



THE STAR OF ZION

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THE FREEDOM CHURCH ON FULL DISPLAY




ZION'S CCO AND TEAM PROPEL VIRTUAL GATHERINGS FORWARD

COVID-19 and the pandemic resulting therefrom has presented unprecedented challenges and limitations to the church. A body that has grown so accustomed too in person gatherings as a means of sustainability and continuity. The A.M.E. Zion church for the 2022 Board of Bishops Winter meeting had to be innovative in delivering to all A.M.E. Zion members an experience they could enjoy regardless of their conference, age, geographical location, or even preference in worship style. The Chief Communications Officer of



the A.M.E. Zion Church, Mr. Darin Kent assembled a team inclusive of communications staff and highly skilled Zionites; Mrs. Dana Radcliffe, Mr. Jon Rankins, and Rev. D'Andre James-Daniels. Because of safety precautions, The Board of Bishops decided their meeting would not be in person. The task at hand was to create an experience the entire A.M.E. Zion Church could enjoy at one time and from one place: Needless to say, the Communications Department rose to the occasion. While the Board of Bishops conducted

its regular business, hearing reports from General Officers and Departments and electing Bishop Darryl B. Starnes, Prelate of Piedmont as President of the Board of Bishops. A pre-recorded worship service was produced in which all program participants were able to be seen and heard by the entire A.M.E. Zion church from their respective locations. Mother A.M.E. Zion Church in Harlem, New York appropriately was the focal point of liturgical symbolism and traditions. Episcopal leader-
Continues on... page 13



THE STAR OF ZION

Official Voice of The African Methodist Episcopal Zion Church

Accelerating Communication About The Freedom Church

The Star of Zion is an award-winning newspaper and journalistic media organization, published by The A.M.E. Zion Church as its official organ since 1876.

Being guided by the core values of truth, faith, and love, the Star seeks to raise the consciousness of readers with news that is current, relevant, and dependable.

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★ The Star of Zion ★

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«The LORD himself watches over you!
The LORD stands beside you as your protective shade.»
Psalms 121:5

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Article/Ad Submission Deadline Dates

- | | |
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| April 2022 Issue | March 15, 2022 |
| May 2022 Issue | April 15, 2022 |
| June 2022 Issue..... | May 15, 2022 |
| July 2022 Issue..... | June 15, 2022 |
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| September 2022 Issue..... | August 15, 2022 |

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Believe

I believe, that phrase can change one's entire life . The words " I believe " are the key to the door of God given opportunity and Godly advancement. As we look at the world, we see stories of success and failure. While no one likes to fail , your failure doesn't mean that you don't possess the ability to succeed. It just means that you have to try again. However, we sometimes do ourselves the greatest disservice by failing to try . There are so many instances where we disqualify ourselves because we don't believe that we can "understand the assignment".

We must refrain from allowing our level of belief in ourselves to be determined by outside influences. Why make a decision solely off of one's two cents when God has already given us the vision, provision , and confirmation of his will for our lives. Believing in oneself begins within and then spreads to others . How can we expect others to believe in us when we truly don't believe in ourselves ? Truly believing in oneself requires full acknowledgment that you have been blessed by God with unique talents, gifts, abilities, and that in due season God will bring those forth .

Affirm within yourself and believe that this year your gift will make room for you . Believe that God equips you to handle being overlooked while your in a season where you feel overlooked. Believe that God desires to ready you instead of rush you . Believe that God is just as concerned with your preparation as he is your elevation.

*If you believe it
You can conquer it
You can go through it
You can walk in it*

This is not a name and claim it scheme, but this is a firm faith and belief that God has endowed you with all the tools you need to succeed. Stop allowing the "What If's" of life to keep you shackled to an unfulfilled life . Your purpose is to live in the " Will of God" so that you may be free in Christ living a fulfilled and abundant life . As we sing in Hamlet North Carolina " There is Something on the Inside , and it's working on the outside. Oh what a change in my life".

All I have to do is just believe.....

Rev. Lloyd Nivens IV
*Pastor of the Mount Pisgah AME Zion Church
Rockingham, North Carolina*

How COVID pandemic has forever changed CT churches, synagogues

Feb. 25, 2022

By Jordan Fenster

- Digital Products Editor

COVID hospitalizations and cases continue to recede, but churches and synagogues in Connecticut say worship has been irrevocably changed.

“We’ve broken the bounds of time and space,” said Rabbi Michael Friedman, of Temple Israel in Westport. Rev. Kelcy G.L. Steele, pastor at New Haven’s Varick Memorial AME Zion Church, said, “I don’t think it will ever go back to the way it was.” Big Sale. Great Deal. | Get an Entire 12 Weeks of Access for 99¢

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Varick Memorial is still fully remote. They had returned to in-person worship, but concerns over the omicron variant pushed them back online. “During this omicron spike, we had to go back to all virtual,” Steele said. “We’re not doing any in-person at the moment.” A big reason for that decision is how people feel, according to Steele. “The numbers may be down, vaccinations may be up, but still there’s a psychological measure that’s still at play within the minds of my parishioners,” he said.

That doesn’t mean attendance dropped. Steele said he’s had congregants join from beyond his community, even from out-



Pastor Kelcy G.L. Steele delivers a sermon at the first in-person service since the COVID-19 pandemic began at Varick Memorial AME Zion Church in New Haven on May 23, 2021. Photo by: Arnold Gold / Hearst Connecticut Media

side the state. And even when the church does return to in-person worship, as they expect to on March 6, he expects it will always be hybrid. “It’s the beginning of shaping a new paradigm and a new way of living,” Steele said. “Some people are not going to return into the building ever.”

