



*The
Metropolitan
Spirit
Church Newsletter*

2014

Happy New Year!!!

METROPOLITAN A.M.E. CHURCH

welcomes

Bishop William P. DeVeaux

and

Episcopal Supervisor Dr. Pam DeVeaux

METROPOLITAN A.M.E. CHURCH MISSION OUTREACH

“It is more blessed to give than to receive.” (Acts 20:35)

The presence of the Lord is here; you can see it and you can feel it in our deeds and through our actions. Metropolitan African Methodist Episcopal (A.M.E.) Church continues long established traditions of religious commitment and community service. Pastor and author David Murray wrote an article and listed the “10 Reasons Why It Is More Blessed to Give Than to Receive.” He said that Giving:

1- obeys God’s command (1 Corinthians 1:2); 2- submits to God’s Lordship; 3- exhibits God’s heart (James 1:17); 4- illustrates God’s salvation (John 3:16) (2 Corinthians 2:9); 5- trusts God’s provision (Ecclesiastes 11:1); 6- widens God’s smile (2 Corinthians 2:7 and 8:1); 7- advances God’s kingdom; 8- promotes God’s sanctification; 9- testifies to God’s power; and 10- praises God’s character (Psalm 116: 12).

Metropolitan has a compassionate and giving congregation. There are many ways that organizations and ministries fulfill their duty for Christian charity as described in Matthew 25:35-40.

Several examples are through the monthly Food Bank, which distributes staples and fresh produce to about 450 persons and the

OBESITY – THE AGENDA FOR 2014

The Washington Post recently featured an article entitled “*Five Myths about Obesity.*” The myths listed were: “(1) If you’re obese, blame your genes; (2) If you’re obese, you lack self-control; (3) Lack of access to fresh fruits and vegetables is responsible for the obesity epidemic; (4) The problem is not that we eat too much, but that we are too sedentary; and (5) We can conquer obesity through better education about diet and nutrition.” The article, however, did not mention the most frequently quoted myth, “It’s my thyroid.”

Science and research have proven that obesity leads to an increased risk of heart disease (hypertension), diabetes, arthritis, and some cancers. We are experiencing an epidemic of obesity. The reasons for the epidemic are debatable. It is a known fact that we are eating away from home more often than we did years ago. Among Christmas gifts that my family

received were 3 gift cards to dine at various restaurants. Many foods prepared at restaurants generally contain more fats, sugars, and salt than is contained in home cooked meals. These ingredients along with inactivity in lifestyle lead to weight gain.

When teens go to college, routinely they gain weight their first year away from home.

Thanksgiving donation of baskets to an additional 55 families; monthly feeding of approximately 75 homeless and needy persons; annual donation of 200 hats, gloves, and socks to the homeless; quarterly feeding of 30+ residents of the transitional residential program at the N Street Village; tutoring program, started October 2013 for about 12 students attending The School

This is the result of eating fast foods and “junk foods.” Obesity in children can be traced both to personal eating habits and to parents who provide children the wrong foods – those foods that have a high content level of sugars and fats.

In this article, I am looking at three jurisdictions and obesity statistics on their residents. The areas are the District of Columbia, Maryland, and West Virginia. I chose West Virginia because it is my birth state and is one of the poorest states in the U.S. The population of West Virginia is 85% white.

Obesity, the national rankings for the selected areas are: West Virginia ranks 4th, Maryland ranks 26th, and Washington, DC ranks 50th.

The rankings for **Diabetes** nationally: West Virginia ranks 1st, Maryland ranks 20th, and Washington, DC ranks 42nd.

For **Hypertension**, West Virginia ranks 6th, Maryland ranks 21st, and Washington, DC ranks 33rd.

As for physical **Inactivity**, West Virginia ranks 2nd, Maryland ranks 24th, and Washington, DC ranks 47th.

Washington, DC ranks 43rd in overall prevalence with 35.4% of children considered either overweight or obese. The Center for Wellness and Weight Loss Surgery at Howard University reported that 60% of Washington, DC residents are Black and 10% are Hispanic. Forty-one percent of the population is considered to be low-income. Thirty-one percent of Blacks are obese.

Maryland’s adults age 18 and over:

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- 65.4% are overweight with a Body Mass Index (BMI) of 25 or over;
- 27.1% are obese, with a BMI of 30 or greater.

