

Pastor's Corner

Welcome



What a pleasure it is for me to greet all of you from the first edition of our newsletter (I happen to be the Executive Editor. I like the sound of that. LOL). Although we are not gathering at our location, I am grateful for the exponential growth of First Baptist that has taken place upon the creation of our Virtual Campus. We have many new members and frequent visitors from all over

the country now. While some churches have been struggling and sadly have even been forced to close their doors permanently, First Baptist is thriving in a season of uncertainty. We may not know what the future holds but we know **who** holds the future. To be able to walk with you as your Pastor, as we follow God into this new season, is truly my honor. I could not be more excited about the new possibilities for First Baptist and I still have "Great Expectations" for our church.

The purpose of our newsletter is to inform and inspire our church, and the greater community about all the happenings of First Baptist. It's a great vehicle to introduce everyone to our newest members, ministry opportunities, and techniques to help us in the development of our spirituality. Also, we will provide tips to prosper during the pandemic, updates about our church, celebrating the accomplishments of our community, and so much more. We are committed to using everything at our disposal to keep everyone engaged.

In closing, I want to thank Kengra Taylor who initially had the idea for a newsletter, Deaconess Peggy Martin for gathering brilliant and creative minds, such as Kristen Smith, Willieann Collins, Donna Shipman, Nicolle "Pepi" Carter, Brandi Grove, Hellen Salters, Joy Grant, Alice Wright, Tiffany Turner, Viola Allen, Donna Blain. Atupele Morgan, Anita Brown, Cynthia Galloway, Angie Turner and Rev. Cokelia Dunn who worked together to make it happen. As always, I pray God's blessings of shalom, prosperity, and abundance of each of you.

Namaste,

Pastor Rashad D. Grove

DIABETES AWARENESS

By Tiffany Turner, MSN FNP-C



November is Diabetes Awareness Month! World Diabetes Day (WDD) is celebrated globally on November 14 to raise awareness about both Type 1 and Type 2 diabetes.

What is Type 1 diabetes?

Type 1 Diabetes is a chronic autoimmune condition that causes the body's own immune system to attack and destroy the insulin producing beta cells in the pancreas.

What does that mean?

If you are diagnosed with Type 1 diabetes your pancreas produces little or no insulin, the hormone that regulates your blood sugar. As a Type 1 diabetic you must inject yourself with insulin every day to keep your blood sugar levels regulated. This means you are insulin dependent for life. Lifestyle modification including diet and strict insulin regimens are necessary to avoid life threatening situations.

What is Type 2 diabetes?

Type 2 diabetes is a chronic condition that affects the way your body metabolizes glucose, an important source of fuel for your body. With type 2 diabetes, your body either resists the effects of insulin or doesn't produce enough insulin to maintain normal glucose levels.

What does that mean?

Type 2 diabetes your body doesn't break down sugar effectively. Your body either resists the sugar or doesn't make enough.

Type 2 diabetes used to be known as adult-onset diabetes, but today more children are being diagnosed with this disorder because of the rise in childhood obesity. There's no cure for type 2 diabetes, but losing weight, eating well and exercising can help manage the disease. If diet and exercise aren't enough to manage your blood sugar well, you may also need diabetes medications or insulin therapy.

(Continued on Page 2)

HISTORY OF THE RIGHT TO VOTE (SUFFRAGE) FOR BLACKS IN AMERICAN

By Nicolle D Carter

How many times have you heard people of color say, "I don't vote because my vote does not matter anyway"? A response has to be; there were many people that fought and died for the right to VOTE! By nonchalantly disregarding this obligation as a citizen of this county, is disrespectful to their memory. Frederick Douglass famously said, "Slavery is not abolished until the Black man has the ballot." This was said in May 1865, 7 months before the amendment abolishing slavery was signed.

On February 26, 1869, the U.S. Congress passed the 15th Amendment. This Amendment was ratified on February 3, 1870, granting black men the right to vote. After President Lincoln's assassination in April 1865, his successor, Andrew Johnson, granted confederate states the ability to create restrictive laws known as Black Codes or Black Laws. These laws denied black people many rights including the right to vote which resulted in the creation of the Civil Rights Act of 1866.