Rev. Luk De Volder, of Trinity Episcopal Church, also in New Haven, said, “We’re getting the sense that the pandemic will soon be over,” but things won’t ever be the same.

“The pandemic will have lasting impact on our congregation,” he said. “There has been transformation that is hard to quantify at this moment.” “This has been a breakthrough of the digital church,” De Volder said.

What began as a way to maintain services during lockdown has transformed worship, De Volder said, and will continue

to do so. “Finally, the internet has become a place where people also gather spiritually in an intensity and a frequency that wasn’t happening before,” he said. “That kind of streaming presence is not going away.”

Friedman also said things have changed. “In-person attendance decreased, but overall attendance increased,” he said. “Now if you count physical attendance, plus YouTube, plus Facebook Live, plus we post the video immediately on YouTube, overall our participation and viewership is up.”

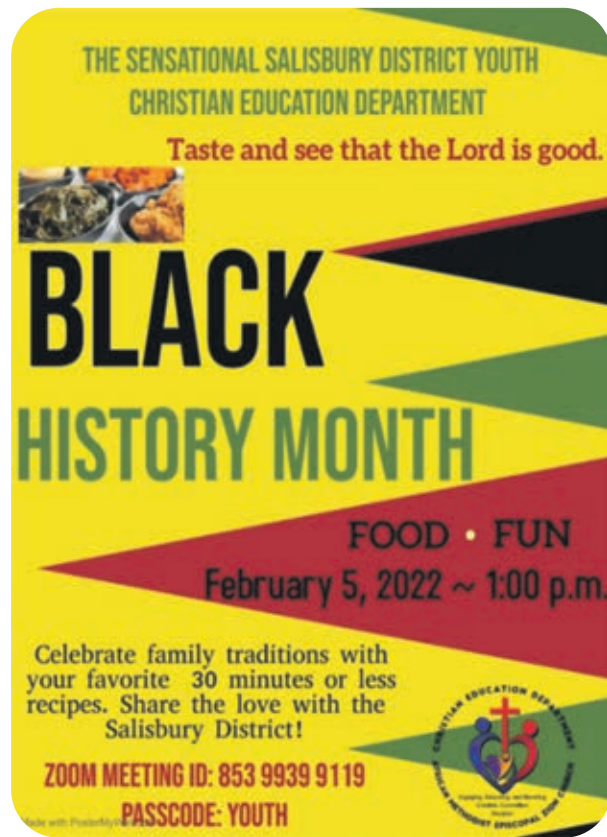
The problem for Friedman is that, “it’s a more diffuse participation.” A synagogue’s primary purpose is to maintain a sense of community, and with fewer people in the sanctuary, “You don’t get that community, we’re-in-this-together type feel.”

“How do we help people feel as though they are part of some-

Taste and See with Sensational Youth

The Sensational Youth of the Salisbury District met virtually on Saturday, February 5, 2022 from 1:00 – 2:30 p.m. to celebrate Black History with a program framed in the scripture, Psalm 34:8, “Oh taste and see that the Lord is good.” Led by youth president Christan McRae, participants gathered with the purpose to discuss and understand families and cultures through food. Christan stated, “Once people begin asking questions such as how food is made, what ingredients are in it, or why it is called a certain name, the answers go beyond culinary learning. Food tells us something about a family’s approach to life.” The district’s youth secretary Seven-Hazel Boone followed with prayer; and each participant shared their name, dish, and how the recipe for the dish has been in their family for generations, or how the recipe has added to them or their family through the years.

As conversations began to flow and ovens and stoves began to warm, attendees cooked and baked,



and shared personal stories of generational connections with mothers, daughters, and grandmothers; and even shared family stories and recipes from the 1930s. The attendees discussed how food functions symbolically as a communicative practice by which families create, manage and share meanings with others. Moreover, recognizing the significance of understanding culture, habits, rituals and traditions, and how it can all be explored through food, was discussed.

Attendees agreed; how food is acquired, who prepares it, who is at the table, and even who eats first, is a form of communication and a reflection of family and culture. Da’Tarvia Parrish stated, “Beyond merely nourishing the body, what we eat and with whom we eat can inspire and strengthen the bonds between individuals, families, and communities.”

From sweet potato cupcakes to working mom chili, the chefs and bakers created and celebrated family traditions with love.

.....
 How Covid has changed... Continued from pg 3

thing beyond themselves?” Friedman asked. “You can do it to some degree digitally, but there’s nothing like doing it in person.”

“Like all of us, we’ve learned ways to be more effective on Zoom. Probably like in any profession, you don’t feel like you’re quite as effective on Zoom as you are in person,” he said.

Fundraising has changed, as well. Donations haven’t decreased, but the way contributions are made has changed.

Steele said Varick was able to secure a PPP loan at the start of the pandemic and, due to the church’s increased digital presence, donations have become

something to manage all week.

“Instead of receiving contributions on Sundays, it’s coming in sporadically throughout the week,” Steele said. “So we just had to change the way we calculate, but we haven’t missed a beat.”

Friedman explained that synagogues often have a different fundraising model than churches.

Instead of individual donations, his synagogue has membership dues, often on a steep sliding scale based on what a family is able to offer.

“Synagogues charge membership dues, but we have to prove our value so that you want to stick with us,” he said.

During high holidays like Rosh Hashanah and Yom Kippur amid the pandemic in 2020, “we were able to prove our value beautifully,” Friedman said, transitioning to online worship and offering outdoor services as weather allowed.