Maryland’s adolescents in grades 9 – 12:

- 15.6% are overweight (> 85th and < 95th percentile for BMI by age and sex);
- 12.2 % are obese.

West Virginia’s adults age 18 and over:

- 67.4% of adults are overweight, with a BMI of 25 or over;
- 32.5% of adults are obese, with a BMI of 30 or greater.

OBESITY from P. 2

88% of resources on medical services to ensure good health, 4% on health behaviors, and 8% on other. We purchase special diet foods, diet cookbooks, and join exercise programs, yet we still can’t seem to maintain a healthy weight level.

In *The Washington Post* article, myth number (4) has some credibility, for we do indeed eat too much and are too sedentary. Education is an answer.

Many of us will be making New Year’s resolutions to lose weight. I have several recommendations for you to consider. My first recommendation is instead of saying that you are going to join the gym to lose weight; you should teach yourself how to eat appropriate and healthy size portions of food.

Avoid restaurants that promote and offer “*all you can eat*” buffets. Begin at home eating smaller portions even if you must eat 4 meals a day rather than the often recommended 3 meals a day. Until you learn how to eat the appropriate amount, going to the gym is not going to help you meet your goal.

Avoid salty foods and please, please do not add salt to your food at the table. Remove the salt shaker from the table. Use Mrs. DASH (or a similar seasoning), lemon juice, and herbs for seasoning. You can learn to eat without ham hocks in the greens. Instead, use smoked turkey which adds a good flavor; that is if you must have meat in your vegetables.

West Virginia’s adolescents in grades 9 – 12:

- 14.4% are overweight;
- 14.2% are obese.

So what do these numbers mean? If you live in one of these jurisdictions you can see what your odds are. If you are overweight, BMI 25 or greater, you are a statistic. That is not good. What makes us healthy? Access to healthcare makes up for 10% of our health, genetics make up 20%, environment makes up another 20% and healthy behaviors make up 50%. We spend

My second recommendation is to move more, become more physically active. Even if you are disabled you can move your arms and/or legs while sitting in a chair or stand behind the chair and lift your legs and arms.

My third recommendation is to take your medication properly; especially those persons who have hypertension and diabetes. Follow these recommendations to help ensure a healthier lifestyle.

Have a Happy, Prosperous, and Healthy New Year.

Jean W. Oxendine, CRNP, MPH

PROJECT ANGEL TREE THANK YOU

O give thanks... Angel Tree 2013 was an overwhelming success. Your prayers, purchases, and donations allowed us to provide Christmas presents for 203 local children! This is the largest number of recipients that Metropolitan has ever served in its 27 years of participating in this National project. Each child was given 2 gifts and each caregiver of the 68 families served received a gift courtesy of the Sarah Allen Missionary Society (SAMS).

These families were either affiliated with the Prison Ministries Fellowship, Metropolitan’s Daniel A. Payne CDC programs, the church’s Food Bank program; or from the broader local community. The children ranged in age from infants to teens. Additionally, at the request of the Catherine C. Hemingway Area of the

Washington Conference Branch, Second Episcopal District Women's Missionary Society, SAMS partnered with missionaries of A.M.E. Churches: Gethsemane (Rev. Dr. Kimberly Barnes), Living Faith (Rev. Dr. Peter G. Taylor), New Liberation (Rev. Frances Sparkman), and Christ Our Redeemer (Rev. Dr. E. Gail Holness). These partner missionaries provided gifts to 3 additional families with a total of 7 children, or assisted SAMS in preparing gifts for delivery.

Metropolitan, your generosity meant more than you can ever imagine for the children and their families, some of whom have provided

ANGEL TREE from P. 3

Mr. Isiah Dupree, who shopped, donated, and went beyond the call of duty in meeting demands of the program; the Mighty Men Ministry and others who delivered gifts; Ms. Linda Jefferson and co-workers at the DC Office of Peoples' Counsel; Ms. Imani Stutely and associates; Rev. Aisha Karimah and NBC4 for the generous Toys R Us donation; Mr. and Mrs. David Garnett, Dr. James Turner, Mrs. Pearl Cook, Mrs. Ethel Delaney Lee, Married Couples Ministry, Mighty Men Ministry, Mr. Wade Dean, Ms. Dorothy Gilliam, Judge Ted Newman, Dr. Veda Cook Usilton, Mr. John Templeton, and Ms. Anita Drayton Wood for their generous contributions, and to each and every one of you who purchased a gift and/or made a donation of resources.

