

**HAPPY SPRING 2024 MARCH/APRIL**



Ebenezer UMC 400 D St. S.E. Washington, DC  
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Pastor

#### **PASTORAL MEDITATION**

##### **LOVE BEYOND MEASURE**

In a world often defined by chaos and uncertainty, the essence of our Christian journey lies in a simple yet profound truth: love. God's Word tells us in 1 Corinthians 13:13, "So now faith, hope, and love abide, these three; but the greatest of these is love." Love is the cornerstone of our faith, the purest reflection of God's character.

God's love for us is immeasurable, a boundless and unconditional force that transcends our shortcomings and failures. Romans 8:38-39 assures us that nothing can separate us from the love of God in Christ Jesus. In this divine love, we find security, purpose, and a refuge in times of trial.

As recipients of God's overwhelming love, we are called to be conduits of that same love to those around us. Jesus instructs us in John 13:34-35, "A new command I give you: Love one another. As I have loved you, so you

must love one another. By this everyone will know that you are my disciples if you love one another." Our love becomes a tangible expression of our discipleship, a witness to the transformative power of Christ in our lives.

Love is not merely an emotion; it is a deliberate and selfless choice. 1 Corinthians 16:14 urges us, "Let all that you do be done in love." Whether in our relationships, actions, or words, may our lives be a testament to the love that flows from our relationship with Christ.

In the tapestry of our existence, love is the golden thread that weaves through every chapter. It is our compass, guiding us through life's complexities. As we navigate each day, let us anchor ourselves in the love of God and extend that love to a world desperately in need. Love is the language of our faith, and through it, we reflect the very heart of our Heavenly Father.

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#### **A POSITIVE SELF-IMAGE OF YOU!**

Your physical existence on earth is reliant on more than a gaggle of numbers quoted to you by your PCP, or other health professionals. **ASK YOURSELF: What Do I Think of Me?**

Do I love me? Your answer to this question may impact how you respond to other health issues you are dealing with, at this point: whether to drink the water, get a BMI assessment, get that colorectal assessment, get that COVID-19 shot, etc. **YOUR MENTAL HEALTH IS VERY IMPORTANT!!!** It impacts everything that you do, think about, wish for, want, decide, say to yourself, say to others, etc.

How to Improve your Mental Health!

PRAY! Stay Positive! Pray!

Practice being thankful and say it out loud!

Smile!

Follow through on all of your Dr. appointments.

Smile!

Call/visit family, friends, folk.

Don't forget to PRAY!

Say out loud what your purpose in life is!

Re-evaluate how you deal with stress, meditate!

PRAY, relax, and PRAY again!

**RESOURCE(S)**

[How to Improve Mental Health: MedlinePlus](#)

[Positive Self-Image: How to Improve Self- and Body-Image \(clevelandclinic.org\)](#)

### **ANOTHER WORD ABOUT WATER!**

When you find yourself thirsty, don't pass it off. Drink water—50-70% of your body weight! You need it to regulate body temperature, ridding your body of waste through sweating, urination, and bowel movement, keeps joints limber and lubricated. Food sources that are great for providing water are watermelon, cucumbers, and spinach. It may not have much taste, but you need it to live a good healthy life.

### **RESOURCES:**

[Water: How much should you drink every day? - Mayo Clinic](#)

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### **Heart Health: Focus on BMI: Body Mass Index**

This is comparison measurement between one's weight in kilograms(kg) divided by the square of one's height in meters(m). It is a good test for determining your ratio of weight to height. If you are concerned about this, ask your Primary Care Physician about it.

## Resource

[About Adult BMI | Healthy Weight, Nutrition, and Physical Activity | CDC](#)

## COVID19/Flu/RSV/MONKEYPOX UPDATE

Five Day isolation has been shortening to when you no longer have a fever!

Recommending updated vaccine be taken

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 anything out of the ordinary with your health.

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

**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



3 Erlease Burrell Jones  
10 Paula J. Proctor  
20 Jeanne E. Davis  
26 Kenya A. Colbert  
26 Phyllis Campbell  
29 Mary M. Washington



7 Geneva M. Hassell  
8 Grace Kang  
9 Michael Davis  
9 Ashton Holmes  
18 Rev. Tondra Hill  
24 DeVita Atkinson  
24 Prentiss D. Ervin  
24 Loretta M. Thomas  
28 Bruce Hassell



Some upcoming special days, reminders, and things to think about

March is Women's History Month

St. Patrick's Day is Sunday, March 17<sup>th</sup>, 2024

186<sup>th</sup> Founder's Day Program— Sunday, March 17, 2024. Bishop Latrelle Easterling, presiding Bishop for the Baltimore-Washington & Pennsylvania/Delaware Conferences will deliver the morning message.

1st day of spring is Wednesday, March 20, 2024.

Easter is Sunday, March 31, 2024

Monday, April 1 is Easter Monday and April Fool's Day

Monday, April 15, 2024, your taxes are due

Earth Day is Monday, April 22, 2024



**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.

Prayer Request For:

Loretta Thomas on the passing of her brother, Joseph.

Odessa Etheridge, mother-in-law of Mrs. Jennifer Etheridge

Demetrius McGhee on the passing of his father.

Phyllis Campbell

Ellsworth Colbert III

Mr. P. David & Dr. Sandra Ervin

James and Marsha Gilchrist

Rev. Bresean A. Jenkins and

family

Rev. & Mrs. George DeFord

Brother Kenny Hover on the

passing of his mother, Mrs.

Francis S. Hover-Hill. Service will

be held at Lincoln-Park UMC,  
Thursday, March 7, 2024 10:00am  
wake, 11:00am service

**MB&S Committee Members**

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