They were bolstered, in part, by the sense of urgency felt at the beginning of the pandemic. That urgency has dissipated somewhat as the pandemic has continued.

“Congregations were able to call upon their congregants to contribute financially at the beginning of the pandemic as a sort of emergency measure,” Friedman said. “At this point, we have to prove our value to folks.”

on Demand

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Virtual Worship Service



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Virtual Worship Service

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The International Ministers & Lay Association

2022 Annual Meeting



The International Ministers & Lay Association held its 2022 Annual Meeting virtually, February 15- 17 with more than 500 viewers. The meeting began on Tuesday evening with a time of prayer led by Dr. Richard Gadzekpo, Zion's International Prayer Coordinator. A time of prayer and praise and worship were offered prior to each business session and worship services. Attendees observed during the entire meeting a more diverse and equitable number of prayer warriors and presenters in age, gender, clergy and lay.

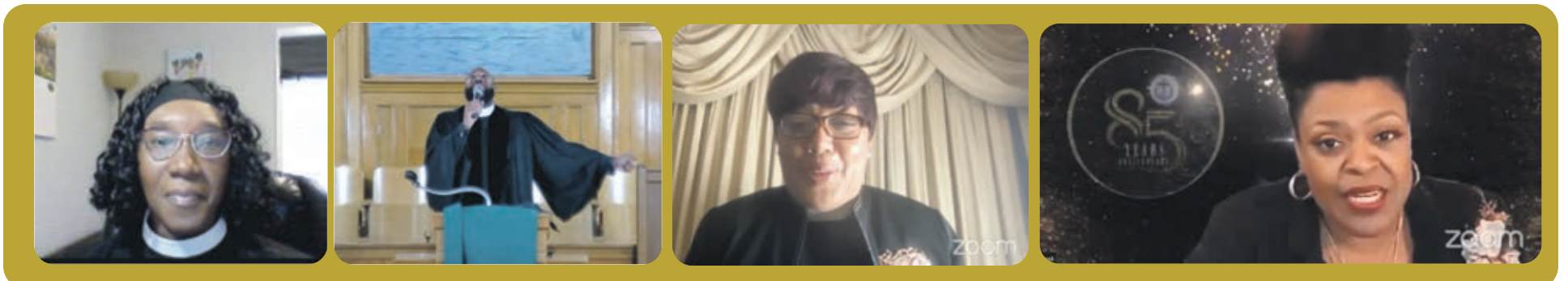
The annual sermon was delivered by Rev. Yolanda Lowe, pastor of Claiborne Chapel A.M.E. Zion Church, Pine Grove, Louisiana. The subject: "Are We Doing What Christ Has Done?" John 13:12-17. Rev. Lowe encouraged the viewers to "not focus on 'What would Jesus do?' but do what Jesus would do."

The Forty-fourth Cameron W. Jackson and Virtual Awards Banquet program began with Ms. Sarah Kinard, Toast Mistress, welcoming all in gracious and grand splendor. The graphic celebrating our awardees has been included below for your attention.

The business session on Wednesday began with Ms. Marie Denise Niles, IMLA Secretary presenting the minutes update, followed by the report on memberships given by Rev. Dr. Myrtle Bowen, Second Vice President, and an update on the IMLA lapel pin given by Ms. Carlous Tyrance, Assistant Secretary.

The Rev. Erich V. Shumake, IMLA/CLC Legislation Development Committee Chair, presented through PowerPoint, the IMLA/CLC Legislation Accountability Report on the 51st Quadrennial Session of the General Conference beginning with select **"Weighty Legislation Adopted."**

- **GC51-R58-2020**-AME Zion Book of Discipline Part IX-Temporal Economy
The General Administrative Boards: Board of Lay Activities: Dr. Mary Matthews (CLC)- Champion; Maintaining the CLC Bylaws in the A.M.E. Zion Church Book of Discipline
- **GC51-R33-2020**-AME Zion Book of Discipline Part IV- The Conferences General Conference – Part 1- Young Adult (ages 21-39) Delegates to the General Conference: Ervin Reid (WNCC) - Champion
- **GC51-R09-2020**-AME Zion Book of Discipline Part IV- The Conferences General Conference- Part 2- General Conference Elected Delegate Criteria: Yvonne Baskerville (MAED) - Champion
- **GC51-R14-2020-ADOPTED**: Passing the Character of Bishops – Individual Accountability for Bishops; MAED Developed the Resolution; Moved and seconded from the floor; Motion passed. The Episcopal Committee to establish a process to examine the character of each bishop.
- AME Zion Book of Discipline- Part VII The Judicial Administration: Judicial Council **Restructuring Commission Recommendations –**



Tuesday, February 15, 2022
 4:15PM PST • 6:15PM CST • 7:15PM EST • 8:15PM AST
 IMLA Worship Service begins at 6:00pm EST • (Prayer begins at 5:30PM EST)
Ms. SARAH KINARD TOAST MISTRESS

ADOPTED.

Legislation not adopted and Legislation MIA (Pending cross reference w/2020 Book of Discipline) were also presented by Rev. Shumake with Dr. Yvonne A. Tracey, IMLA/CLC Legislative Development Consultant.

The Honorable Adele M. Riley, Judicial Council President, presented pertinent information on “The Past, Present and Future of the Judicial Council of our Denomination.”

Mr. Joseph King Davis, International Connectional Lay Council President, addressed the attendees using the subject: “Working as a Team.”