We are grateful to our Love and Peace sisters and others who gave tirelessly of themselves and resources during the weeks of preparation for the delivery of gifts to the children before Christmas Day by wrapping, sorting, and bagging gifts. Many thanks are extended to members of the Young People's Department (YPD) of the Women's Missionary Society who came and assisted. Thank you for being a blessing to our church and the community.

Carolyn McClain and Pamela Waring

I AM GRATEFUL

positive feedback, thanks, and testimonies of the joy they experienced when gifts were received.

In addition to our heartfelt gratitude to the entire Metropolitan family including the church's administrative staff, special thanks to Rev. Braxton for his total support of Project Angel Tree; President Donice M. Jeter and the Sarah Allen Missionary Society; Mrs. Leah Talley and Ms. Carol Jones Ali who contacted the families; Ms. Teria Drayton who provided logistical assistance; Ms. Celeste Garcia, Ms. Pam Waring, Ms. Kimberly Woodard, Ms. Jacqueline Coleman, Mrs. Dianne Black, Ms. Eugenia Jacobs, Rev. Dr. E. Jean Leche, and

As the Thanksgiving and Christmas holidays approach, celebrating the Advent of the Christ Child, I am reminded of the mercies of God and the kindness of those who would demonstrate His love for humanity. I want to take this opportunity to express my gratitude for the spiritual, educational, and material assistance the church has provided my family throughout the years.

I especially want to thank and commend the team leaders: Mrs. Donice Jeter, president, Sarah Allen Missionary Society; Mrs. Elaine Wilson (food services); Ms. Carolyn McClain (Christmas-Project Angel Tree); Mrs. Virginia

GRATEFUL

Boateng (educational/cultural experiences); University Club of DC (support services); and the dedicated members who make possible these life-saving and incredible experiences for our family and children. The children are so excited to have the opportunity for cultural entertainment and educational exposure; as they open their gifts from Project Angel Tree their faces light up with joy at Christmas time; and as pre-teen and teens they ravish the foods provided with unending consistency.

Everything has been a blessing! We give God the glory and we are thankful for the caring members of this benevolent arm of the church. You may be pleased to know with sacrifice and faith the children [my grandchildren]

are growing up to become successful and productive citizens. Randi graduated from North Carolina A&T University, married a fellow "Aggie" graduate and they are the parents of a daughter Zimiri; John is a 3rd year Howard University student and is doing independent study to obtain IT certification; Natalie and Blanche are senior and sophomore [high school students], respectively, and Angela is a 6th grader. All are Dean's List and Honor students.

The Metropolitan African Methodist Episcopal Church has been an integral partner in their success and that of others who have been, or, are presently recipients of the church's assistance, and for this I am grateful. Thank you from all of us – as I speak for them also. May

HOMECOMING

When I think about homecoming, the optimum thought is "home, comin' home." I think back to the small country church where I was a member when I lived in Florida. It was always great when people who had moved away would come back home. I often think about the trips that I made back to that country church where the membership barely reached a hundred persons.

The actual number however may have been close to one hundred if you counted those persons whose names had never been dropped from the membership rolls in hopes that one day they would return to the church. For at that time, many of these persons merely lived across "town." In the membership count you must also include the children and their pets too. If the church counted all of these variables then the numbers would be close to a hundred members.

It's so strange, or maybe not so strange, that all of those things that once annoyed me about this little church, I looked forward to being a part of when I went back. I often found annoying those constant questions that were

God honor your great success as a continuing "safe-haven" for humanity – a legacy that follows the heroic actions of the people since its inception in 1838, making the religious institution – the Metropolitan A.M.E. Church a historic landmark in the nation. Again, thank you and the congregation for your kindness of heart and your steadfast assistance for our well-being.

*Ruth Collins Martin and the
Queen Family*

(LETTER OF THANKS TO REV. BRAXTON AND METROPOLITAN FAMILY, AN EXAMPLE OF EXPRESSIONS OF GRATITUDE RECEIVED FROM PERSONS WHO HAVE BEEN ASSISTED THROUGH THE CHURCH'S COMMUNITY SERVICE.)

asked when you returned though they would come with a warm smile.

