



Ministry In Action

VOLUME 4 ISSUE 1

"Building the church, which is the body of Jesus Christ, one soul at a time!"

It's Time for a New Year Revolution



Rev. Clyde W. Ellis, Jr.
PASTOR

Happy NEW YEAR

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MOBC Woodbridge

MOUNT OLIVE BAPTIST CHURCH

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CHURCH OFFICE HOURS

Monday - Thursday
9:30 a.m. to 5:00 p.m.
and Friday 9:30 a.m. to 12:30 p.m.

*"A Church Committed to Caring, Sharing
and Loving"*

Therefore if any man be in Christ, he is a new creature: Old things are passed away; behold all things are become new.

It's that time of year again! The old year has passed into history and the New Year has begun. On the surface, our world likes to think of this as a time for new beginnings. During this time of year, many of us ascribe to the tradition of making New Year's resolutions. For some, we are looking forward to having a clean slate, getting a fresh start, having a new lease on life, putting your best foot forward. For others, the turning of the calendar seems more like a reminder of the relentless march of time, how you never seem to be able to get ahead, that no matter how hard you try, you always seem to fall short.

So, hoping for change will be on the forefront of thinking for many. However, in my opinion, resolutions are simply a cognitive commitment to change. This is why when one's mental commitment to a resolution fades away, so goes the resolution. So, I'm skeptical of New Year resolutions. They're too easy to make, rarely carried out, and often cover up what really needs to change. It's not that we set our sights too low; resolutions invariably sidestep root causes.

Too often we mistake the symptom for the cause. If we're honest, few of us really want things to be completely different. We just want life to get better, or easier. We can handle a tune-up, but drastic change; reform, maybe; revolution, never.

Why not choose a revolution instead? No, that's not a mistake in the title. A revolution is a movement of change. A revolution does not simply center itself around a thought, but rather, action.

All true Christian life involves the deep yearning to become a "new person" and an inner readiness for something fundamentally different. The Apostle Paul stated something similar: *"If anyone is in Christ, he is a new creation; the old has gone, the new has come!"* The question is: Do we want the new or not?

COVER ARTICLE CONTINUED

New Year's resolutions obscure the profound transformation Jesus brings: *"Behold I make all things new."* They do so in several ways. Resolutions are generally self-referential, hence the obsession with diet and exercise. Also, most resolutions stem from a sense of guilt, thus our incessant preoccupation with staying in better touch with each other and spending more quality time with loved ones we otherwise neglect. Moreover, resolutions assume continuity with the present: improvement, but not transformation. Finally, most resolutions rest on sheer will-power, not on God's power.

The good news of God's kingdom, however, eclipses such good intentions. When God acts a radical reversal begins, a decisive break happens: "Drop your nets, and follow me." Our lives get turned inside out and spun around. "Valleys are made high, hills made low." But we can bring about none of these changes ourselves. God alone changes us.

So is it just a matter of "letting go and letting God"? Not at all! We are called, in the words of John the Baptist, to *"prepare the way"* for God's future. God expects obedience, and if we heed his commands, we can take part in the revolution he intends.

Unlike resolutions, revolutions are never started by the complacent. Unless we are dissatisfied with the way things are—not just with our personality or image—nothing will change. Only the brokenhearted, the desperate, and the oppressed crave for revolution, for freedom, and for new life. It is the captives who demand liberty. Thus, only when we recognize the chains that bind us can a change begin.

When our prayers for God's kingdom become desperate, there is hope. What keeps a recovering alcoholic off the bottle? Certainly not his will power. Inner resolve alone doesn't hack it. Any addict knows that promises are the fool's ploy for the next fall. The sooner he runs for help, the better. Similarly, God's victory comes in response to hearts that beg for change, admit their need, and go for help.

The phrase to "be in Christ," means to be united to Christ by faith as the branch is in the vine - that is, so united to the vine as to derive all its nourishment and support from it, and to be sustained entirely by it. The branch cannot bear fruit of itself except it abides in

the vine; no more can ye except ye abide in me.

So, "to be in Christ" denotes a close union and implies that all our support is from him. All our strength is derived from him; and denotes further that we shall partake of his fullness, and share in his glory, as the branch partakes of the strength and vigor of the vine.

The word "therefore" implies that the reason why Paul infers that anyone is a new creature who is in Christ. All who accept Jesus Christ as their Redeemer undergo such a change in their views and feelings as to make it proper to say of them that they are new creatures. No matter what they have been before, whether moral or immoral; whether infidels or speculative believers; whether amiable, or debased, sensual and polluted yet if they confess the Lord Jesus Christ they all experience such a change as to make it proper to say they are a new creation.

The modern church needs a revolution. We've done a fine job of making church about a lot of things - except what it should be about – bringing lost souls to **Jesus!** The church is called to spread the word that Jesus is God's plan for rescuing a desperate world from the grip of sin and death. Now that's a revolution!

EXTENDED PRAYER LIST

The Monthly Newsletter will now include the names of individuals we want to keep on the prayer list for an extended period of time. This is due to numerous names on the Mount Olive Prayer List contained in the Sunday bulletin. Names on this extended prayer list will be based on medical conditions, long term illness, life situations, deployments, etc. Please continue to lift the following names in prayer because we all know that prayer indeed changes things.