Bishop Eric L. Leake, Presiding Prelate of the Southwestern Episcopal District, offered prayer at the conclusion of the Thursday morning prayer time. The business session began with a very necessary medical update from the Black church perspective addressing COVID-19. Dr. Mary L. Barber, M.D. presented using PowerPoint a powerful healthcare package of Corona Virus and vaccinations information, and how the local churches can be involved.

In the presentation of the IMLA Young Adult update (21-39 age group), Rev. Dr. Maurice Harden led with Dr. Brandon Fisher, Rev. Samuel Brown, Oliver Stinson, Candice Hill, Sandra Newman, and Rev. LaKasha Womack presenting. The young adults want to get more of their age group involved, want other adults to be encouragers helping them become

prepared, and to encourage them to run as General Conference delegates.

Rev. Dr. Curtis T. Walker, Past President of IMLA and chairperson of the Bylaws Committee gave an update. The committee is still working. After the committee’s final review, the Bylaws will be presented to the IMLA Executive Board by October 2022 for review. The final document will be presented to the association for review and approval at the 2023 annual meeting.

The Report of the IMLA Treasurer, Rev. Dr. David T. Miller, was presented and referred.

Rev. Dr. Anthony N. Witherspoon gave the president’s address. Subject: “Diversity, Equity, and Inclusion – Our Continued Commitment to Accountability.” Responses to the president’s address were given from the clergy by Rev. Dr. Darwin Little, from the laity by Mrs. Joyce Reid and Rev. Vernon Shannon who requested the address be sent to the Star of Zion for publication.

The Memorial Worship Service, the first one to be held at night, began with Rev. Rodney Courtney leading the prayer and worship time. The Memorial meditation was delivered by Rev. Darryl Scott, Jr., pastor of Walls Memorial A.M.E. Zion Church, Charlotte, NC. The Scripture was from Hebrews 12: 1-2. Rev. Dr. Myrtle Bowen rendered words of encouragement prior to the Regional Vice Presidents calling the Roll of deceased IMLA members.

Livingstone College plans STEMulating grand opening for Science Annex named after sixth president

Feb. 2, 2022

Kimberly Harrington

Director of public relations

SALISBURY – Livingstone College is preparing to celebrate the grand opening of its state-of-the-art F. George Shipman Science Annex, named after its sixth president.

The event will be held on Feb. 11 at 11 a.m. in front of the new science center on campus, followed by a reception and tour inside the building.

Among special guests will be immediate and extended members of Dr. F. George Shipman's family, including his only child, Rev. Sheldon Shipman, as well as former co-workers and local, state and national educators.

The grand opening and ribbon cutting of the new science annex punctuates the college's growing STEM (science, technology, engineering and math) program and focus on encouraging more African-American students to major in STEM areas of study.

The new 16,000-square-foot science annex will feature dedicated laboratory/research spaces for microbiology, human anatomy/physiology, biochemistry and general chemistry, with smaller laboratory spaces for specialized research and a tissue culture lab.

One of the significant highlights of the facility is its planetarium/immersion theater with SciDome IQ 2400 technology, where students have a virtual-reality experience in human anatomy, physics, astronomy and earth science.

In addition to the planetarium, the annex includes a SCALE-UP classroom that facilitates active and collaborative learning, and a hydroponic greenhouse.

The new annex will allow Livingstone College the proper environment to implement a \$2.24 million STEM grant it received in the fall from the National Science Foundation. The grant was the largest, single grant received in the history of the college and will fund a program called "Livingwell@Livingstone" to enhance persistence, retention and graduation rates in underrepresented minority students.

"We are thrilled to finally be able to cut the ribbon and showcase our new state-of-the-art science annex to the public," said Livingstone President Dr. Jimmy R. Jenkins, Sr. "This annex coupled with the STEM grant will allow us to leverage partnerships with community science entrepreneurs and enhance the STEM student experience."

Dr. Dawn McNair, dean of the Division of Mathematics and Science, is heading up the festivities that also includes two student-centered events leading up to the grand opening that will be livestreamed on Livingstone's Official YouTube channel:

- Passport to the Future, Livingstone's first STEM White Coat Ceremony, featuring Dr. Opeyemi Olabisi as keynote speaker. The program begins at 5 p.m. on Feb. 8, inside the F. George Shipman Annex's Immersion Theater. He is assistant professor of Medicine, Division of Nephrology, at Duke University School of Medicine.
- Passport to Entrepreneurship, featuring Dr. Anika S. Goodwin, a board-certified ophthalmologist and founder of OpulenceMD Beauty, an eye-specific beauty brand featuring luxury magnetic lashes. Goodwin was a contestant on "Shark Tank" and secured a \$100,000 deal with Kendra Scott. The program begins at 11 a.m. on Feb. 9 inside Tubman Little Theater.

"A key driver of STEM student success is STEM identity," McNair said. "The F. George Shipman Annex provides a dedicated space designed to enhance scientific research and conceptual understanding. Our students will see the endless possibilities that exist in STEM, and how they might contribute to future science enterprise."

Those attending the in-person grand opening and ribbon cutting must follow the college's COVID-19 protocols, which includes showing proof of vaccination or presenting a negative COVID-19 PCR test within 72 hours of the event. Masks must be worn indoors for the duration of the program, but may be removed briefly for eating and drinking.

About Livingstone College

Livingstone College is a private historically black college that is secured by a strong commitment to quality instruction, academic excellence and student success. Through a Christian-based environment suitable for holistic learning, Livingstone provides excellent business, liberal arts, STEAM, teacher education and workforce development programs for students from all ethnic backgrounds designed to promote lifelong learning, and to develop student potential for leadership and service to a global community.