After all, this was homecoming. Going back, you can't wait to hear the choir member who continues to loudly bellow off key that hymn, or maybe it's the steward whose lengthy prayer goes on and on for so long that you get a mild ache in your bowed neck. Such memories...

At homecoming, comforting feelings would surround me. Memories of persons, who had passed, that touched my life maybe by just a pat on the shoulder. Or my heart was filled by thoughts of someone who extended a gracious greeting saying "good morning or just "morning." I even remembered those who said every time they saw me, "You puttin' on a little weight there." While all the time, I thought I had left those pounds back in DC but somehow they had followed me all the way to Florida and to church anyway. It was good to be home.

Now, as I think back to when I was a child I remember those "bear hugs" I received that would cut off my breathing because the hugs were so tightly given. Today I wish for those

hugs but back then I tried to run away from them. That's what time will do.

As Metropolitan celebrated Homecoming in November 2013, during its 175th Anniversary Year, one can just look back and say ... "WOW!" What a legacy; what a history; what continuing service provided to church and community. Metropolitan was organized during the scornful days of slavery in this country. In 1838, Abraham Lincoln was a young man of 29 with a bright future ahead. Frederick Douglass was just 20 and he too was headed for a life of prominence. At the time of founding, it did not appear what this church was destined to become.

I am sure that through these many years in the life of Metropolitan African Methodist Episcopal Church, there has been goodness in addition to turmoil, trials, and tribulations. Yet, the church has survived and thrived. It is my prayer that Metropolitan's love and service will

continue to be a witness to God's greatness. I hope that you felt welcome at homecoming 2013 and that good memories came to mind as you were a part of the celebration.

"Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings; Ye also, as lively stones, are built up a spiritual house, a holy priesthood, to offer up spiritual sacrifices, acceptable to God by Jesus Christ." (1 Peter 2: 1 & 5)

Patricia Rosier.

METROPOLITAN'S MINISTRIES, CLUBS, AND ORGANIZATIONS

(Each edition of the Metropolitan Spirit features one of the many Metropolitan ministries, clubs, and organizations, and describes its service to the church and/or community.)

Youth Ministries 2013 High School Graduates

We continue to celebrate the achievements and accomplishments of the 2013 Graduates from Metropolitan A.M.E. Church.

Jason A. Buffalow graduated from Crossland High School where he was a member of the band. The son of Theresa B. Washington, Jason intends to pursue a career in refrigeration and cooling or as an auto mechanic.

Jessica Corley graduated from St. Stephens and St. Agnes School, where she was a member of the Debate Club, wind ensemble, track and field team, managed Junior Varsity

Basketball, and was a member of the Spanish Honor Society. The daughter of Richard and Shelley Corley, Jessica is attending Spelman College where she will study Biomedical Engineering.

Greer Elizabeth Darden graduated from St. John's College High School, where she was captain of the girls' varsity softball team, 1st Chair violinist of the symphony orchestra, a peer minister, and a member of the National Music Honor Society. She is a member of the Jack and Jill, Inc., Prince George's County, Maryland. The

daughter of Karen R. Calmeise, Esq. and Michael D. Darden, MD, Greer is attending Louisiana State University and intends to major in Animal Science and Pre-Veterinary Studies.

Alexus N. Ford graduated from James Hubert Blake High School, where she was a member of the Girl Scouts, Black Coffee Society (the Black student union), Young Democratic Club, Blake's Mentoring Program, and Superintendent's Leadership Program. At Metropolitan, Alexis was Vice President of the Junior Usher Board, a member of the Young People's Department (YPD) of the Women's Missionary Society, and the Church School. The daughter of Robin and Dwayne (Pete) Ford, Alexis is attending High Point University, where she intends to major in Psychology.

Bryan A. Jones graduated from Bishop McNamara High School where he was a member of the football team. The son of Gary and Margie Jones, Bryan is attending Rutgers University where he is studying marketing.

Kelsey P. Little graduated from the Madeira School, where she was a member of the school's chamber orchestra, Select I Dance Company, Student Diversity Board, and Black Student Union. At Metropolitan, Kelsey was an officer for the Junior Usher Board and the Young People's Department (YPD) of the Women's was a member of the Diversity Club, Chorus, and Tech Club. Ashleigh also participated in volleyball, and track and field. At Metropolitan, she was an active member of the Church School. The daughter of Janice and Andrew Murray, Ashleigh is attending Penn State University and intends to major in Computer Science.

