Center. In good spirits, Deacon Jackson led the group in prayer and asked the church to keep him in prayer.*



*Congratulations to Trustee Emeritus Elmer T. Brooks and Deaconess Kathryn Brooks who celebrated their 65th wedding anniversary on Sunday, June 23, 2019. Family and friends offered well wishes and congratulatory greetings to the Brookses following the worship service.*



*Deacon Oddie L. Stevens, husband of Deaconess Evangeline Fultz Stevens and the father of Mark L. Stevens and Lori Allison Fultz, recognized for being the oldest father at church on Father's Day.*

# Summer Giving in Five Easy Ways

*By Trustee Donza M. Poole*

Summer is here, but maybe you're not—that is, not at church. Between vacation travel, beach outings, family reunions, or even staycations, you may find you're not at church as often during summer. Not to worry. You can stay connected with your church family via livestreams on [YouTube](#) and the church's [website](#) and [Facebook](#) and [Instagram](#) pages.

You can also continue to support the many programs and ministries taking place this summer at Nineteenth Street, including Vacation Bible School, the Food Pantry, Jazz on the Lawn, the summer Church School session, and the 180th Anniversary Banquet, to name a few.

Many churches experience what is known as a summer slump from June through August, when giving goes down simply because church attendance is usually lower during those months. But, if you find you're not at church as often this summer, you can still support the church and its many ministries. Here are five easy ways:

- Give online at [www.everyblessing.org](http://www.everyblessing.org), by clicking on the Givelify or PayPal link on the home page.
- Give by phone using the church's Givelify mobile app. Tap. Give. Done.
- Give by setting up a recurring contribution using Givelify, PayPal or your own bank.
- Give by sending your tithes and offering to the church via U.S. mail.
- Give by dropping your donation in the offering plate when you're here.

Your continued support throughout the year is truly appreciated. If you have questions about any of the giving options, please see a member of the Trustee Board, Church Treasurer Shirley France, or contact the church office at 202-829-2773.

Be blessed and have a safe and enjoyable summer! ❖



*An unwelcome visitor was captured at the church entrance on Saturday, June 22, a few days too early for Vacation Bible School.*



# Congratulations 2019 Graduates

## Graduate School

### **Darren Pagan**

University of Maryland, College Park, Maryland,  
Master of Business Administration, Master of Science in Finance

### **Leslie Annett Wiley**

Wesley Theological Seminary, Washington, DC  
Master of Divinity with Honors

## College

### **Leah Dawson**

Lincoln University, Lincoln, Pennsylvania  
Bachelor of Science in Nursing

### **Jamall Gregory**

Jacksonville State University, Jacksonville, Alabama  
Bachelor of Science in Sports Broadcasting

### **Winona Virginia Peace**

St. John's University, Queens, New York  
Bachelor of Fine Arts

### **Triston Thompson**

Claflin University, Orangeburg, South Carolina  
Bachelor of Science, School of Education, Cum Laude

### **Tyler Thompson**

Claflin University, Orangeburg, South Carolina  
Bachelor of Science, School of Education

## High School

### **Alicia Lisé Dawson**

St. John's College High School, Washington, DC  
Attending High Point University in High Point, North Carolina

### **Adair Lynette Holton**

Montgomery Blair High School, Silver Spring, Maryland  
Attending American University of Rome in Italy

### **Alonzo Phillip Thomas**

DeMatha Catholic High School, Hyattsville, Maryland  
Attending Radford University in Radford, Virginia



# 180<sup>TH</sup> ANNIVERSARY

1839-2019

UPON THIS ROCK...