Annie Mae Archie (Mother of Henry J.R. Archie)

Lois Ares (Mother of Rev. Tony Ares)

Phillip Baloney (Uncle of Priscilla Temple)

Claudette Braxton (MOBC Member)

Tommy Braxton (Brother of Carl Braxton)

Jack and Geraldine Boulden (Parents of Theresa DeShields)

Carol Burns (Mother of Adrienne Hackney)

Mable Coats (MOBC Member)

Rodney Edwards (MOBC Member)

Bernard Gilliam (Brother of Wanda Blackwell)

Booker Gregory (Brother-in-law of Dougleaser Cook)
 Archie Grimmett (Husband of Jessie Grimmett)
 Robin Hambright (Cousin of Pastor Bobby Smith)
 Eloise Jones (Mother of Craig Jones)
 Carlotta Link-Myers (MOBC Member)
 Shari King (Wife of Tommy King)
 Estelle Miller (Grandmother of Rev. Bobby Smith)
 Michelle Palmer-Grimes (MOBC Member)
 Roger & Carrie Smith (MOBC Member)
 Audrey Spencer-Horsley (MOBC Member)
 Frances Stewart (Mother of Trina McClendon)
 Thomas Taylor (Friend of Rev. Bobby Smith)
 April Thomas (Daughter of Rev. Earl and Sis. Selena Robinson)
 Bobbie Thompson (Mother of Portia Lee)
 William Toler (Father of Minister Toler and Lester Toler)
 Christopher Turner (Son of Pastor Ellis)
 Mary Twyman (MOBC Member)
 Vivian Walker (Mother of Donald Poledor)
 Lytarian Weaver (Grandson of Jean Brown)
 Steven Wood (MOBC Member)



The Martin Luther King, Jr. Statue in Washington, DC stands 30 feet tall.

MINISTRY IN ACTION NEWSLETTER

The Ministry In Action Newsletter is a monthly publication that seeks to communicate Ministry news and events that impact and uplift our church family. If you have a submission for the newsletter, please submit it to Sister Althea Ray (Church Administrator) no later than the third Wednesday of each month. Use of submissions are at the discretion of the MOBC Church Office and Pastor Clyde W. Ellis, Jr.

MOBC INCLEMENT WEATHER NOTIFICATION

The following procedures have been established for Sunday mornings when inclement weather is a possibility. Church leadership will make a determination about Sunday Service no later than 6:30 AM. For church closing, turn to WJLA (Channel 7)/TBD (Channel 8), WUSA (Channel 9) or radio station WTOP 107.7 FM for more information. If you do not see or hear any announcement concerning **MOBC-Woodbridge**, Sunday Services will be at the regular service time.

REMEMBERING THE LIFE OF DR. MARTIN LUTHER KING, JR.

Biography of Dr. Martin Luther King Jr.:

Any number of historic moments in the civil rights struggle have been used to identify Martin Luther King, Jr. — prime mover of the Montgomery bus boycott, keynote speaker at the March on Washington, youngest Nobel Peace Prize laureate. But in retrospect, single events are less important than the fact that King, and his policy of nonviolent protest, was the dominant force in the civil rights movement during its decade of greatest achievement, from 1957 to 1968.

King was born Michael Luther King in Atlanta on Jan. 15, 1929 — one of the three children of Martin Luther King Sr., pastor of Ebenezer Baptist Church, and Alberta (Williams) King, a former schoolteacher. (He was renamed “Martin” when he was about 6 years old.)

After going to local grammar and high schools, King enrolled in Morehouse College in Atlanta in 1944. He wasn’t planning to enter the ministry, but then he met Dr. Benjamin Mays, a scholar whose manner and

THE NEW JERUSALEM FAMILY MINISTRY PROGRAM

The New Jerusalem Family Ministry Program is the primary tool and centerpiece for promoting church family unity across our core values (*Evangelism, Discipleship, Fellowship, Prayer and Service*). Our focus is to build relationships in an effort to help Mount Olive Baptist Church become “A Family of One.”

In order to respond to the ever increasing needs of our growing church family, it is necessary that we restructure our Family Ministry Program.

The New Jerusalem Family Ministry Program serve three purposes: (1) Assist the church family in developing a bond within the congregation; (2) Encourage church family participation in church events that involve the youth, the women, and the men of Mount Olive: and (3) Enable members to attain their spiritual potential in their pursuit of the Kingdom of God.

THE New Jerusalem Family Ministry Program mission is to: (1) Provide a ministry that assists the pastor, church leaders and church family in developing relationships within the church family; and (2) Provide a means of assimilating families and individual members into the church body through prayer, fellowship, and worship service attendance.

The New Jerusalem Family Ministry Program has been structured and named after the imagery of the prophetic vision of the coming Kingdom of God. “*And I John saw the holy city, New Jerusalem, coming down from God out of heaven*” (*Revelation 21:2*).

The New Jerusalem Family Ministry Program continues to organize the church membership into tribes led by a Minister, Deacon and Deaconess. The tribe members are subsequently assigned to a family within the tribe as before. However, what’s new is that the tribes are limited to no more than 45 members. Initially, the church family will be organized into twelve tribes. But as GOD continues to add to the body of CHRIST, we will organize additional tribes.

Your Tribe Leaders assisted by four Family Leaders will help everyone to develop and maintain an inspirational relationship within the tribe and church body so that we may grow in faith and our commitment to our **LORD and SAVIOR JESUS CHRIST**.

<u>Tribe Name:</u>	<u>Color</u>	<u>Tribe Leaders</u>	<u>Family Leaders</u>
Andrew	Silver	Deacon Roosevelt Bowman Deaconess Stephanie Mullen Rev. Michael Mullen	Wanda Blackwell Brenda Butler Tomika Miller Norma Thomas
Bartholomew	Red	Deacon Arthur Foster Deaconess Ethel Foster Rev. Randy Shed	Esther Fraser Marsi Jones Mary Lyles Linda Scrivens
James	Green	Deacon Glenn Batts Deaconess Marlene Baker Rev. Alprentice Smith	Larissa Campbell Felice Newsome Jannine Pete Tracy Wright