Nina R. Nesbitt graduated from Georgetown Day School, where she played softball and was a member of the Diversity Culture Club. At Metropolitan, Nina was a member of the Junior Usher Board, the Young People's Department (YPD) of the Women's Missionary Society, and the Church School. The daughter of Leroy Nesbitt, Esq. and Debonny Hughes Nesbitt, DDS, Nina is attending Howard University and studying International Business.

Missionary Society, a member of the Church School, and a participant in the Metropolitan Arts Partners Program. The daughter of Karen Reddick-Little, Kelsey is attending Spelman College, where she plans to major in Special Education.

Carlye Ashley McQueen graduated from the School Without Walls High School. Carlye was captain of the Varsity track and field team and volunteered at BrainFood Inc. At Metropolitan, she was a member of the Junior Usher Board, the Young People's Department (YPD) of the Women's Missionary Society, and the Church School. The daughter of Bennie J. McQueen, Carlye is attending Susquehanna University, where she is studying under the Physical Therapy Pre-Professional Program.

Ashleigh Murray graduated from Connelly School of the Holy Child, where she.

Jannie Elizabeth Orange graduated from St. John's College High School, where she was a member of several clubs that focus on faith building and serving non-profit organizations. At Metropolitan, Jannie was a member of the Church School. The daughter of The Honorable Vincent and Gwendolyn Orange, Jannie is attending Spelman College where she intends to major in Spanish and Economics.

2013 College and Advanced Degree Graduates

Brittany Christian Bell, daughter of Shadawn K. Bell and Roderick Brown, graduated from Towson University with a Bachelor of Arts in Mass Communications and a minor in Business.

GRADUATES from P. 6

Brittany was inducted into the prestigious National Society for Collegiate Scholars. She was a Student Achieve Goals through Education program mentor for new students. Brittany is employed at the Maryland Live Casino in Arundel Mills where she will transition to the Marketing Department as a Marketing and Promotions Coordinator.

Patrick Anim Boateng II, son of Virginia C. Boateng and Patrick Anim Boateng, graduated from Harvard University, John F. Kennedy School of Government with a Master in Political Science, International Relations concentration. Patrick served as the editor-in-chief of the Harvard Journal of African American Public Policy and School Student Guide, Vice President for Communications of the Harvard Kennedy School Student Government, Interim Vice President for Student Activities, and Community Development Project Student. He helped organize projects in Greenwood, Mississippi and Brattleboro, and Vermont to address housing concerns for disadvantaged residents. Patrick was admitted to the Harvard University Graduate School of Design to study for a Master's in Urban Planning. He plans to pursue a career in Foreign Service with the U.S. Department of State.

Elliott Cleveland, son of William and Reba H. Cleveland, graduated from the Art Institute of Washington with an Associate in Science degree in Videography and Editing,

Ashley Haynes, daughter of Lynnette and James Haynes, Esq., graduated from the University of Oxford. She completed an Advanced Diploma in Data and Systems Analysis, and was an active member of the Delta Sigma Theta Sorority. Ashley is employed in New York City as an analyst for the diamond industry.

Camille Janiece Huggins, daughter of Jerome Huggins and Janet Oakley Huggins, Esq. graduated Magna Cum Laude from Florida A&M University (FAMU), School of Business and Industry with a Bachelor of Science in Business Administration. At FAMU, Camille participated in the Phi Sigma Theta National Honor Society,

Video Production. Elliott's career goal is to expand his video production company.

Tyler Cleveland, son of William and Reba H. Cleveland, graduated from Christopher Newport University (CNU) with a Bachelor of Science degree in Political Science. He participated in the new student orientation program CNU, Men of Vision and Excellence, Multicultural Student Association, and Socrates' Corner (Philosopher's Society). Tyler's future plans are to enroll in Paralegal classes and to pursue a Juris Doctorate and Master of Business Administration.

Larry Drayton, Esq. graduated from the Technical Learning Center with a diploma in Medical Office Administration Electronic Health Records. Larry founded *The Drayton Group*, an electronic health records consulting firm, where he serves as CEO and president.