NINETEENTH STREET BAPTIST CHURCH



## “Upon This Rock...”

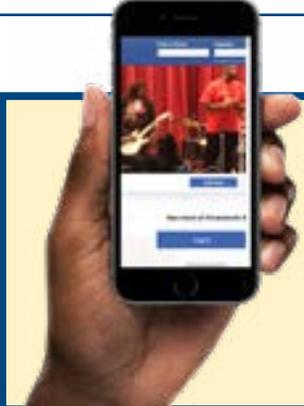
### 180th Anniversary Historical Review in 15-Year Intervals

#### (1899 – 1914)

- The Jarvis Memorial Club was established December 14, 1902 by Deacon Henry Jarvis for the main purpose of keeping the pastor “well dressed.” The club colors were red and gold; its flower was the red rose. Sister Frances Holmes was the first president.
- The Deacons’ Relief Club was organized in December 1907 and committed to assisting the deacons in caring for the sick and needy.
- With seven members known as the “mothers of the church” and under the leadership of Sister Cecilia Holmes, the Deaconess’ Club was organized June 5, 1908 to care for the sick and aged members of the church.
- Nineteenth Street sponsored a health clinic for the needy in 1907, when its membership exceeded 2,000. It operated a free dispensary under the care of a dozen physicians, pharmacists, trained nurses and dentists. The May 8, 1908 minutes recorded that an average of 100 patients per month had been served.
- The Helping Hand Club was established on December 11, 1907 with the commitment to distribute baskets of groceries to the needy and give fruit baskets to the sick and needy at Christmas and Easter. The club agreed to meet on the fourth Wednesday of each month and pay ten cents monthly dues.
- A card system for keeping an accurate church roll and account of each member’s financial standing was approved and implemented in April 1908.
- In 1909 *The Negro Business Herald* requested permission to publish a historical sketch of Nineteenth Street; the church approved the request conditioned on receiving 100 copies of the publication and 25% of the sales proceeds.
- The NSBC Men’s Club was organized on March 4, 1910.

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- Nineteenth Street hosted the National Medical Association meeting in August 1910. In gratitude, the organization gifted the church with a block cut of its edifice. That cut was subsequently used in the design and production of the church’s official letterhead.
- Rev. Walter H. Brooks, pastor of Nineteenth Street from 1882 to 1945, conducted extensive research on Black churches. His book, *The Silver Bluff Church. A History of Negro Baptist Churches in America*, was published by the Press of R L Pendleton, Washington, DC in 1910.
- The church approved the organization of the Window Club on January 3, 1913 to raise funds by means of entertainment that came “within the limits of church permission” for the purpose of improving window services of the church.
- Nineteenth Street has had a longstanding interest in the spiritual well-being of students at Howard University. In the May 1913 YMCA Handbook of Howard University, the trustees purchased a one-page ad listing the various churches and the hours of services for students to worship in the District of Columbia.
- Nineteenth Street donated twenty dollars to the Red Cross Society for those who suffered from the Great Flood of 1913. The Treasurer, David A. Love, requested that the Evening Star newspaper acknowledge receipt of the donation in its publication.
- At the July 31, 1914 regular church meeting, the deacons recommended and received approval to place a “suitable sign” in front of the church with the name of the pastor, the church address, and the hours of service. Such a sign is in place 105 years later.
- All debts for the church’s parsonage were paid on November 24, 1914. As the pastor had moved out the previous month, the church began renting the property for \$32.50 per month. The funds were used for the estate’s upkeep and for the “poor fund.” ❖



**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](http://twitter.com/_nsbcdc)

**Watch broadcasts of our weekly Worship Services on YouTube**



# Upon This Rock ...

Nineteenth Street Baptist Church has been commemorating our 180th anniversary this entire year with an array of programs that reflect on the past, examine the present, and envision a future of continuing to spread the Good News. The second half of the year is filled with celebratory, educational, and spiritual occasions to help us observe this milestone year. Please mark your calendars and take steps now to be a part of these commemorative programs and events.



## **180th Anniversary Banquet**

**Saturday, August 24, 5 PM**

Wyatt A. James Fellowship Hall

Tickets are \$60 for adults and children 13 and older,  
\$30 for children 12 and under.

Please consider being a Patron at the Gold (\$500 including 2 tickets), Silver (\$180 including 1 ticket) or Bronze (\$50) levels. Patrons receive recognition in the Program Booklet and help to underwrite anniversary activities. To reserve your banquet seat(s) and/or become a patron, visit the anniversary table in the fellowship hall on Sundays or call the church office.