*For more information,
visit www.livingstone.edu.*



Former NC Chief Justice Cheri Beasley to deliver Founder's Day message at Livingstone Thursday

Feb. 8, 2022

Kimberly Harrington

Director of public relations

SALISBURY – Livingstone College will host its annual Founder's Day on Thursday at 10 a.m. on the college's official YouTube channel. This is the second year the program has been virtual due to the global pandemic.

The keynote speaker will be Judge Cheri Beasley, former chief justice of the N.C. Supreme Court. Beasley made history in 2019 by becoming the first African-American woman to serve as Chief Justice of the North Carolina Supreme Court and only the fourth black woman nationwide. She was appointed to that position by Gov. Roy Cooper.

Prior to serving on the North Carolina Supreme Court, she was a judge on the North Carolina Court of Appeals from 2008-2012 and a judge for the North Carolina 12th Judicial District from 1999-2008.

When Beasley was elected to the North Carolina Court of Appeals in 2008, she became the first black woman to be elected to any statewide office in North Carolina without being first appointed by a governor.

Beasley received her Bachelor of Arts in political science and economics from Rutgers University in 1988, and earned her juris doctor degree from the University of Tennessee College of Law in 1991, after spending a summer at the University of Oxford in England. She has devoted her life to public service and to the people of North Carolina. From a young age, she was taught that no door should be closed to her, and that with hard

work and faith, she could accomplish anything.

Beasley's mom was a trailblazer, earning a Ph.D., and becoming a university dean and a national leader in her field. She followed in her mother's footsteps and credits her mother's example with her success.

She won her first election as district judge shortly after she and her husband Curt welcomed their twin boys, Thomas and Matthew.

Beasley is also running for U.S. Senate to represent North Carolina. "Judge Cheri Beasley is a history maker for all the right reasons," said Dr. Jimmy R. Jenkins, Sr., Livingstone College president. "She has served as an inspiration and trailblazer in her career, breaking barriers and defying the odds, which are all principles that we advocate here at Livingstone College."

Founder's Day celebrates the life and rich legacy of Livingstone's founder and first president, Dr. Joseph Charles Price, who was born on Feb. 10, 1854, in Elizabeth City. The first observance of Founder's Day was celebrated on February 10, 1894, one year after the death of Price.

Since that time, the College has instituted a holiday in memory of Dr. Price and other important persons responsible for the existence of the college. The program is followed by a memorial ceremony, where a wreath is placed at the Price mausoleum located on campus.

Direct descendants of Price, his great-grandchildren Phillip Sherrill and Susan Sherrill Brantley, will also bring remarks at the program and ceremony.

The program will air at 10 a.m. on Feb. 10 on Livingstone College's official YouTube channel and will be available for streaming thereafter.



Livingstone College president announces retirement Dr. Jenkins is second longest tenured leader in college's history

Feb. 10, 2022

Kimberly Harrington

Director of public relations

SALISBURY – Livingstone College President Dr. Jimmy R. Jenkins, Sr., announced to the Board of Trustees on Feb. 9 that he will retire from his role on July 1, 2022, after 16 years of service.

Jenkins was appointed to lead the historically black college in February 2006. He is the second longest tenured president in the history of the school.

Prior to Livingstone, Jenkins served as president of Edward Waters College in Jacksonville, Fla, where a gymnasium there bears his name. Before that, he made history by becoming the first alumnus of Elizabeth City State University (ECSU) to serve as chancellor, after earning both his master's and doctorate degrees in biology from Perdue University. A science building at ECSU is named in his honor.

The Livingstone Board of Trustees reluctantly accepted Jenkins letter and recognized his constructive feats as president. New board chairman Bishop Kenneth Monroe said that Jenkins will remain in his role as president until a successor is appointed, and trustees

and the college prepare for a series of events commemorating his tenure.

“Having labored 38 years as a college and university president has been exhilarating and exhausting,” Jenkins said. “I am grateful for the great support from the Livingstone College Board of Trustees, our alumni, the people and leaders of the City of Salisbury and Rowan County, donors and friends of the college. There is a strong sense of melancholy in the realization that a long career is ending, yet to quote Kenny Rogers, you have to know when to hold them and when to fold them – and I believe the time has come. This city has been good to me and my family as evidenced by the kind of collaborative support that has been demonstrated over these past 16 years.”

The college's Board of Trustees decided in their national search for a president in 2006 to find an experienced leader, one who would move the college from a season of challenge to an era of prosperity. Jenkins' long list of accomplishment shows he was the right choice and the right fit for the college.

“Livingstone College was at its lowest ebb when we began our search for a new president in 2006,” said Bishop George W.C. Walker, former chairman of the Board of Trustees. “Dr. Jenkins became the best candi-

date in the search process and ultimately the president. He provided the greatest tenure of a president in the history of the college. Dr. Jenkins phenomenally lifted the college to extraordinary heights. Without question, Livingstone College is in a much better place because of his presidency.”

During his tenure, Livingstone has undergone significant progress. At his hiring, Jenkins challenged the Board of Trustees to use his experiences to change the college approach to educating students often troubled by socio-economic difficulties, thus creating the Holistic College model.

Under Jenkins’ leadership, the campus saw its first major construction in more than 40 years in that of Honors Hall, apartment-style units for new students with high grade-point averages.