John	Purple	Deacon Henry Waller Deaconess Frances Waller Rev. Kenneth Maddox	Verlinda Dority Merlyn Edwards Alfredia Sheppard Rhonda Stroud
Matthew	Brown	Deacon Jeffrey Potts Deaconess Jane Potts Rev. Ambrose Harris	Regina Goldston Lisa Mason Troy Nelson Robert Short
Matthias	Gold	Deacon George Edwards Deaconess Janice Smith Rev. Earl Robinson	Cotina Holmes Etricia Edwards Thomas Martin Selena Robinson
Paul	Blue	Deacon Donald Poledor Deaconess Brenda Poledor Rev. Chris Johnson	Arnitta Johnson Sharon Paul Shirley Maddox-Stubbs Patricia Sullivan
Peter	Orange	Deacon Walter Pegram Deaconess Linda Pegram Rev. Clint Cleveland	Evelyn Brown Edwina Harris Sheila Francis Alfeda Lanier
Philip	Black	Deacon Calvin Small Deaconess Willa Johnson Rev. Andy Toler	Evette Giddins Cheryl Hawkins Elijah Jackson Karrin Jones
Simon	White	Deacon Tommy King Deaconess Alta Johnson Rev. Austin Johnson	A'lice Myers-Hall Denise Jones Marvlyn Scott Gail Strickland
Thaddeus	Yellow	Deacon Mark Ridley Deaconess Janet Timberlake Rev. Marion Timberlake	Harriett Boyd Lakesha Coates Janie McNeil Craig Turman
Thomas	Turquoise	Deacon Nathan Mullins Deaconess Jacquelyne Daniel Rev. Sylvester Jefferson	Sandra Clark Linda Dean Barbara Gay Lisa Grandy

Everyone should have received a letter notifying you of your tribe assignment as well as the names of the Tribe Leaders. During the month of January, your Tribe Leaders will be inviting you to come out to get acquainted with them and your tribe members. During this get together the Tribe Leaders will also communicate our commitment to caring, sharing, and loving as it relates to you and the congregation.

If you have not received a letter assigning you to a tribe or should have any questions or concerns about your tribe assignment, please contact Sister Althea Ray, at (703)494-4466 or email: mobcwm@verizon.net.

To GOD be the glory!

New Jerusalem Family Ministry Program Coordinators

Deacon Howard Hall

Deaconess June Ellis

CAPITAL CAMPAIGN CORNER

NEW BEGINNING

January 1 is the most optimistic day on the calendar. The dawn of 2012 brings with it an opportunity for a fresh start. This year, having attacked and slayed the Giants, we walk without the burden of Doubt, Fear, Unbelief, Disobedience, Complacency, Rebellion, and Stubbornness. In this new season, we obey God's will to GO daily to gather in the Promised Harvest and support the vision to build a new storehouse DEBT FREE.



The beginning of the year also launches the 2012 "Our Promised Harvest" Pledge Drive. By now you should have received a pledge form in the mail. Please prayerfully consider your annual giving goal and return the pledge form to one of the OPH Committee members by January 22, 2012.

On January 29, we will officially end the 90 day "Attack the Giants" campaign. What better way to demonstrate that the Giants no longer reign in your life than by pledging to financially support building our new sanctuary. We will also announce the winning tribe for the 2011 Amazing Praising Race.

We look forward to seeing you at the special kickoff event and sharing all that God has in store for Mount Olive this year. See you on January 29!

OPH Committee Members

Brother Troy Nelson

Sister Verlinda Dority

Sister Larissa Campbell

Deacon George Edwards

Sister Brenda Butler

Sister Karrin Jones

Deacon Elect Roosevelt Bowman

Deacon Art Foster

The Mount Olive Baptist Church Adult Sunday School Class

Learning the Word of God

⁸ *So now it was not you that sent me hither, but God: and he hath made me a father to Pharaoh, and lord of all his house, and a ruler throughout all the land of Egypt.*

Genesis 45:8 (KJV)

God Establishes a Faithful People (Winter Qtr 2012)

Happy New Year in the name of Jesus – the Christ!!! We begin our study in 2012 by continuing the Winter quarter focus of study – ***God Establishes a Faithful People***. Additionally, as we near the culmination of the MOBC “Attack The Giants Campaign, our study for the month of January focuses on God’s protection of his people. We will hear how God protects and enables his people to overcome any obstacle to include those Seven little Giants – *Doubt, Fear, Unbelief, Disobedience, Complacency, Stubbornness, and Rebellion*. God’s promise has not and will not ever change. Therefore, the victory is ours! During the month of December, we focused on God’s covenant and God’s faithfulness in His covenant even when we are unfaithful. A byproduct and tremendous benefit of our covenant with God and His faithfulness is we live in the shadow of the almighty. Therefore, living in His shadow is living in His presence and since we live in His presence, we live in Victory over everything contrary to Him! We will hear and study God’s protection of Joseph the Dreamer and why victory was always his! We will compare and contrast the life of Joseph living in a pagan land and in the household of nonbelievers with our lives living in a fallen world and in a society of non-believers and double-minded citizens. We will witness how God ALWAYS protected Joseph and gave him victory over every circumstance and situation because of Joseph’s supreme trust and faithfulness in God and his earnest desire to have more of God than anything or anyone else. Joseph’s faith was challenged, but he always overcame those challenges by trusting God. Additionally, we will hear the songs of Moses and Miriam as they testify to God’s covenant faithfulness and how God protected the children of Israel and delivered them to safety in the desert.

God’s Protection (January 2012)

During the month of January, we will witness the evidence of God’s Covenant and hear how God’s promise to Abraham is manifested in the protection, providence, and placement of Joseph to serve as a blessing to all of Abraham’s seed. In Lesson 5, **God Watches Over Joseph**, we will hear how adversity and hardship builds maturity and shape our faith. We will also understand in the face of any temptation, there are always options to escape evil through our Savior Jesus Christ. We will conclude this lesson knowing a life of integrity lines up with God’s purpose and great things happen in our lives when our plans and dreams submit to the plan of God and His sovereign will. In Lesson 6, **Joseph Finds Favor**, we will witness God’s power over the hearts and minds of Men as we discuss the positive actions of Pharaoh (a non-believer) and his faith in and the favor he showed Joseph God’s servant. We will also hear how even after Joseph was dumped into a pit, sold into slavery, and thrown into jail, God honored His covenant with Abraham by protecting Joseph and placing him in a position to bless both believers and non-believers, which pointed to the coming Christ Jesus who came for both the Jew and the Gentile. In Lesson 7, **God Preserves a Remnant**, we will hear and witness the perfect timing of God and how He is always on time! Additionally, we will also touch on the power of forgiveness and reconciliation, which points to the New Testament Ministry of Reconciliation and how both are underscored by love. In Lesson 8, **Joseph Transmits Abraham’s Promise**, we will witness God’s plan for