## **Special 180th Anniversary Service**

**Sunday, August 25, 10 AM**

## **Worship and Old-Fashioned Picnic**

**Sunday, September 8, 8:30 AM**

Carter Barron Picnic Area of Rock Creek Park  
(In case of rain: at the church)

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Unless otherwise noted, programs will take place at the church.

For more information, contact the church office at  
202-829-2773 or send an email to [wafbonner@aol.com](mailto:wafbonner@aol.com).  
Anniversary co-chairs: Wilma Bonner and Rukiya Bonner

## **Annual Homecoming Sunday**

**Sunday, September 29, 10 AM**

Churches that grew out of Nineteenth Street Baptist Church—  
Second Baptist, Berean Baptist, Third Baptist, Metropolitan  
Baptist, Vermont Avenue Baptist, and Salem Baptist—will be our  
special guests.

## **180th Anniversary Market**

**Saturday, November 2, 10 AM–3 PM**

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

## **Presentation: 100-Year History of the National Museum of African American History and Culture, and the Role of Nineteenth Street Baptist Church**

**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.

# Parade of Brides – A Beautiful Historical Showcase

*By Deaconess Brenda Lightening-Tolbert, Program Chair*

The fellowship hall was decorated for a wedding reception; framed wedding photos of church members were table centerpieces; the cake table was elegantly decorated with an antique black angel atop a tall column stand; white lights lined the runway; a delicate 1940's high-collared, lace wedding dress, on loan from a local dry cleaners, graced a dress form on stage. This was the setting for the *Parade of Brides Fashion Event*, held on June 15, 2019.

Pastor Roberts opened the program, explaining that the purpose of the event was to celebrate the style, rich story and traditions of the African American experience through the pageantry of wedding dresses. A video created by Roman Holton ran before and during the event showcasing wedding photos from more than 50 church members whose weddings dated from 1933 to 2016. Included in the video were photos from the weddings of Nineteenth Street pastors: Rev. Dr. Walter H. and Viola Brooks, Rev. Jerry and Dr. Ettyce Moore, Rev. Derrick and Juli Harkins, and Rev. Darryl and Dr. Laura Roberts.

Soloist Siera Toney and Minister of Music Kenneth Peagler opened the show with the inspirational wedding song, "I'm Sure It's You." Deacon Deborah Crain Kemp oversaw the music playlist behind the curtains to ensure live and recorded music played throughout the

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event. Deacon Gerald Young lent his sound/lighting and engineering expertise to the production.

Commentator Joyce Pascal-Kilgore provided an historical account of the West African marriage custom of “Jumping the Broom,” and the curtain opened to Kayla Bell, a student dancer from the Davis Center, who performed an interpretive dance of the custom. Jay Young joined Kayla on stage when it was time to jump the broom. First Lady Dr. Laura Roberts provided an insightful commentary on Matrimony Ministry from the perspective of a pastor’s wife.

The groomsmen opened the curtains, and the fashion parade began as 15 beautiful bride models in wedding dresses from different time periods walked the runway assisted by junior bridesmaids who helped with the bridal trains, flower bouquets, and veils. Commentator Pascal-Kilgore entertained the audience by sharing information on church history, the fashions of specific periods, and societal and cultural history in the District.

At the finale, all wedding party members—groomsmen, ushers, junior bridesmaids, flower girls, and ring bearer—lined up on stage as the curtains parted for the last bride, recently-married Sharrone Washington, accompanied by her husband James.

Pastor Roberts performed the closing segment of our program—the Vow of Commitment. Church members committed to the goals of the church, to build a church that is compassionate to all and filled with peace, joy and thanksgiving and for our Lord and Savior. We toasted to this continuing commitment with sparkling apple cider.