With the new freedom to vote, Black men came out in droves, and as a result elected 22 Black men to serve in the U.S. Congress (two in the Senate).

Though the 15th Amendment gave Black men the right to vote and barred discrimination on the basis of color, states still had the authority to dictate "qualifications" for suffrage. Some of these "qualifications" included reading tests, poll taxes, oral civics tests, and many other practices which made it difficult for Blacks to vote. The Black Laws were renamed Jim Crow Laws, which established a system of segregation. This system of racism stayed in place through the Civil Rights Movement and eventually the Civil Rights Act of 1964.

Many people believe that Black women received the right to vote in 1920 when the 19th Amendment granted women the right to vote. However, Black women in the south were still being discriminated against and could not vote. The Voting Rights Act of 1965 signed by President Lyndon Johnson, is when ALL Black people were finally able to vote without restriction. It is so important to vote in EVERY ELECTION! It took an extreme amount of stress, strain, and bloodshed for Black people to gain that right.

**PLEASE MAKE SURE YOU VOTE ON
TUESDAY NOVEMBER 3, 2020!**

YOUR VOICE IS YOUR VOTE!!

By Donna Shipman

Let everyone hear your voice by voting. Today, communities can receive much needed attention when residents exercise their right to vote. Through voting, we also **HOLD THEM ACCOUNTABLE!** **VOTING MATTERS**, and it will make a difference in your daily life.

ELECTION DAY IS NOVEMBER 3RD

EARLY VOTING OPTIONS: DETERMINED BY STATES. PLEASE CHECK "SPECIFIC STATE" WEBSITES.

VOTING BY MAIL / IN-PERSON VOTING RULES & LAWS

Go to your " Specific State" website to find out what category fits your voting scenario
EXAMPLE for PA: www.pa.gov/guides/voting-and-elections/

Vote by Mail Ballots – Carefully review the instructions to complete and return ballot. Remember to check with your county / municipality for Drop Box locations and procedures.

Vote by Person - Check with local county/ municipality for Polling places.

Voting in person, please wear comfortable shoes, pack food in case of long waits.

***IF YOU ARE IN LINE PRIOR TO CLOSING,
PLEASE STAY IN LINE UNTIL YOUR VOTE IS
CAST.**

(Diabetes continued from page 1)

Prevention

Healthy lifestyle choices can help prevent type 2 diabetes.. If you've already received a diagnosis of diabetes, you can use healthy lifestyle choices to help prevent complications. If you have prediabetes, lifestyle changes can slow or stop the progression to diabetes.

A healthy lifestyle includes:

Eating healthy foods. Choose foods lower in fat and calories and higher in fiber; fruits, vegetables & whole grains.

Getting active. Aim for a minimum of 30 to 60 minutes of moderate physical activity — or 15 to 30 minutes of vigorous aerobic activity — on most days. Take a brisk daily walk. Ride a bike. Swim laps. If you can't fit in a long workout, spread your activity throughout the day.

Losing weight. If you're overweight, losing 5 to 10 percent of your body weight can reduce the risk of diabetes.

NACA-Neighborhood Assistance Corporation of America *By Viola Allen*

Imagine the option of purchasing your first home or receiving assistance in stopping foreclosure, especially for low or moderate income individuals and geographic areas? NACA is the largest HUD certified non-profit counseling organization, working to provide the assistance **unavailable from the traditional, standard process of home buying**.

Many find the traditional process continues to present obstacles and barriers which can be intimidating, offer predatory terms, and can still rely on exclusionary underwriting practices. NACA addresses these disparities by offering the same interest rates, regardless of your credit score. NACA uses the borrower's comprehensive credit report in determining one's credit character as it relates to payments and expenses that the borrower controls. For example, nonpayment of medical expenses cannot always express one's "readiness for homeownership".