SUNDAY SCHOOL ARTICLE CONTINUED

salvation and redemption unfold by the actions of Joseph, a type of Christ, as he saves those who meant “to do evil unto him, but God meant it unto good, to bring to pass, as it is this day, to save much people alive.” Yes, it is here that we, the MOBC Sunday school class, will hear and witness the unfolding of God’s big picture to save a remnant through the Christ. We will end the month of January with a 5th Sunday fellowship and conclude Lesson 9, **Out of Egypt**, by transitioning from God’s protection of not only Joseph and Abraham’s descendants, but also God’s protection of the children of Israel after He delivers them from Egypt and the dangers and perils of the dessert. Our salvation requires us to look to our Savior – Jesus Christ and we must never forget who saved us and how He saved us. Our remembrance of these two things allows us to “Go” and share the Gospel of Jesus Christ. In the Songs of Moses and Miriam, we will hear the Exodus story and how God’s protection destroyed the pursuing Egyptian army and more importantly allowed the children of Israel to cross-over from certain death and captivity to life and liberation. The songs testify who saved them and how they were saved.

These five lessons will allow us to see even clearer our Victory over anything that attempts to stand against God’s plan for His people. Since God keeps His covenant and since we are in covenant relationship with Him, we have God’s protection from anything to include those Seven Giants – *Doubt, Fear, Unbelief, Disobedience, Complacency, Stubbornness, and Rebellion.*

Now, prepare to discuss the application of these Old Testament scriptures to the New Testament Church.

Lesson	Date	Title	Devotional Reading	Print Passage	Background Scripture	Key Verse
Unit II, Lesson 5	1 Jan	God watches over Joseph	1 st Corinthians 10: 1-13	Genesis 39: 7-21a	Genesis 39:1-23	Genesis 39:3
Unit II, Lesson 6	8 Jan	Joseph Finds Favor	Genesis 49: 22-26	Genesis 41:37-45, 50-52	Genesis 41:1-52	Genesis 41:38
Unit II, Lesson 7	15 Jan	God Preserves A Remnant	Psalm 81:1-10	Genesis 45:3-15	Genesis 42:1-38; 45: 1-28	Genesis 45:8
Unit II, Lesson 8	22 Jan	Joseph Transmits Abraham’s Promise	Deuteronomy 7:6-11	Genesis 50:15-26	Genesis 50:1-26	Genesis 50:20
Unit II, Lesson 9	29 Jan	Out of Egypt	Psalm 77:11-20	Exodus 15:1-3, 19, 22-26	Exodus 1:8-14; 15:1-27	Exodus 15:19

As always, pray and come prepared to participate in the dialogue, share individual and collective experiences, and most importantly – **Learn the Word of God.** We would also encourage you to bring a family member, friend, or complete stranger. God’s Word is for sharing with all!



Homeless Ministry-In-Action
“Homeless But Not Hopeless” Holiday Newsletter
December 28, 2011

Annual Coat Drive – the annual coat drive was held on November 20, 2011 to benefit our homeless brothers and sisters through the Streetlight Community Outreach Ministry. God collected through MOBC in excess of 250 to 300 coats during the recent coat drive. Additionally, gloves, scarf’s, mittens, knit hats, socks, thermal underwear, and sweaters were among the items collected. The Homeless Ministry-In-Action (HMIA) personally thanks Sirron Foster and James Thomas for letting God use them in collecting the coats and providing transportation to deliver the items. The HMIA would like to thank everyone who participated in this heartfelt event.

Thanksgiving Harvest Banquet – the annual Thanksgiving Harvest Banquet was held on November 23, 2011 at the Streetlight Community Outreach 1550 Prince William Parkway, Woodbridge, Virginia 22191. MOBC provided 40 to 50 volunteers to participate in this great event. Several saints from MOBC provided turkeys, dressing, potatoes, casseroles, and all the traditional trimmings for the Thanksgiving Banquet. Several cash donations were made from MOBC in addition to the food provided. Under God’s direction the MOBC Choir provided devotional inspiration worship with their voices led by Les DeShield (Music Director). God used Reverend Michael R. Mullen as His messenger to bring words of wisdom and encouragement from “The Gospel According to Luke” (Luke 16:19-31).