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**Thank you** to all the people who helped make this event such a big success. We were blessed to have bride models from our own church family and from Mt. Pleasant Baptist Church and Reid Temple A.M.E. Church. In addition to the models, many other volunteers also participated in key roles:

**Bride Models:** Andrea Bonhomme, Alita Bonhomme-Taylor, Sahara Chapman, Soliel Chapman, Layla Doman, Korie Ferguson, Giovanna Jean-Baptiste, Maude McCannon, Pamela Morgan, Jade Parchment, Riley Parchment, Siera Toney, Sharrone Washington, Taylor Weldon, Jaia Wilensky

**Junior Bridesmaids:** Kinsley Beckham, Anaiah Roberts, Bria Wooden

**Flower Girls:** McKenzie Sharps, Justyce Williams, Teresa Whiting

**Ring Bearer:** Isaiah Roberts

**Groomsmen/Ushers:** Emerson Bretous, Jerry Jackson, John Jackson, Jeremiah Whiting, Kenneth Whiting

**Bridal Support Team:** Dorothy Curtis, Dellareesa Banks, Camille Chapman, Hilda Douglas, Vickie Hicks-Washington, Cynthia Howell, Sandra Caviness, Pat Hodge, Jim Rodgers, Virginia Lee, Jasmine Whiting

**Event Commentator:** Joyce Pascal-Kilgore

**Reception Decorators:** Shirley France, Sandra Howell, Rosemary Massey, Julie Pulley, Robin Williams

**The Media Crew:** Deborah Crain Kemp, Robin Smith, Justin Thomas, Jay Young, Roman Holton, Gerald Young

**The Catering Staff:** Hester Jones, Portia Thompson, Sandra Keaton Brown, Janice Ghenene, Yvonne Gowdy

# Medicinal Marijuana 101

*By Stephanie Montague, RN, MS, CNL*

This article will discuss the uses of medicinal marijuana (cannabis). I am categorizing the use of cannabis as a holistic approach that is transitioning into the mainstream of healthcare. Cannabis is no longer stigmatized in the media, and the healthcare industry is beginning to embrace the use of marijuana as a legitimate treatment for some medical diagnoses.



Dating back to 1996, California became the first state to legalize the medical use of marijuana. Following suit, 33 states now allow the use of marijuana for medicinal purposes. However, the list of health problems approved for medical marijuana treatment varies by state, and a physician

must certify that the patient has an approved diagnosis.

While researching this topic, I learned that the human body makes its own substances like those found in marijuana. The body is equipped with an endocannabinoid system that generates cannabidiol (CBD) and Tetrahydrocannabinol (THC). Our own endocannabinoid system performs a wide range of activities, including nursing, growing, and responding to injuries.

I will briefly discuss both THC and CBD separately over the course of two articles. There are more than 80 chemical components in marijuana, but THC and CBD are the most researched. This article will focus on THC. It is the main psychoactive ingredient in cannabis and it affects the human body

in multiple ways. Research has revealed evidence of health issues that benefit from the use of marijuana. Data for using cannabis where the science is the strongest is for chronic pain, epilepsy, asthma, inflammatory bowel disease (IBD), anxiety and appetite. Inflammation is the causative factor for the discomfort or problem in some of the aforementioned conditions. THC has been proven to reduce inflammation; therefore, it is naturally beneficial in alleviating pain and discomfort and goes a long way toward regulating the body's immune response. Furthermore, marijuana is well known for generating a relaxing effect for most people. In terms of appetite, it is well established as an appetite stimulant and prescribed to patients with cancer, AIDS, wasting disease and persons that need to increase their weight and minimize nausea.

The effect of marijuana and its impact on the brain is complicated and is dependent on how it is consumed. For example, when cannabis is smoked, the effects are immediate as it travels quickly into the bloodstream. The brain cells react with the body's own endocannabinoid receptors by releasing a chemical called dopamine. This is what creates the sense of euphoria or "the high." Eating cannabis via edibles is felt more slowly, taking as long as an hour or more to be effective.