He is credited with saving the college from closure from its accrediting agency, the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC). Today, the college boasts reaffirmation of accreditation for the next 10 years without a single recommendation.

“Dr. Jimmy R. Jenkins became president during a very critical time in the college’s history. Yet, he accepted the position with the attitude that he would be on a mission – a mission to transform the college’s deficits to a college designed and dedicated to overcome the odds and produce great leaders,” Monroe said. “His Christian principles and values restored hope and faith in the college administration, mission and values. He surrounded himself with gifted and loyal persons who connected with his vision to defy the odds. Their efforts brought back stability and integrity to the college.”

Jenkins also raised the net asset value of the college by \$15 million; acquired a former Holiday Inn to establish the hospitality management and culinary arts program; and reactivated the college’s 40 acres of land to grow food and supply culinary arts.

College enrollment grew 35 percent to 1,400 students, the largest in school history (pre-COVID-19), resulting in Livingstone purchasing College Park Apartments, a four-building complex that houses 100 students.

“Bank of America, BB&T, the Cannon Foundation and other corporate leaders provided major contributions to support President Jenkins’ vision for the college,” said immediate past board chairman, Bishop George E. Battle, Jr. “All you have to do is set foot on the campus to see the great things he has accomplished. I was privileged to serve as chairman of the Board of Trustees that supported this great educator, who is leaving the college in excellent academic standing and full accreditation with SACSCOC. Mrs. Battle and I thank God for him and his wife, Dr. Faleese Moore Jenkins, for all they have done together to secure the future of Livingstone College.”

Jenkins’ retirement announcement comes the same week Livingstone will cut the ribbon on a new state-of-art science annex, and on the heels of several major developments at the college including new upgrades to Alumni Memorial Stadium, construction of an esports arena; and application for Livingstone to apply for Level III status to award graduate degrees and be renamed Livingstone University.

Additionally, under Jenkins’ leadership, Livingstone started a Study Abroad Student Exchange Program with students studying and living in five foreign countries; became a gated campus with decorate wrought iron fencing; relocated the Blue Bear mascot to the front lawn and painted it blue; and established a campus radio station, WLJZ 107.1 FM.

“Emphasis is always placed on leadership – the pilot – but we cannot forget the ground crew,” Jenkins recently told faculty and staff at opening session. “The pilot is important, but the work is executed by the ground crew. Your work is critical to our success.”

The goal, he said, was to create an environment where young men and women would not only obtain a degree, but have the capacity to command their rightful place in the global society, Jenkins said.

“I still feel this is why God has had his hand on this institution,” he said. “We serve the underserved, but that does not mean they are not deserving. They may be disadvantaged, but certainly not disregarded. I’m glad that my life work has been at an HBCU.”

To see a complete list of Dr. Jenkins’ achievements, visit www.livingstone.edu

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Livingstone to host 'Shark Tank' entrepreneur during STEM celebration and grand opening



Feb. 2, 2022

Kimberly Harrington

Director of public relations

SALISBURY – You won't find many college students who aren't wearing lash extensions, but are they healthy for you?

Dr. Anika Goodwin, an ophthalmologist from Greensboro, created a line that is – after suffering herself from thinning lashes due to glue-on lash extensions.

Goodwin appeared on the ABC TV show "Shark Tank" last summer to pitch her company, OpulenceMd Beauty, a black-owned line of magnetic eyelashes focused on the health and safety of the eye – and walked away with a \$100,000 deal from billionaire Kendra Scott.

Next week, Goodwin will walk onto the stage at Livingstone's Tubman Little Theater, where she will be the keynote speaker at the college's Passport to Entrepreneurship, which begins at 11 a.m. on Feb. 9. The event is closed to the general public but will be livestreamed on Livingstone's official YouTube channel.

Passport to Entrepreneurship is one of two student-centered events hosted by Livingstone next week in preparation of the opening and ribbon-cutting ceremony of its state-of-the-art F. George Shipman Science Annex, which begins at 11 a.m. on Feb. 11.

The other event, Passport to the Future, will be Livingstone's first STEM White Coat Ceremony, featuring Dr. Opeyemi Olabisi as keynote speaker. It begins at 5 p.m. on Feb. 8 and will also be livestreamed. Olabisi is assistant professor of Medicine, Division of Nephrology, at Duke University School of Medicine. He is poised to make major contributions to the understanding of the molecular basis of kidney disease among African-Americans.

Livingstone College has a renewed focus on its STEM (science, technology, engineering and math) curriculum in order to attract more African-American students into these areas of study. Black student enrollment in STEM fields is declining. According to the National Science Foundation, bachelor's degrees in science awarded to black graduates remained flat at about 9 percent from 2001 to 2016. In engineering, it declined from 5 percent to 4 percent; and in math, it dropped from 7 percent to 4 percent.

Livingstone College is offering grant-in-aid to any new student who chooses a STEM major, meaning their education is free after federal financial aid is considered.

"A key driver of STEM student success is STEM identity," said Dr. Dawn McNair, dean of the Division of Mathematics and Science, who is leading the festivities next week. "We are excited to have Drs. Olabisi and Goodwin meet our students and share their STEM journey."



Dr. Anika Goodwin



Dr. Opeyemi Olabisi

The F. George Shipman Annex provides a dedicated space designed to enhance scientific research and conceptual understanding, she said. “Our students will see the endless possibilities that exist in STEM, and how they might contribute to future science enterprise.”