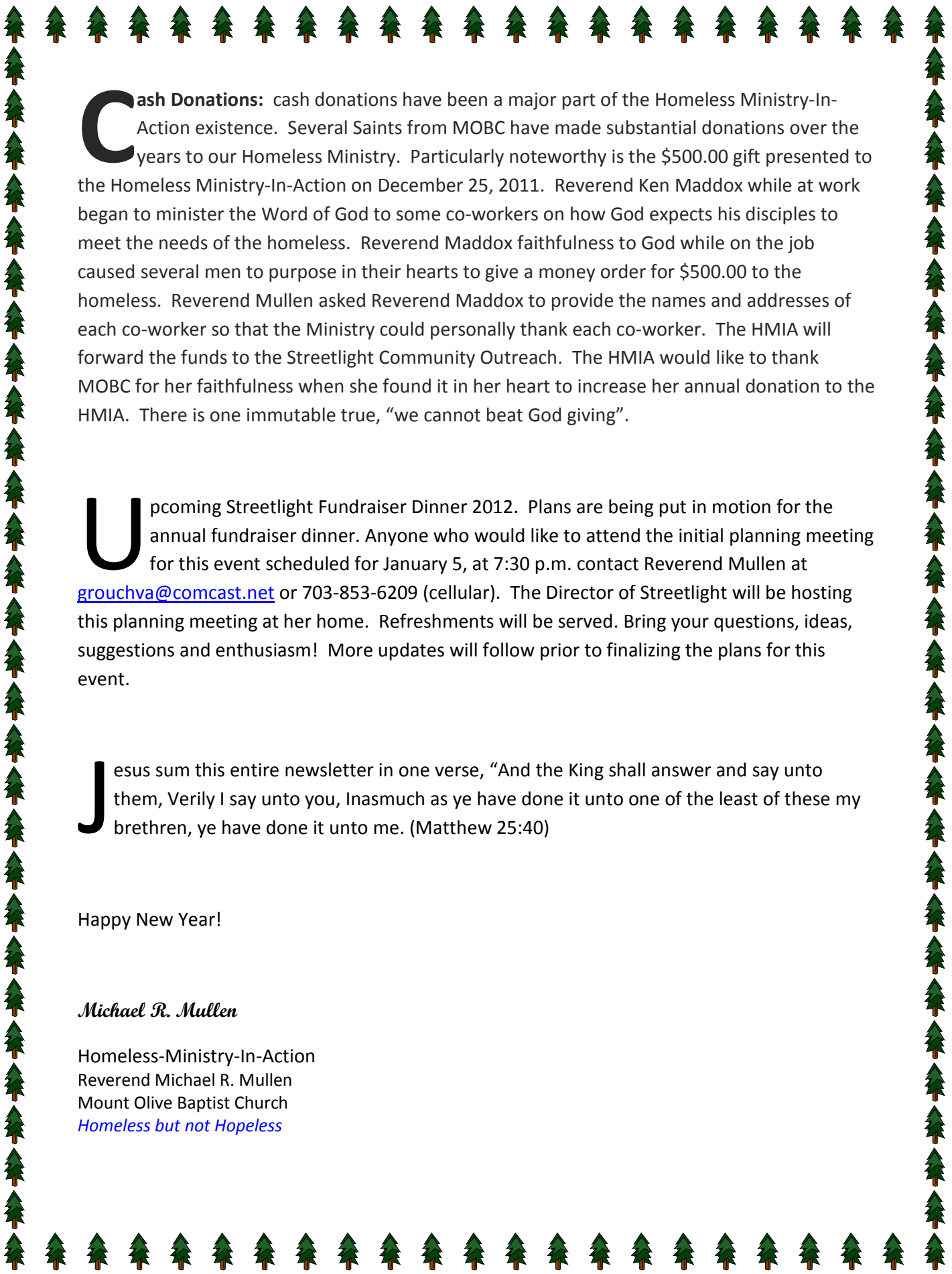
Christmas Harvest Banquet – the annual Christmas Harvest Banquet was held on December 21, 2011 at the Streetlight Community Outreach, 1550 Prince William Parkway, Woodbridge, Virginia 22191. The Homeless Ministry-In-Action partnered with the Prison Ministry-In-Action benevolent Branch of Love (BOL). The BOL led by Reverend Earl Willie Robinson was established by the Prison Ministry-In-Action as a conduit for incarcerated fathers and mothers to provide for their children and love ones while imprison. Through this great ministry, God provided through this great ministry in excess of 250 to 300 gifts that were delivered to the Streetlight Community Outreach. The HMIA would like to thank all that participated and a special thanks to Reverend Robinson and his beautiful wife Sister Selena Robinson and Deaconess Jane Potts for their faithfulness in the Ministry.



Delta Sigma Theta – Bonnie Harsley a member of Delta Sigma Theta and a faithful provider donated 50 each care packages from Mary Kay for the Thanksgiving Harvest Banquet. Bonnie has consistently supported the HMIA over the past three years and has made plans to support the ministry through her Sorority. The Delta's will sponsor a Martin Luther King, Jr. Day Celebration, Prince William County, Alumnae Chapter Delta Sigma Theta, January 16, 2011, 11:00 AM at Hylton Chapel. During this great event the Delta's will collect blankets for the Homeless. The Delta Sigma Theta's are also mentoring a group of young women as part of their mentorship program by partnering with the HMIA to support the Streetlight Community Outreach one Wednesday of each month. The Delta's provided their first mentorship services to Streetlight on December 14, 2011.

Church In The Woods - The HMIA (Reverend Mullen and Minister Harrell) visited several tent sites to deliver Mary Kay care packages to the homeless in the woods on December 24, 2011 (Christmas Eve). At the conclusion of each site visit, hands were held; praises went up and blessing came down; and prayers were provided for each of the homeless. But God kept on giving on December 24, 2011; along with the care packages, God provided 20 to 30 shoe boxes by handing them out to the homeless filled with blessings from above.

Shoe Box Initiative – the Shoe Box Initiative (SBI) was established by Minister Tom Harrell and his beautiful wife Celeste and their twins. This initiative targets the homeless in the woods by providing them the survival items to help and assist them with their basic needs. A typical SBI consist of but not limited to the following: gloves, socks, deodorant, body lotion, flashlight, batteries, hair and body shampoo, foot and hand warmers, propane tanks, five (\$5.00) dollar gift certificate to McDonald's and many more survival items. The SBI will continue throughout the year and future plans are to grow this small initiative into something much greater. The HMIA would like to thank all the participants that are supporting the SBI. Much love goes out to Sister Celeste and Deaconess Stephanie for their support of the SBI. If you would like to become a member of the SBI contact Minister Harrell and Sister C. Harrell at (tomtina97@verizon.net) or Reverend Mullen and Deaconess S. Mullen at (grouchva@comcast.net).



Cash Donations: cash donations have been a major part of the Homeless Ministry-In-Action existence. Several Saints from MOBC have made substantial donations over the years to our Homeless Ministry. Particularly noteworthy is the \$500.00 gift presented to the Homeless Ministry-In-Action on December 25, 2011. Reverend Ken Maddox while at work began to minister the Word of God to some co-workers on how God expects his disciples to meet the needs of the homeless. Reverend Maddox faithfulness to God while on the job caused several men to purpose in their hearts to give a money order for \$500.00 to the homeless. Reverend Mullen asked Reverend Maddox to provide the names and addresses of each co-worker so that the Ministry could personally thank each co-worker. The HMIA will forward the funds to the Streetlight Community Outreach. The HMIA would like to thank MOBC for her faithfulness when she found it in her heart to increase her annual donation to the HMIA. There is one immutable true, “we cannot beat God giving”.