One of the positive outcomes of using medicinal marijuana in the form of THC or CBD is that patients prescribed this therapy have reduced their dependence on the use of opioid painkillers. This is significant in light of the current "opioid crisis." Likewise, some physicians are understandably hesitant to prescribe opioids to seniors for safety reasons. This is an alternative treatment proven beneficial to help alleviate suffering.

My next article will discuss the use of CBD. It is becoming more popular within the cannabis market and is a preferred choice among the senior population. ❖



of group and auxiliary activities. Please contact or visit a Senior Wellness Center in your ward.

As the District's elderly population continues to grow, many adults and their families are faced with any number of medical challenges, among them Alzheimer's disease, dementia, and diabetes-related diseases. Wellness and health issues have become a major concern and priority to many residents aged 60 and over. Fortunately, wellness resources are available to District residents. This workshop helped to make our church family aware of what is available. The feedback from this workshop was very positive, and other workshops are being planned for the future.

For information on future Senior Ministry programs, contact Ronald Taylor at [Ronald.Taylor1604@verizon.net](mailto:Ronald.Taylor1604@verizon.net). ❖



# A Memorable Encounter

*By Tyler Hinton*

I was invited to attend the 52nd Annual Book and Author Luncheon sponsored by the Oracle Set Book Club and the Oracle Set Foundation at the University of Maryland Marriott Inn and Conference Center on Saturday, April 13. The Book Club was founded in 1966 by our late member, Mrs. Claudette Ford. The foundation, a 501 (c)3 organization, was established in 1998 in memory of Mrs. Ford. Since its inception, the foundation has annually awarded in excess of \$150,000 to District of Columbia high school seniors based on need and a competitive essay contest. The luncheon is the organization's primary fundraiser for the Claudette Franklin Ford Memorial Scholarship.

This year's guest author was Mr. Anthony Ray Hinton who wrote *The Sun Does Shine: How I Found Life and Freedom on Death Row*, a 2018 Oprah Book Club choice. Prior to the opening of the luncheon, I had the opportunity to meet and speak with Mr. Hinton.

Meeting Mr. Hinton was an exceptionally defining moment in my life as it opened my eyes to the horrors of the penitentiary system and the ongoing assault to criminalize the black male image.

Mr. Hinton opened to a warm and engaging crowd, informing us about his

upbringing, time spent cutting grass, and his mother's high expectations of him. This simple anecdote quickly snowballed into the catalyst for what would cost an innocent man 30 years of his life.

In 1985, Anthony Ray Hinton was framed by two white Alabama cops for a crime he could never have committed. His defense? His day-job. His white boss even vindicated him when questioned by police. But the state was determined to make an arrest. Nothing could prepare Mr. Hinton for the injustice he was about to face. Nothing but the salvation of prayers and loving support from his friends and family. Anthony Ray Hinton was sentenced to death row and, for almost 30 years, wasted away in solitary confinement.

Even as the clock wound down on his sentence, Mr. Hinton applied his grace and positive attitude towards his fellow inmates. He encouraged them to nourish their minds to escape the mental confines of their man-made hell; but more importantly, not to lose their creative spark of hope. Without really saying it, you could tell his fellow inmates must have had tremendous respect for this proud man of faith.

*continued on next page*



Getting to shake Mr. Hinton's hand before the conference was an incredible experience. Here was a man who faced murder-by-lethal injection and, now, stood tall and proud in a tailored gray suit, reclaiming his image. It wasn't until after he got through speaking that I truly could appreciate the significance of our meeting.

Even though Mr. Anthony Hinton and I share the same last name, after checking with my grandmother and some other relatives, it appears that we are not related except by being brothers in Christ.

I want to thank Mr. Louis Ford, my Love Pal with the Progressive Adults Ministry for inviting me to this wonderful event. The energy in the room was really empowering for a growing black man such as myself. My drive to succeed is renewed after this. This will be something I will remember for a very long time. ❖



*Love Pal volunteers Evelyn Sellers, Sandra Howell and Carlton Terry celebrate 2019 graduates and showcase current program participants on June 9, Youth Sunday.*

## Congratulations



Congratulations to **Alicia Dawson**, shown with Trustees Robert McNair and Charles Sprow, at the Spring Sports Awards Banquet of the Pigskin Club of Washington, Inc. On June 1 Alicia was recognized for her excellence in track and field along with other student-athletes,, coaches and community awardees.