More on the speakers

Goodwin is a board-certified ophthalmologist with training in oculofacial plastic surgery. She earned a bachelor’s degree in pharmacy from the University of North Carolina at Chapel Hill in 1997 and her medical degree from the Medical University of South Carolina in Charleston in 2001. She previously held a faculty appointment at the University of South Carolina, where she also served as director of the ophthalmology resident training program. Prior to that, she ran a successful private practice and medical spa in Georgia.

She also previously served veterans as a member of the Division of Plastic Surgery. She is a diplo-

mat of the American Board of Ophthalmology, a Fellow of the American Academy of Ophthalmology and a Fellow of the American College of Surgeons. She has performed well over 10,000 surgical procedures.

Go here to view her appearance on “Shark Tank”:
<https://tinyurl.com/OpulenceMD>

Olabisi completed his undergraduate education at the City College of New York, graduating summa cum laude with a degree in biology. He is a 2009 graduate of the Einstein MSTP program, followed by residency training in internal medicine at Massachusetts General Hospital. He completed nephrology fellowship training in the MGH-Brigham and Women’s Hospital and was awarded the Harold Amos Medical Faculty Development Award from the Robert Wood Johnson Foundation in 2016. In 2020, he was chosen to receive the Whitehead Scholars Award.

... Continued from front page

ship was able to greet the church from many of the great worship houses across the denomination; Shaw Temple A.M. E. Zion Church in Smyrna, GA, Trinity A.M.E. Zion Church in Greensboro, NC and Union Wesley A.M.E. Zion Church in Washington, D.C.

An added highlight to this experience was the pre and post worship commentary moderated by the Rev. Dr. Alyce Walker-Johnson, Pastor of the Clinton A.M.E Zion Church in Rockville, MD and Rev. Daren Jaime, Pastor of the Peoples A.M.E. Zion Church in Syracuse, NY. The host for the Star Cast enjoyed meaningful and fun conversation with many leaders and members of the official family.

Interwoven into the worship service was dramatized story of a young man named James on a college campus who is in search of peace. In his pursuits he is helped along the way by characters named Harriet, Freddy, and a Professor named Ms. Foote. These are modernized adaptations of notable Zion leaders, Bishop James Varick, Harriet Tubman, Frederick Douglass, and Rev. Julia

Foote. Throughout the worship service viewers are taken back to James’ journey and it is made evident at the end all that what he is seeking can be found in a fulfilling relationship with God through Jesus Christ. The A.M.E. Zion Church, wherever one may be located, will help one to realize that experience. Christian Education Board Chair and Northeastern Prelate, Bishop Dennis V. Proctor facilitated the commentary of the quadrennial theme; The Freedom Church: A Movement Empowered by the Holy Spirit: Strengthening Our Fellowship, Serving Our Flock, Sharing Our Faith, and Securing Our Future. The preacher was none other than Senior Bishop and Presiding Prelate of the Eastern North Carolina Episcopal District, The Right Rev. Dr. Kenneth Monroe. The scripture was the Gospel of John 5 : 6 - 9 and the sermon topic was “When Faith Needs Healing.” The production team did not leave one stone unturned. There was even an opportunity for worshipers to call a hotline for either prayer or salvation.

At the conclusion of worship, Bishop Dennis V. Proctor commented, “Zion’s flag will continue

to be furling in the winds of time because we serve a God changeth not!”

Reverends Walker-Johnson and Jaime then continued to host a post worship “StarCast” where many Bishops of the church expressed their pleasure and commendations to CCO and team for a job well done. Bishop Seth Lartey commended Mr. Kent and his team in saying, “this is what happens when we allow our people to give the very best of their gifts.” The communications department expressed its appreciation to the Board of Bishops and A.M.E. Zion leadership for participating in the worship experience. Mr. Kent and the Communications representatives understands the trust that was given to the Communications Department to host such an important worship service for our church. He prays that the standard of quality was lifted and that the Communications Department has distinguished itself as the official and primary form of communications to the church for years to come



Official Statement

from the Board of Bishops upon the Nomination of Judge Ketanji Brown Jackson to the Supreme Court

The African Methodist Episcopal Zion Church, known as the Freedom Church, is the church of Harriet Tubman and Sojourner Truth. We join with others on congratulating Judge Ketanji Brown Jackson upon her historic nomination by President Biden as the first Black Woman to the United States Supreme Court. President Biden has fulfilled his promise and done so by nominating an outstanding jurist.

Judge Brown Jackson has held positions in the executive branch, private practice, and spent several years as a public defender. As a judge on the U.S. Court of Appeals, a U.S. District Court judge, serving as the vice chair

of the U.S. Sentencing Commission, and her own lived experience all combine to make Judge Brown Jackson a highly qualified nominee, yet also one whose diverse background lends itself to a fresh perspective and voice on our nation's highest court.

We are keenly aware that representation matters and are confident, with the enduring faith and resilient advocacy for justice embedded in our own storied history, that the intellect and integrity Judge Brown Jackson will bring to the Supreme Court will not only serve this country but this nation as well.

We pray for a fair confirmation by the United States Senate without delay.