Upcoming Streetlight Fundraiser Dinner 2012. Plans are being put in motion for the annual fundraiser dinner. Anyone who would like to attend the initial planning meeting for this event scheduled for January 5, at 7:30 p.m. contact Reverend Mullen at grouchva@comcast.net or 703-853-6209 (cellular). The Director of Streetlight will be hosting this planning meeting at her home. Refreshments will be served. Bring your questions, ideas, suggestions and enthusiasm! More updates will follow prior to finalizing the plans for this event.

Jesus sum this entire newsletter in one verse, “And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me. (Matthew 25:40)

Happy New Year!

Michael R. Mullen

Homeless-Ministry-In-Action
Reverend Michael R. Mullen
Mount Olive Baptist Church
Homeless but not Hopeless

MARTIN LUTHER KING, JR. ARTICLE CONTINUED

bearing convinced him that a religious career could be intellectually satisfying as well. After receiving his bachelor's degree in 1948, King attended Crozer Theological Seminary in Chester, Pa., winning the Plafker Award as the outstanding student of the graduating class, and the J. Lewis Crozer Fellowship as well. King completed the course work for his doctorate in 1953, and was granted the degree two years later upon completion of his dissertation.

Married by then, King returned South to become pastor of the Dexter Avenue Baptist Church in Montgomery, Ala. Here, he made his first mark on the civil-rights movement, by mobilizing the black community during a 382-day boycott of the city's bus lines. King overcame arrest and other violent harassment, including the bombing of his home. Ultimately, the U.S. Supreme Court declared bus segregation unconstitutional.

A national hero and a civil-rights figure of growing importance, King summoned together a number of black leaders in 1957 and laid the groundwork for the organization now known as the Southern Christian Leadership Conference (SCLC). King was elected its president, and he soon began helping other communities organize their own protests against discrimination.

After finishing his first book and making a trip to India, King returned to the United States in 1960 to become co-pastor, with his father, of Ebenezer Baptist Church.

Three years later, King's nonviolent tactics were put to their most severe test in Birmingham, during a mass protest for fair hiring practices and the desegregation of department-store facilities. Police brutality used against the marchers dramatized the plight of blacks to the nation at large, with enormous impact. King was arrested, but his voice was not silenced: He wrote "Letter from a Birmingham Jail" to refute his critics.

Later that year King was a principal speaker at the historic March on Washington, where he delivered one of the most passionate addresses of his career. Time magazine designated him as its Person of the Year for 1963. A few months later he was named recipient of the 1964 Nobel Peace Prize. When he returned from Norway, where he had gone to accept

the award, King took on new challenges. In Selma, Ala., he led a voter-registration campaign that ended in the Selma-to-Montgomery Freedom March. King next brought his crusade to Chicago, where he launched programs to rehabilitate the slums and provide housing.

In the North, however, King soon discovered that young and angry blacks cared little for his preaching and even less for his pleas for peaceful protest. Their disenchantment was one of the reasons he rallied behind a new cause: the war in Vietnam.

Although he was trying to create a new coalition based on equal support for peace and civil rights, it caused an immediate rift. The National Association for the Advancement of Colored People (NAACP) saw King's shift of emphasis as "a serious tactical mistake" the Urban League warned that the "limited resources" of the civil-rights movement would be spread too thin.

But from the vantage point of history, King's timing was superb. Students, professors, intellectuals, clergymen and reformers rushed into the movement. Then, King turned his attention to the domestic issue that he felt was directly related to the Vietnam struggle: poverty. He called for a guaranteed family income, he threatened national boycotts, and he spoke of disrupting entire cities by nonviolent "camp-ins." With this in mind, he began to plan a massive march of the poor on Washington, D.C., envisioning a demonstration of such intensity and size that Congress would have to recognize and deal with the huge number of desperate and downtrodden Americans.

King interrupted these plans to lend his support to the Memphis sanitation men's strike. He wanted to discourage violence, and he wanted to focus national attention on the plight of the poor, unorganized workers of the city. The men were bargaining for basic union representation and long-overdue raises.

But he never got back to his poverty plans. Death came for King on April 4, 1968, on the balcony of the black-owned Lorraine Hotel just off Beale Street. While standing outside with Jesse Jackson and Ralph Abernathy, King was shot in the neck by a rifle bullet. His death caused a wave of violence in major cities across the country.

However, King's legacy has lived on. In 1969, his widow, Coretta Scott King, organized the Martin Luther King Jr. Center for Non-Violent Social Change. Today it stands next to his beloved Ebenezer Baptist Church in Atlanta. His birthday, Jan. 15, is a national holiday, celebrated each year with educational programs, artistic displays, and concerts throughout the United States. The Lorraine Hotel where he was shot is now the National Civil Rights Museum.

— Based on The African American Almanac, 7th ed., Gale, 1997

POEMS FOR DR. MARTIN LUTHER KING

Martin Luther King, Jr.

(Author Unknown)

You faced injustice, hate and strife.
 You fought for what should be.
 You risked and finally gave your life,
 So others could be free.
 You could have hated, but you chose
 To love and understand,
 Rejecting violence to oppose
 An evil in our land.
 You'd not inflame, but still inspire,
 With hope that wouldn't yield.
 You called for boycotts, not for fire,
 With faith your only shield.
 You marched in protest for the poor
 Of every shade and hue.
 So many hardships you'd endure
 For those who needed you.
 You stirred a nation's heart and mind;
 Your message still is clear:
 That color's not how we're defined.
 Your memory's always near.
 Each year your birth's a holiday.
 The nation honors you,
 And wonders when we'll see the day
 Your dream at last comes true.

MLK

by Unknown Author

Treat people kindly.
 Do what is fair.
 Work for all people.
 Show that you care.
 Change what is wrong,
 but please, do not fight.
 Think of new ways
 to change wrong to right.
 These are the ways
 if we work as a team
 to remember the man
 who said, "I have a dream".

"World peace through nonviolent means is neither absurd nor unattainable. All other methods have failed. Thus we must begin anew. Nonviolence is a good starting point. Those of us who believe in this method can be voices of reason, sanity, and understanding amid the voices of violence, hatred, and emotion. We can very well set a mood of peace out of which a system of peace can be built."