Lisa Dupree, daughter of Isiah and Carmen Dupree, graduated from Landmark College with an Associate in Science degree in General Studies. She was the art director of *The Independent*, the school newspaper. Lisa will attend Ithaca College to study Media/Communication.

Golden Key International Honor Society, National Society of Collegiate Scholars, Co-Chair, Finance of the Beta Alpha Chapter of Delta Sigma Theta Sorority, Inc., University youth mentor and tutor, University Community Affairs Assistant, organizer for clothing and food drives, American Cancer Society's Relay for Life, Praise for the Cure, No More Tears, Get Out the Vote, Night Out for Breast Cancer, and DC Metro Club. Camille's goals are to earn her Juris Doctorate and a Master in Business Administration while employed by a management consulting or marketing firm. Her ultimate goal is to establish a private law practice with a pro bono division to aid those who cannot afford legal representation.

GRADUATES from P. 7

Adam D. Johnston, son of Loretta R. Johnston, graduated from Grinnell College, with a Bachelor of Arts in Religious Studies. He attended Grinnell on a four-year full tuition scholarship as a Posse Foundation scholar. As a student, Adam led retreats on issues such as race, class, and education. He also was a mentor and facilitator for the student group Ajust Grinnell, president and treasurer of the Grinnell College NAACP Chapter, a Varsity athlete, and a member of the track and field team, Student Educational Policy Committee Board (SEPC), Grinnell College Libraries, and Student Government All Campus Events Committee. Adam plans to attend law school.

Rev. Aisha Karimah graduated from the Wesley Theological Seminary with a Master of Arts degree in Urban Ministry. She is a graduate of Howard University and Wesley Theological Seminary. Professionally, since 1969, Rev. Aisha has worked in television broadcasting. Throughout her broadcasting career Rev. Aisha has received many accolades, recognition, and awards such as the Greater Washington Urban League's Whitney Young Award, the prestigious General Electric's African American Forum Icon Award for Community Service (she was one of only nine recipients worldwide and the only one in community service to receive this award annually), an Emmy from The National Academy of Television Arts and Sciences, and The Board of Governor's Award for her outstanding community work. Licensed to preach in 2005 and ordained in November 2006,

GRADUATES from P. 8

graduated from the Wesley Theological Seminary. She earned her Master of Divinity with a major in Practical Theology and a minor in Urban Ministry. At Wesley, Rev. Speaks McKnight was a member of the Association of Black Seminarians. Her career goal is to be a full time pastor and founder of a school for children with emotional disabilities.

Imani Maya Stutely, graduated from Carnegie Mellon University with a Master of Science in Public Policy and Management. She

Rev. Aisha is an Associate Minister at Metropolitan A.M.E. Church responsible for the Anchors and New Members Ministries.

Natasha P. Lewis graduated from Trinity University with a major in Public and Community Health. She is employed as a Management Analyst at the Department of Health Care Finance (DC Medicaid). Natasha plans to pursue a degree in epidemiology or law.

Vashti Little, daughter of Johnnie Little, graduated from St. John's University. She earned a Bachelor of Arts degree in Political Science and English. Vashti was active in the NAACP, Student Alumni Association, and Bridge the Gap Campus Ministry. She is attending law school at Ave Maria in Naples, Florida.

Juliette Prioleau-Michael, daughter of Elias and Victoria Prioleau, graduated on the Dean's List from Trinity University with a Bachelor of Arts in Human Relations. She is employed as an Executive Assistant for RCM of Washington, Inc., a company that supports and provides services to adults with disabilities. Juliette plans to attend law school.

Taylor-Ann Noel Robinson, daughter of Denise Robinson, completed the Advanced Actor's Training Program at the National Conservatory of Dramatic Arts.

Rev. Jacqueline Speaks McKnight, daughter of Brisco and Estella Speaks,

completed a 6-month Public Policy Apprenticeship at the Center for Responsible Lending (CRL), where she researched and analyzed predatory consumer financial products and federal financial industry regulations. Imani interned at the U.S. Census Bureau as a Survey Statistician in the Economic Directorate and will further her academic studies at the John's Hopkins University Master of Science in Applied Economics program. Imani plans to launch a strategy and analytics consulting practice. She aspires to become a Congressional Black Caucus Foundation 2014-2016 Congressional

Fellow working on the House of Representatives Education and Workforce Committee or the U.S. Senate Committee on Health, Education, Labor, and Pensions.