- NACA requirements initiate with a four-hour workshop. Next, gather 90 days bank statements. (Remember, opening a new account or even closing an inactive account can negatively impact your credit status.) NACA also requires from 12 up to 24 months of paying your bills and financial obligations on time. (Great foundation to building generational wealth!) Low and moderate income (LMI) buyers are not met with the class bias and racist experiences that are the norm for the standard home buying process. Before initiating the application process for NACA membership, you will also save valuable time by first requesting your tax transcripts, and credit report/s (It is wise to request a credit report from each of the three agencies: Experian, TransUnion, and Equifax and only one report per annual quarter. Reports are still free from [www.annualcreditreport.com].) Contact your local NACA Office to verify purchase eligibility criteria. Next, Review your reports for any negative items from the last two years and promptly resolve these matters, as well as requesting negative history be removed that is seven years or older. Stay on top of your NACA file once you have completed the required workshop. In addition, persistence and patience is key to your timely success!
- NACA Benefits? No Application Fee, NO Required Down Payment, NO Private Mortgage Insurance (PMI), NO Closing Costs, NO Fees & Points, NO Credit Score Consideration, BELOW Market Fixed Rate, 30 or 15 Year Mortgages.
- Post-purchase assistance is available through NACA Member Assistance Department (281) 968-6222, for the life of your mortgage.
- Southeastern PA Office: 1341 N. Delaware Ave., Suite 106, Phila, 19125. (215) 531-5221
- NJ Office: 60 Park Place, 15th Floor, Newark, NJ, 07102 (973) 679-2601.
- Due to COVID-19, all communications are remote: Email: services@naca.com (Live Support Available).
- Toll Free: (888)302-NACA or (888)302-6222
- Upcoming Workshops: Sat. 10/24, 1pm; SPANISH ONLY, Sat. 11/7, 1pm, SPANISH ONLY; Sat. 11/14, 1pm SPANISH ONLY; Sat. 11/21, 5pm; Sat. 12/5, 9am; Sat. 12/5, 1pm.

<p>The People's Pantry 384 Lancaster Avenue, Malvern, PA 19355, 610-648-0707</p> <p><i>Since March, The People's Pantry has experienced a dramatic increase in families whom they serve. Please consider making a donation of non-expired canned goods. Donations are accepted every Tuesday, 10AM to Noon.</i></p> <p><i>The Pantry serves all families located in the Great Valley School District. It is open on 2nd & 4th Wednesdays and Saturdays from 9:30 until 10:30 a.m.</i></p>	<p>Church of the Good Samaritan Food Closet 212 W Lancaster Avenue Paoli, PA 19301, 610-644-4040</p> <p>Serves our local Main Line area. <i>Must bring recent piece of mail or ID showing your address</i></p> <p>Opened 1st & 3rd Thursday mornings from 9:30 - 11 and 2nd & 4th Thursday evenings, 5 - 7</p> <p>Drive thru service available</p>	<p>Memorial Church of God in Christ Food Pantry 747 Buck Lane Haverford, PA 19041</p> <p>Open to all regardless of age, address or income.</p> <p>No ID needed. Bring your own bags/boxes</p> <p>Wednesday 10:00 am – 2:00 pm Friday 12 noon – 6:00 pm</p>	<p>Wayne United Methodist Church</p> <p>No application process required to receive services. Food pantry provides 1 pre-packed bag of non-perishable groceries per household per week, while supplies last!</p> <p>Safe curbside pick-up and drop off bin for donations Wednesdays & Thursdays 9:00am - 1:00pm</p>
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SPOTLIGHT on COMMUNITY

MAIN LINE MENTORING (formerly Kids First Now!) is a 501C3 non-profit organization based out of The Carr School/ Mt. Pleasant Chapel located at 950 Upper Gulph Road in Wayne, Pennsylvania.

Kevin Stroman, President and Founder, started *Kids First Now* in 1994 when he saw a need for children in his neighborhood to have positive activities outside of school. Through the years, they have worked with many children throughout the Main Line providing educational, cultural/ social programs and outings. Education is a top priority for them, because as we know that's the key toward a successful future.



Kevin Stroman and Volunteers

Main Line Mentoring offers a free after school tutoring program that runs Monday through Thursday from 4-6pm. The group attends events at the local schools, takes campus tours at local colleges, and attends various events at those colleges.