--Martin Luther King, Jr., December 1964





AFRICAN HERITAGE DIET PYRAMID

CULTURAL MODEL FOR PROMOTING HEALTH THROUGH HERITAGE. Type 2 diabetes, obesity and heart disease are not a true part of African American heritage, and, in fact, scientific studies show that conditions like these skyrocket as traditional diets are left behind. To help reclaim good health, Oldways, along with an advisory team of experts, recently unveiled The African Heritage Diet Pyramid, an evidence-based and practical tool for African American communities.

The pyramid is based on the traditional diets of the African Diaspora – Africa, the Caribbean, South America and the American South – that offer a powerful, affordable, healthy eating model and meet the guidelines promoted today by health professionals everywhere. The added bonus is that the foods found in the pyramid are easily accessible at local grocery stores.

To create the African Heritage Diet Pyramid, made possible through a grant from the Walmart Foundation, Oldways worked with nutrition scientists, health experts, and culinary historians. The pyramid is based on scientific research that shows eating like your ancestors can help:

- Lower risk of heart disease, high blood pressure & stroke
- Avoid or help treat diabetes
- Fight certain cancers and many chronic diseases
- Reduce asthma, glaucoma, and kidney disease
- Nurture healthy babies
- Achieve a healthy weight and avoid obesity
- Reduce depression
- And more

The initiative has gained extraordinary support from health professionals as well as groups such as UNCF.

"In my work with the African American community, I see a general lack of education in terms of the foods their ancestors prepared and enjoyed; today these food connections are all but lost," said Constance Brown-Riggs, MSED, RD and author, *The African American Guide to Living Well with Diabetes*. "This pyramid is an important new educational tool; it is an innovative way that we, as health professionals, can communicate with, connect to and educate African Americans."

The African Heritage Diet Pyramid, depicting an overall total diet, includes recommendations, which retailers can highlight in-store, such as:

- Every meal should include greens like spinach, collards, mustards and turnip greens and/or other vegetables, fruits, mostly whole grains and cereals, beans, peanuts and nuts, and healthy tubers like sweet potatoes.

- Herbs and spices and also marinades and home made sauces are important – particularly because they give the regional flavor of the dish – making rice and beans Caribbean rather than African.
- Fish and seafood, especially tuna, mackerel and salmon which are rich in heart-healthy omega-3 fatty acids, are recommended at least two times per week.
- Use small amounts of healthy oils, like sesame or olive oil for dressings, and canola, red palm oil, or extra virgin coconut oil for cooking.
- Eat eggs, poultry and other meats moderately.
- Consume dairy in small portions.
- Sweets, at the top of the pyramid, are foods to eat occasionally.

To show how to combine healthy foods in the pyramid into specific meals, Oldways introduced plates, or dishes, and recipes used as expressions of the cuisines of specific cultures in the four Diasporan regions.

Oldways has created a user-friendly African Heritage 101 brochure as a resource and retailers are invited to order copies for distribution to their customers. It is also available as a free download on the Oldways website. Another online resource is an African Heritage & Health Portal, which includes grocery lists, recipes and other heritage information. Please visit: <http://www.oldwayspt.org/african-heritage-diet>.

This is the fifth in Oldways' family of healthy eating pyramids using cultural models to inspire healthy eating. These pyramids have been used by millions of people and are seen in homes, doctors' offices, supermarkets, RD offices, cookbooks, journal articles, textbooks, and more throughout the world.

Sara Baer-Sinnott is President of Oldways (www.oldwayspt.org), a nonprofit food and nutrition education organization, with a mission to guide people to good health through heritage, using practical and positive programs grounded in science and tradition.

Article by Sara Baer-Sinnott, President, Oldways

HEALTHY COOKING IN 2012

CHICKEN BREASTS WITH MUSHROOM CREAM SAUCE



PREP TIME: 10 MIN | COOK TIME: 30 MIN

Ingredients

- 2 5-ounce boneless, skinless chicken breasts, trimmed and tenders removed
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1 tablespoon canola oil
- 1 medium shallot, minced
- 1 cup thinly sliced shiitake mushroom caps
- 2 tablespoons dry vermouth, or dry white wine
- 1/4 cup reduced-sodium chicken broth
- 2 tablespoons heavy cream
- 2 tablespoons minced fresh chives, or scallion greens

Preparation

1. Season chicken with pepper and salt on both sides.
2. Heat oil in a medium skillet over medium heat. Add the chicken and cook, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 16 minutes. Transfer to a plate and tent with foil to keep warm.
3. Add shallot to the pan and cook, stirring, until fragrant, about 30 seconds. Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes. Pour in vermouth (or wine); simmer until almost evaporated, scraping up any browned bits, about 1 minute. Pour in broth and cook until reduced by half, 1 to 2 minutes. Stir in cream and chives (or scallions); return to a simmer. Return the chicken to the pan, turn to coat with sauce and cook until heated through, about 1 minute.

Nutritional Information

Amount Per Serving. 275 calories; 15 g fat (5 g sat , 7 g mono); 84 mg cholesterol; 5 g carbohydrates; 25 g protein; 1 g fiber; 373 mg sodium; 370 mg potassium.

January

MONTHLY CALENDAR

- 01/02 Deacon/Deaconess Meeting @ 7:00 P.M.
- 01/02 Trustees Meeting @ 7:00 P.M.
- 01/03 Choir Rehearsal (SFC) @ 7:00 P.M.
- 01/04 Homeless Ministry In Action Praise Service @ Streetlight @ 7:00 P.M.
- 01/10 Choir Rehearsal (NDPS) @ 7:00 P.M.
- 01/12 Choir Rehearsal (APCC) @ 7:00 P.M., (Freedom H.S.)
- 01/13 Choir Rehearsal (VOP) @ 7:00 P.M.
- 01/14 Choir Rehearsal (VOV) @ 10:00 A.M.
- 01/15 SHARE Registration
- 01/16 Martin Luther King Holiday**
- 01/19 Choir Rehearsal (APCC) @ 7:00 P.M., (Freedom H.S.)
- 01/21 Choir Rehearsal (VOV) @ 10:00 A.M.
- 01/22 Attack The Giants Prayer Service @ 5:00 P.M. @ MOBC (Telegraph Road site)
- 01/23 Steering Committee Meeting @ 7:00 P.M.
- 01/24 Choir Rehearsal (MASS) @ 7:00 P.M.
- 01/27 Choir Rehearsal (MASS) @ 7:00 P.M.
- 01/28 SHARE Pickup @ 9:00 A.M.
- 01/29 5th Sunday Fellowship Service @ 9:30 A.M.