Congratulations to **Karen Williamson** for receiving two awards for volunteer activities for her alma mater. On June 8, the Wellesley College Alumnae Association presented Karen with the Syrena Stackpole Award for her lifetime of outstanding service and dedication to Wellesley College. On June 19, the Washington Wellesley Club presented her with the Jessie C. McDonald Award for being an inspiration to the Washington area Wellesley community. ❖

# Stewardship Committee Concludes Financial Literacy Series

*By Deacon Billy F. Gay, Stewardship Committee Co-chair*

The Wealth Syndicate, LLC, led by Mr. DeWayne Ellis and partner, discussed wealth investment as a pathway to wealth and financial well-being. At the urging of some class participants, we began by discussing pre-burial planning. One should typically purchase burial insurance via permanent insurance and not term insurance. The policy should be assigned to the funeral home as one of the beneficiaries. It was recommended that we could secure pre-burial arrangements with a cemetery and not a funeral home since the funeral home could become bankrupt in the later years.

As a financial advisor himself, Mr. Ellis quickly led us right into investing and its benefits. This conversation was necessary to explain each possible investment and to determine our risk tolerance for each, such as stocks, CDs, value stocks, growth stocks, bonds (corporate, municipal and treasury), real estate investment trusts and mutual funds.

Last, but not least, retirement was examined in terms of high-risk and low-risk assets for the long term (10 years away) and short term (1 to 3 years away). The formula for our retirement should be our Salary x 15 (the estimated amount needed when one does retire).

One significant caveat is: Do not borrow money from your retirement for a student's college debt. Young people are expected to work longer and can repay their own loans, but you can't replace your retirement!

*Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers. 3 John 1: 2 ❖*

## Looking Toward 2020

Beginning in September, all boards and ministries will receive packets requesting their meeting schedules and proposed events for 2020. This information is critical for booking space on the calendar and the use of church facilities, as well as for ensuring that adequate thought is given to promoting events and encouraging participation.

Remember that all events must be approved by the Board of Deacons and the Board of Trustees. In addition, a Communications Planning Form should be submitted to the Communications Ministry. ❖



# Youth Shine in Oratory Contest

*By Edith Bullard-Britt & Youth Minister James Harris*

The Seventh Annual Oratory Contest was held on Youth Sunday, June 9. Six of our youth participated in the contest – two in Category One for students in grades 6 to 9 and four in Category Two for students in grades 10 to 12. As in the past, our youth showed originality, forethought, and intelligence as they presented on the topic, “How the Legacy of the Past Orders My Steps.”

Youth were asked to recount milestones in the history of our people, our country, their families, and our church that have had an impact on them. They were to consider specific legacy moments that have influenced them and the decisions they’ve made, and then vision the legacy they’d like to leave for the next generation.

Each youth gave an outstanding presentation making the job of our judges particularly difficult. After much deliberation, the judges announced their decisions:

## **Category One – Grades 6 to 9**

First Place: Jaia Wilensky

Second Place: Bria Wooden

## **Category Two – Grades 10 to 12**

First Place: Noah Cooper

Second Place: Jara Wilensky

Third Place: Alicia Dawson

Honorable Mention: Kalyl Young



The Youth Ministry thanks our youth who had the courage to share their thoughts and perspectives.

We’d also like to thank our judges, who had a really hard job.