Since this pandemic hit, they have been looking for ways to continue services that meet the needs of the community. Tutoring continues with limited access, while following the guidelines to ensure everyone's safety. Dr. Jean Faber (retired schoolteacher) and Ms. Caroline Cherry (retired college professor) are there to help the children with homework and other school related projects.

Listed are some of this year's projects:

- * Miss Mazie's Garden - a community garden.
- * Distributed thousands of socks to families, men and women shelters and other organizations through the partnership with Bombas socks.
- * Supported the Wayne Senior Center and the RTCA in providing meals for seniors.
- * Provided access to computers and internet for residents throughout the area.
- ◆ Mentored young adults through individual private conversations.

Main Line Mentoring is looking to continue their work and adapting to the climate surrounding the coronavirus epidemic. If you would like to get involved, need assistance or donate to this organization, please reach out to Mr. Kevin Stroman by email, kstroman@mainlinementoring.org or call 610-306-6483.

Find out more about Main Line Mentoring website: mainlinementoring.org or Facebook @mainlinementoring.



Children who have benefited from the program

ARE YOU READY FOR SOME FOOTBALL?

By Joy M Grant



Now that I have your attention, let's talk. Instead of talking football, instead, let's talk about College Homecoming. Many of us visit our alma mater for this annual fall event. We anticipate reuniting with our classmates, enjoying parades, food, and campus gatherings. We look forward to seeing old roommates and friends we haven't seen in years. Our souls fill to see each other, talk about old times, and new accomplishments. We feel rejuvenated and bask in the excitement we share! My college classmates say, "We come to Homecoming because we don't know who will be back next year."

Football is always a great meeting place for tailgating, enjoying food, and cheering for our favorite team. Homecoming brings us together to show our support and our love for each other. This year, many schools will not celebrate the traditional homecoming events. I will miss being with my college friends and sharing our tales. Not having homecoming means not returning to campus, not enjoying our exchanges with new undergrads and comparing the differences between our campus experiences, and not relishing in our tailgating rituals. My challenge to you? Reach out to college friends and enjoy our special memories. Let's explore fresh and innovating ways to create and preserve our memories. Cheers to Homecoming next year! Are you ready for some Football? YES I AM!!

DEALING WITH ANXIETY

By Kengra Taylor

2020 has been a year of many trials and tribulations. Racial injustice, social distancing, quarantine, and isolation are many of the contributing factors causing stress, anxiety, and fear. Anxiety and fear can be overwhelming and cause strong emotions. The best way to cope with stress and anxiety is to turn to God's word, including daily practices such as praying, meditating, and journaling. Taking time to breathe and focus on the breath is another way to stay connected with the Lord along the way.

Cast all your anxiety on (Jesus) because he cares for you. **1 Peter 5:7**

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7**

The Lord says, Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go. **Joshua 1:9**

Jesus said, Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **Matthew 11:28-29**

	<p>Join Us Daily for Morning Inspiration & Prayer 605-313-4308 Access Code 250643 Call in anytime between 6:30 am – 8:00 am</p>
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First Baptist Church

1012 Upper Gulph Road

Wayne, PA 19087

Rev. Rashad D. Grove, MDiv, MA – Pastor

"In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?" - Psalm 56:4

NATIONAL ALLIANCE ON MENTAL ILLNESS NAMI.ORG

by Kristin D. Smith

One in five American adults experiences some form of mental illness in any given year. If you or your loved ones have ever experienced a mental health episode (especially within the most recent months), you are not alone. Within our population, one in every twenty-five adults is living with a serious mental health condition such, as schizophrenia, bipolar disorder or long-term recurring major depression. Just like with other serious illnesses, mental illness is not the fault of the person, family or friends, but a wide spread misunderstanding about mental illness remains.

Some of our loved ones who suffer with the challenges of mental illness, do not always seek treatment, and are not typically aware of the symptoms connected to a mental health condition. Unfortunately, there are some "well" individuals in our society that may expect a person with a serious mental illness to look visibly different from everyone else. Mental illness is a condition of the brain, therefore, those with mental conditions might look "well". A person might tell someone who does not physically "look ill" to "get over it" or say things like, "just use your willpower". Using this type of language adds to the challenges of accepting mental illness as a disease.