Shannon Nicole Washington, daughter of Theresa B. Washington, graduated from Morgan State University with a Bachelor of Science in Accounting, Actuarial Science. Shannon accepted a financial analyst position with KPMG in Tyson Corner, Virginia and plans to become a Certified Public Accountant.

We are very proud of each graduate and will continue to keep them in our prayers.

Resource: Youth Day 2013, Celebrating Youth Achievement, Metropolitan A.M.E. Church, 2013.

**"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."
Jeremiah 29:11 (NIV)**

PAYNE TANNER MEMORIAL SCHOLARSHIPS 2013 Recipients

Congratulations, scholarship recipients.

Malashia Victor Brown, a 2013 graduate of Perry Street Preparatory Charter School, Washington, DC, attending Virginia Union University and will major in nursing.

Greer Elizabeth Darden, a 2013 graduate of St. John's College High School, Washington, DC, attending Louisiana State University, and will major in animal science, preparing to become a veterinarian.

OUTREACH from P. 1

Without Walls (program intended to be expanded to other DC public school students); Angel Tree Program, December 2013, serving 203 children from 68 families; the Metropolitan A.M.E. Church Scholarship Endowment Payne Tanner Memorial awarded 10 scholarships for post-secondary education; and SAMS distributed school supplies to 4 local elementary schools. These are just a few of the church's 2013 outreach services.

Alexus Nicole Ford, a 2013 graduate of James Hubert Blake High School, Silver Spring, Maryland, attending High Point University (North Carolina), and will major in psychology.

Shantia Catavia Garrett, a senior at Howard University, majoring in sports medicine with a goal to become a physician.

Amber Giannya Graham, a 2013 graduate of Benjamin Banneker High School, Washington, DC, attending Rutgers University, and will major in biology to prepare for medical school.

Khadijah Lake, a sophomore at Notre Dame of Maryland, is studying chemistry, with a career goal of becoming a biomedical engineer.

Tkeyah Lake, a senior at the University of Baltimore, is studying corporate communications, and intends to pursue a career in public relations and media.

Kelsye P. Little, a 2013 graduate of the Madeira School, McLean, Virginia, is studying at Spelman College (Georgia), pursuing a career in speech pathology.

Nina Renee Nesbitt, a 2013 graduate of Georgetown Day School, Washington, DC, is attending Howard University (DC) studying international business and Arabic.

Alan Eugene Price, a 2013 graduate of Duke Ellington School of the Arts, is studying at Berklee College of Music, (Massachusetts), pursuing a bachelor degree in music.

Resource: Youth Day 2013, Celebrating Youth Achievement, Metropolitan A.M.E. Church, 2013.

Carolyn McClain

"I've got a plan."

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Cynthia Morris

cynthiamorris@2ndamec.org

RESOURCE: Post Card from DC Health Link –
“*Get the facts. Get covered.*”

(NOTE: MARYLAND AND VIRGINIA RESIDENTS CONTACT SISTER CYNTHIA MORRIS FOR REFERRAL INFORMATION.)

WORDS OF WISDOM & ASSURANCES FOR 2014

“Jesus saw ... began to teach them. He said,

Blessed are those who are spiritually needy,
The kingdom of heaven belongs to them.

Blessed are those who are sad,
They will be comforted.

Blessed are those who are free of pride.
They will be given the earth.

Blessed are those who are hungry and thirsty for
what is right.
They will be filled.

Blessed are those who show mercy.
They will be shown mercy.

Blessed are those whose hearts are pure.
They will see God.

Blessed are those who make peace.

They will be called sons [and daughters]
of God.

Blessed are those who suffer for doing what is
right.

The kingdom of heaven belongs to them.
Blessed are you when people make fun of you
and hurt you because of me. You are also
blessed when they tell all kinds of evil lies about
you because of me.

Be joyful and glad. Your reward in
heaven is great. In the same way, people hurt
the prophets who lived long ago. (Matthew 5:1-
12 NIV)

You are the light of the world. (Matthew
5:14 NIV)

Metropolitan, must continue to make a
positive difference in lives locally and globally.

THE MET IS GREEN

**METROPOLITAN IS RECYCLING; PLEASE
HELP BY PLACING PAPER, PLASTIC, AND
GLASS REFUSE IN CONTAINERS THAT HAVE
BEEN DESIGNATED.**