

**HAPPY NEW YEAR 2024!!**



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**PASTORAL MEDITATION**

Title: Embracing New Beginnings

As we stand on the threshold of a new year, we find ourselves surrounded by the promise of fresh starts and new beginnings. In the tapestry of our lives, God weaves a continuous thread of redemption, offering us the opportunity to experience His grace anew each day. The Bible tells us in Lamentations 3:22-23, "The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

Just as the dawn heralds the arrival of a new day, God invites us to embrace the dawn of a new season in our lives. The past is behind us, with its triumphs and challenges, and God beckons us to step into the uncharted territories of His grace. It's a journey where we can leave behind the burdens that weigh us down and, with faith, move toward the promises God has prepared for us.

In Isaiah 43:19, God declares, "Behold, I am doing a new thing; now it springs forth, do you not perceive it?" God is not limited by our past mistakes or missed opportunities. He is the God of second chances, and in Him, we find the courage to embrace the unknown with hope and expectation.

As we embark on this journey of new beginnings, let us seek God's guidance and surrender our plans to His perfect will. May we trust in His faithfulness, knowing that He who began a good work in us will carry it to completion (Philippians 1:6). In the canvas of our lives, God is painting a masterpiece of redemption, and every new beginning is a stroke of His love and grace. Let us step into the new with gratitude, faith, and an unwavering trust in the God who makes all things new.

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**A word on sleeping too much**

Adults require between 7-9 hours of sleep. If you wake up still feeling sleepy, it may be a sign of conditions such as sleep apnea, teeth grinding (Brixum), or chronic pain. Your doctor may recommend having a sleep study done to observe how you sleep. It can be used to detect such conditions as heart disease or depression.

**Resources:**

- <https://medlineplus.gov/ency/article/000803.htm>
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/oversleeping-bad-for-your-health>

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**Starting 2024 Off with your health in Mind**

- 1. Schedule appointments with your doctors** (i.e. PCP, Cardiologist (heart), Dentist (Teeth/Gums), Audiologist (ears), Endocrinologist("hormone insulin), Urologist (prostrate),

Gynecologist/Urogynecologist (female reproductive & urinary systems), Podiatrist(foot), Neurologist (nerve specialist), Ophthalmologist (eye doctor), Pulmonologist (Respiratory Specialist), Chiropractor (musculoskeletal specialist) .

**2. Know your numbers (normal):**

BP-120/80

**Cholesterol**-total less than 200

HDL (Good) greater than 40

LDL (Bad) less than 100

Blood Sugar Range-80-130

Hb1Ac Normal-below 5.7

prediabetic-5,7-6.4

diabetes -6.5 +

BMI(Body Mass Index)- 19-26

**3. Vaccine data (taken or not)**

Check with your doctor to decide on how to follow through with this.

Flu

Covid

Shingles

RSV

Pneumonia

**4. Cancer Screenings age (beginning)**

cervical -25-65

breast 40-45

colon-45-75

prostrate 40-45

**5. Mental Therapy**

start with your **PCP** (Primary

Care Physician), to determine whether you need to do in this area of your life, sooner than later.

**Resources:** <https://medlineplus.gov>

[Centers for Disease Control and Prevention \(cdc.gov\)](https://www.cdc.gov)

**NBC.com/today/video/6-tips-to-get-and-stay-healthy-in-the-new-year/NBCN199333926**

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[COVID19/Flu/RSV/MONKEYPOX UPDATE](#)

We must stay focused on keeping these diseases at bay. They will continue to be around. What you can do include the following:

--continue to get your vaccinations/shots for COVID, FLU, RSV, PNEUMONIA,

--wear your masks in settings of large crowds

--seek medical attention if you notice any thing out of the ordinary with your health.

RESOURCE: [CDC Respiratory Virus Updates | CDC](#)

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**Tips, on how to dress, for those venturing outside to clean off the snow.**

1. Stay hydrated. Drink water.

2. Invest in clothing that draws moisture away from your body.
3. Dress in layers. Do not stay in wet clothing. Stop and change into dry clothing.
4. **When you are tired, stop.**  
Avoid pushing yourself too much. Give your heart a break!!
5. Rest.

**Resource:** [Stay Safe and Healthy in Winter | Environmental Health Features \(cdc.gov\)](#)

[Health Information and Medical Information - Harvard Health](#)

<https://www.bing.com/ck/a?!&&p=1e84ea54ba742080JmltdHM9MTcwNDQxMjgwMCZpZ3VpZD0zZjM5ZWY5MC01MjBiLTZmNzYtMWJjYS1mZmVhNTNmNjZiYWYmaW5zaWQ9NTlwNA&ptn=3&ver=2&hsh=3&fclid=3f39ef90-520b-6f76-1bca-ffe53f66eaf&psq=dressing+properly+for+cleaning+away+snow%2c+AARP&u=a1aHR0cHM6Ly93d3cuYWYycC5vcmcvaG9tZS1mYW1pbHkveW91ci1ob21lL2luZm8tMjAyMC9zbn93YmlyZHMtc3RheWluZy1ob21lLWNoZWNRbGlzdC5odG1s&ntb=1>

**DISCLAIMER:** Please consult your doctor (i.e. primary care physician, specialist) share the information with your doctor, discuss it and decide what action to take.

## Birthday Celebrants



- 9 Damon Clark
- 19 Daniel Hassell
- 23 Kheli Morgan
- 23 Felisha Watkins
- 28 Madeline H. Byrd



- 3 Gloria J. Gibson
- 9 Eli Oldes (Postell)
- 21 Toya Kelley Sims
- 22 George Hart
- 24 Annette Hammond
- 24 Beverly Johnson
- 28 Maurice Hill
- 29 Taylor E. Stroud



**Some Upcoming Special Days, reminders, and things to think about:**

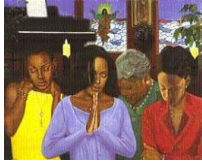
**January 15<sup>th</sup>** Martin Luther King Jr. Day

**February 2<sup>nd</sup>** Ground Hog Day

**February 14<sup>th</sup>**, Ash Wednesday

Valentine's Day

February 19<sup>th</sup> Presidents' Day



**Let us continue to pray for and reach out** to all our sick and shut-in. Take some time out of your schedule and send a greeting- card with a handwritten message from you to each of our sick and shut-ins. Send out special prayers for Mrs. Muriel Sweatt, Mr. C.Y. Davis, Sr, Mrs. Jacquelyne Greene, Mrs. Geneva Hassell, Mrs. Sheba (MERLE) Hassell, Mrs. Ercell Terry, Mrs. Lorna Morgan, Mrs. Mary McGowan Washington, and Mrs. Elena Weston, Mrs. Paula Proctor , Mrs. Erlease Proctor-Jones and Ms. Valerie Wheeler.

Please pray for:

The family of Mrs. Delores Harper whose service of celebration will be held at Ebenezer UMC on Saturday, January 13, 2024 at 10:00 am.

Mrs. Marsha Gilchrist who is at home at last continuing to heal.

Marcus Jose Freeman's grandson who is recuperating at home after being released from the hospital.

Dale Ashton, brother of Mrs. Karen Ashton Walden who are both at home and healing.

Rev. Dr. George DeFord who is recovering from a stubborn cold.

### **MB&S Committee Members**

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