Education is key; with increased knowledge around mental illness, providing love and support to those who need it the most, is vital for success. In addition to developing and following a treatment plan, along with loving support from family members and society, our loved ones with mental conditions can dramatically reduce many of the symptoms. Every year people recover from and/or manage the challenges of mental illness and do those things that they enjoy. Those with mental health conditions can and do pursue higher education, succeed in their careers, make friends, and have relationships. Mental illness can slow us down, but it does not have to stop you.

Resource: NAMI.org (<https://nami.org/home>)
NAMI Helpline: 800-950-6264



Hey, kiddos!



What's your favorite season? Winter, spring, summer or fall? I love summer! The sun stays out to play for hours, and the days are fun. Vacation, beach days, and family barbecues...THEY'RE THE BEST!! I've looked around lately and noticed the leaves on the trees are beginning to turn beautiful shades of red and bright orange. And the days are getting a little chillier. And although Autumn can be very beautiful, I do not like that it begins to get dark early in the evening and that fall can be cold and rainy. It makes me sad to think that winter will soon follow. Why can't it be Summer all year, why do things have to change? I'm reminded that the last few months have been strange. The way we do school, the way we celebrate birthdays, and even attend church have all been different.

In the spring, it seemed like we would only have to make changes for just a short while, but it has been months. Now Autumn is here, things are still super weird and we are still trying to get used to changes. It makes me wonder why do we have to deal with these changes? Ecclesiastes 3:1 tells us that "...there is a season, and a time for every matter under heaven". There will be times to cry, laugh, plant, and harvest. It tells us that God created each season with a purpose. And although things around us seem to always be changing, God is with us. What God wants you to know is that everything changes, good and bad times will come and go, but God will always be with us. Hopefully, you are in a good season. However, if you're in a not so good season right now, God can make everything beautiful in its time... just like the autumn leaves on those chilly, short days!—Smile 😊... Mrs. Brandi

BREAST CANCER AWARENESS MONTH

by Willieann Collins, RN BSN

According to the National Breast Cancer Foundation, INC, 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. Doctors rarely know why some women develop breast cancer and others do not. Having a family history is a risk factor but does not mean one will develop breast cancer. There are women with no risk factors that develop breast cancer. Some symptoms of breast cancer is a lump in the breast area, inverted nipple, redness, or swollen lymph nodes underarm and or above the collarbone.

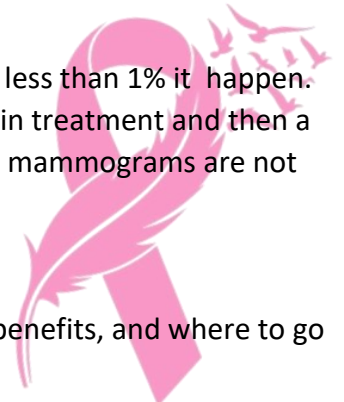
Self-Breast Exams, women should exam their breast monthly (if still having a menstrual cycle complete 3 to 5 days after period). Please see video which will explain and demonstrate proper self-breast exam. Go to Moffitt.org

Mammograms are used as a screening and diagnostic testing measure. Once a woman reaches the age of 40 (other risk factors, may start before age 40) a yearly mammogram should be part of her yearly health assessment.

In addition, men can also develop breast cancer, although, breast cancer in men is less than 1% it happen. Men are less likely to assume a lump could be breast cancer, which equals a delay in treatment and then a higher mortality rate. Due to the rare instance of men having breast cancer, yearly mammograms are not necessary, unless there are other risk factors.

How to go about getting a Mammogram?

Contact your primary Physician and insurance provider for information related to benefits, and where to go for services.



Diabetic Friendly Herbed Chicken Marsala



Ingredients

- Four 4-ounce boneless, skinless chicken breast cutlets
- Kosher salt and freshly ground black pepper
- 1/3 cup whole wheat flour
- 1 1/2 tablespoons extra-virgin olive oil
- 3/4 cup low-sodium chicken broth
- 1/3 cup sun-dried tomatoes (not packed in oil; not rehydrated), finely chopped or very thinly sliced
- 1/2 teaspoon finely chopped rosemary
- 10 ounces white button or cremini (baby bella) mushrooms, sliced
- 1/3 cup sweet marsala wine
- 2 teaspoons unsalted butter
- 1 to 2 tablespoons roughly chopped flat-leaf parsley

Place the chicken cutlets between 2 pieces of plastic wrap and pound with a meat mallet (or the flat side of a chef's knife) until about 1/3-inch thick. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.