NOTE: Choir Members, please see choir calendar & e-mail messages from choir administrator for updates on rehearsal dates.

Recurring Weekly Activities for the Month
 Weekly Wednesday 12:00 (Noon) Bible Study @
 MOBC (Telegraph Road)
 Weekly Thursday Night Bible Study at 7:00 P.M.
 @ Freedom High School
 Prison Ministry (ADC) every Saturday @ 9:00
 A.M.

Calendar events/times are subject to change. Please consult the Sunday Bulletin & MOBC Website.



SHARE
FOOD NETWORK
 Extending Your Food Budget

January 2012

VALUE PACKAGE \$21

- Split Chicken Breasts 2 lbs.
- Tilapia Fillets 1 lb.
- Beef Meatballs 1 lb.
- Pork Sausage Patties 0.75 lbs.
- Frozen Apple Turnovers 4 each
- Grits 1 lb.
- Potatoes 3 lbs.
- Onions 1.5 lbs.

..... plus 4 -5 more fruits and vegetables.



REGISTRATION:

Sunday, January 15, 2012

PICK-UP:

Saturday, January 28, 2012

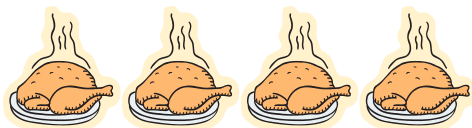
Super Bowl *Chicken Combo* \$21

◆ 2 pounds fully cooked Chicken Breast Strips

◆ 2 pounds Boneless Chicken Breasts

◆ 2 pounds ready to cook Chicken

Tenders



Super (Bowl) Steak Package \$21

- 6 - 5oz. Choice Sirloin Steaks
- 4- 5 oz. Bacon-wrapped Choice Sirloin Steaks

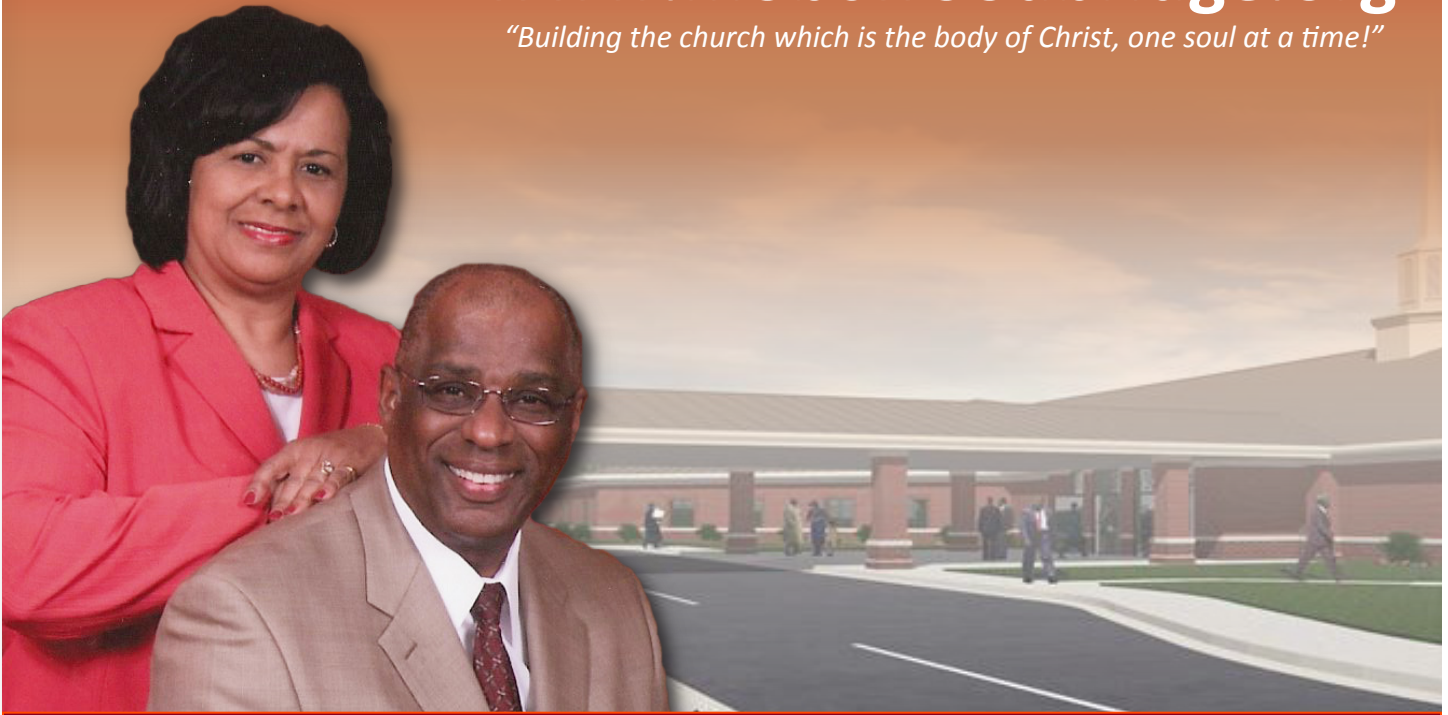


4 Convenient Payment Methods: EBT/Food Stamp, Debit/ Credit Card, Cash or Money Order

For more information, call Lisa Mason 540-809-8737 masonlisa@msn.com

www.mobcwoodbridge.org

"Building the church which is the body of Christ, one soul at a time!"



Pastor Clyde W. Ellis, Jr. and Mrs. June Ellis



**Mount Olive Baptist Church
13111 Telegraph Road
Woodbridge, VA 22192**