Category One Judges: Nigel Sanders, Donza Poole, Kenyatta Hobson

Category Two Judges: Deborah Lewis Thornton, Rev. Christopher Crawford, DeVera Redmond

There are many times throughout the life of our church that our youth show us that they are more than ready to step up to the plate and create their own legacy. That was truly the case at this year’s Oratory Contest. Our future is in good hands. ❖



*Deacon Kenyatta Hobson, Deborah Lewis Thornton, Kalyl Young, Bria Wooden, Nigel Sanders, Trustee Donza Poole, Rev. Christopher Crawford, Jaia Wilensky, Jara Wilensky, Noah Cooper, Alicia Dawson, Pastor Roberts, and Wilma Bonner*

# Great Day and Great Golf

The 2019 Rosemary and John H. Brinkley Memorial Golf Tournament, held on June 24, was a day of fun and fellowship for nearly 100 golfers, volunteers, sponsors and friends at Enterprise Golf Course in Mitchellville, Maryland. Proceeds from the tournament have supported several church ministries, such as Church School, His Homeless Ministry, Global Missions, Youth Ministry, and capital improvement projects. This year some of the funds will help with the First Tee program. Congratulations to the winners and thank you to the tournament organizers, volunteers and staff who worked hard to make the event a success. ❖



# Calendar

## JULY

**Monday, July 1** – Vacation Bible School, 9 AM–12:30 PM

**Tuesday, July 2** – Vacation Bible School, 9 AM–12:30 PM

**Wednesday, July 3** – Vacation Bible School, 9 AM–12:30 PM,  
Closing Ceremony at 11 AM

**Thursday, July 4** – Independence Day Holiday, church office  
closed

**Friday, July 5** – Vacation Bible School, Last Day with barbecue  
cookout, 9 AM–12:30 PM

**Sundays, July 7 through August 25** – Church School Summer  
Session, fellowship hall, 8:30 AM

**Monday, July 8** – Vacation Bible School Annual Outing to Kings  
Dominion, bus departs at 9 AM

**Thursday, July 18** – Progressive Adults Theater Outing, “Disney’s  
Aladdin,” Kennedy Center, 7 PM

**Friday, July 19** – Church Business Meeting, fellowship hall, 7 PM

**Saturday, July 20** – Kairos Clinic, Teaching for a more powerful  
prayer life with Rev. Robin Turner, Sisterhood Room,  
10 AM–12 PM

**Sunday, July 21** – Pastor Roberts on Coach Butch McAdams Radio  
Show, WOL (1450 AM) and MAGIC (95.9 FM), 12:30 PM

## AUGUST

**Sundays through August 25** – Church School Summer Session,  
fellowship hall, 8:30 AM

**Friday, August 9** – Usher’s Ministry presents “Jazz on the Lawn,”  
featuring Minister of Music Kenneth H. Peagler, 7 PM

**Sunday, August 18** – Pastor Roberts on Coach Butch McAdams  
Radio Show, WOL (1450 AM) and MAGIC (95.9 FM),  
12:30 PM

**Saturday, August 24** – 180th Anniversary Banquet, fellowship hall,  
5 PM

**Sunday, August 25** – Special 180th Church Anniversary Worship  
Service, 10 AM

**Tuesday, August 27** – Ministry Leaders Meeting, fellowship hall,  
6:30 PM

**Thursday, August 29** – Happy 180th Anniversary Nineteenth  
Street Baptist Church

## SEPTEMBER

**Monday, September 2** – Labor Day Holiday, church office closed

**Sunday, September 8** – Worship and Old-fashioned Family Picnic,  
180th Anniversary Event, Carter Barron Picnic area at  
Rock Creek Park, 8:30 AM–2 PM (In the event of rain,  
events will take place at the church.)

**Sunday, September 15** – New Members Sunday

**Sunday, September 15** – Pastor Roberts on Coach Butch  
McAdams Radio Show, WOL (1450 AM) and MAGIC  
(95.9 FM), 12:30 PM

**Saturday, September 21** – Music Ministry Seminar, Arts & Choir  
Appreciation, 10 AM–3 PM

**Sunday, September 22** – Global Missions Sunday

**Saturday, September 28** – Global Missions Ministry, Annual Haiti  
Walk, Carter Barron area at Rock Creek Park, 8 AM

**Sunday, September 29** – Homecoming Sunday and Fellowship  
Dinner following worship service