Put the flour on a medium plate. Heat the oil in a large nonstick skillet over medium-high heat. Dredge the chicken in the flour to fully coat, shaking off any excess. Add the chicken to the skillet and fry until fully cooked and golden brown, about 4 minutes per side. Transfer to a platter and tent with foil to keep warm.

Add 1/2 cup of the broth, the sun-dried tomatoes and rosemary to any remaining drippings in the skillet and cook, stirring frequently, for 1 minute to plump the tomatoes. Add the mushrooms, 1/4 teaspoon salt and 1/2 teaspoon pepper and cook until the mushrooms are soft, about 5 minutes. Add the marsala and bring to a boil. Add the remaining 1/4 cup broth and the butter and simmer until the butter is fully melted, about 30 seconds.

Spoon the mushroom mixture and sauce over the chicken, sprinkle with the parsley and serve.

Healthy Tip

This recipe uses regular whole wheat flour, but for a slightly more refined coating, whole wheat pastry flour can be substituted. Also pair with a vegetable and not a carb to cut down on glycemic index.

BIBLE WORD SEARCH

Y Z Y A H Y Q Z X Q U D K L F
 T M R F T H O T E H O E U V N
 F G M N I K A L N C T U X P T
 R K A U A T B D T E V T Z Y I
 E E S J F A C G R D P E Z G L
 D C H U R C H N Y Q C R O U A
 E S N A I T A L A G F O E F U
 E A P L X L Q V D S D N X S B
 M E H E L H T E B F M O S E S
 G O L I A T H Z R Y C M W K I
 R D F I E J U I T P L Y P T C
 A E R Q L L D Z T A Q Y A E T
 C M W G L A S T S U P P E R C
 E G N X Y K G P O L A D S Y J
 B K T O Q L R D L Y W Q R X Y

FAITH	GALILEE	CHURCH
GOLIATH	GOOD FRIDAY	BETHLEHEM
GRACE	PAUL	REDEEM
MOSES	LAST SUPPER	SANCTIFY
SERPENT	GALATIANS	PSALMS
DEUTERONOMY	ETERNAL LIFE	PARABLE

Bible Trivia

by Atupele Morgan

1. What type of wood did Noah use to build the Ark?
 - A. Alder Wood
 - B. Oak Wood
 - C. Gopher Wood
 - D. Balsa Wood

2. As Jesus taught the people in the temple, what group did He describe with emphasis?
 - A. Den of Hobbits
 - B. Den of Wolves
 - C. Den of Robbers
 - D. Den of Roaches

3. Who did Philip meet and baptize on his Spiritual Journey?

Kids response

4. Jesus was supposed to be in a crowd with his parents, where did he go instead?
 - A. The Mountain
 - B. Riding a horse
 - C. The Temple
 - D. At the Riverside

Answers from the
NIV Bible
1-C (Genesis 6:14)
2-C (Mark 11:17)
3- Ethiopian Eunuch
(Acts 8:26-40)

ADDRESS LABEL



FIRST BAPTIST CHURCH, WAYNE
1012 UPPER GULPH ROAD
WAYNE, PA 19087

U.S.
STAMP



Name our Newsletter Contest

We're looking for a name for our newsletter and we need your help. We'd love to hear your suggestions. Aside from guaranteed fame, you'll be rewarded with an awesome prize! Email your entries to info@fbcwayne.org or text 484-432-5023. Use the subject Newsletter Contest. **Deadline Nov. 8th**.

FIRST BAPTIST CHURCH
1012 Upper Gulph Road
Wayne, PA 19087
610-688-9655

Rev. Rashad D Grove, MDIV MA—Pastor
Deacon Carl Martin— Chairman, Deacon Board
Deacon Joseph Shipman
Deacon Emeritus Edward Byrd
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