Servants for love, justice, and hope;

We are the Board of Bishops of the AME Zion Church

Bishop Kenneth Monroe, *Senior Bishop*
 Bishop Darryl B. Starnes, *President*
 Bishop Dennis V. Proctor
 Bishop Mildred B. Hines
 Bishop W. Darin Moore
 Bishop Seth O. Lartey
 Bishop Michael A. Frencher, Sr.
 Bishop George D. Crenshaw
 Bishop Hilliard K. Dogbe
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Bishop Brian R. Thompson
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 Bishop George W.C. Walker, Sr. (*Retired*)
 Bishop S. Chuka Ekemam, Sr. (*Retired*)
 Bishop George E. Battle, Jr. (*Retired*)
 Bishop Joseph Johnson (*Retired*)
 Bishop Marshall H. Strickland (*Retired*)
 Bishop Nathaniel Jarrett, Jr. (*Retired*)
 Bishop Warren M. Brown (*Retired*)

DONE THIS THE 25TH DAY OF FEBRUARY, 2022



ZOLINGO'S
SPICE FOR LIFE

Grow Your Own



ALONZO HILL

I grew up on a farm. I learned that planting is a way of growing your own and giving life. Planting creates an opportunity for life to flourish in a tree, flower, vegetable or spice. We must nurture the plant to produce what it is created to be. When the plant produces, it is the result of the proper care and environment it is placed in. The plant's growth expresses appreciation as a result of our efforts. I recently learned that the lesson to experience appreciation includes care, environment and timing. I potted tree

seeds indoors in early February. I was excited about the progress I was having while growing my micro green trees. We began to get a few days of warm weather at the end of February. I could not wait to get them planted in the yard thinking that being in the south, there is no way March temperatures would drop below freezing. I went outside and started planting. I was informing my wife of where I planted the trees and she stated, "Don't you think it is a little early to plant trees." My response was no, they will be fine, it's only going to get warmer. WRONG!!! The next week freezing temperatures set in and destroyed my trees and I was only able to save one of them. I was reminded of two important factors in my life: be patient and listen to your wife.

It is rewarding to grow your own food. You will experience an added appreciation for it when you consume it. I remember walking through my Uncle Ernest's garden with him many times. Each time, he displayed a sense of joy when he described the progress of each fruit and vegetable that he was growing. He lived a few months short of 100 years old. He had the stamina to work in his garden well into his 90's. Uncle Ernest lived a quality life. Food is a constant source of life. Planting flowers, trees and shrubs is just as equally rewarding. They will enhance and beautify any landscape. Viewing them blossom, stirs a warm feeling of delight in your heart and puts a smile on your face.

For helpful information or to get Zolingo's all natural skin care. Great for relief of dry cracked skin, eczema, psoriasis, instant relief from mosquito bites and many other skin ailments, but gentle enough for everyday Authentic Spice Blend and CBD oils. Remember, "It does not matter how long you live, but how well you do it." (Dr. Martin Luther King Jr.)

Planting life is one way to grow your own, but there are many ways to grow your own:

- Grow your own understanding of who you are created to be.
- Grow your own knowledge by seeking credible information and proven facts.
- Grow your own way of contributing your special gifts or talents to the world.
- Grow your own community by aiding in needed areas and projects.
- Grow your own healthy environment, dwell in spaces that nourish your purpose.
- Grow your own lifestyle by knowing what works best for your life and purpose.
- Grow your own relationships by choosing wisely those who you decide to socialize with in every precious moment.

Growing your own is taking charge of your own life. Growing your own, you are more grounded. Growing your own food and way of life is a sure way of knowing what you are going to get. Growing your own, positions us to make better choices in life. What we Consume is key in determining our growth and who we will be. Growth is essential to life. If growth is stunted, it is a sign of death or dying. The great news is that anything dying can possibly be restored back to life. However, if something is dead, it will take a miracle to bring it back to life. If you are dead and reading this article, I pray for God's resurrection power that you might live.

To ensure healthy growth within your life, You must cultivate your foundation by learning how to properly assemble these valuable practices into your lifestyle. Zolingo's Spice for Life has that valuable information that will assist you to a higher quality of life.

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- 1 Head of cabbage
- 1 Onion sliced
- 5 Sweet peppers sliced
- 6 Cloves garlic thinly sliced
- Pink Himalayan Sea Salt to taste
- 1/2 Cup water
- 2 Tbs olive oil

- Sauté onions, garlic and peppers with olive oil in large skillet after 10 min
- Add shredded cabbage and water cover mixing occasionally add salt to taste
- Cook over medium to low heat for about 40 min

RADICAL HEALING FOR FAMILIES IN THE AGE OF COVID-19 THE CHRISTIAN EDUCATOR'S ROLE

Robyn M. Anderson, MS, LPC, LMFT, LADC

Chair, Christian Education Department Commission on Family Life

Pastor, Blackwell AME Zion Church

New England Conference, Christian Education Director

Family Life

Family Life has always been a sacred institution and is the lifeline to human growth and development. However, stemming from decades of research sociologists have found that the family lifeline has been bombarded by a myriad of forces in contemporary society. Moreover, sociologists acknowledge that whatever plagues the wider society such as economic and educational problems, marital breakdowns resulting in single parent households, poor housing, unemployment and underemployment, the impact of these forces on African-American families is much more severe and the ramifications more far-reaching and long-lasting.

While there are many strong black families headed by one or both parents, many black family units still suffer from the ravages of history and are reeling from some indelible scars which originated with the institution of slavery – an institution that did everything in its power to rape and destroy the black family unit, separating mother, father, and child.

Today, the pandemics of Covid-19 and ongoing Racism has sounded the alarm of the need for the Church to examine the way in which we conduct church services, Christian Education, and other ministries in order to develop programs that not only meets the spiritual needs of families but programs that will meet the physical, emotional, and social needs of families as well.

The pandemics of Covid-19 and Racism undoubtedly have shaken the family structure with grief, isolation, fear, economic decline, family disruption, mental health, and racial trauma. These pandemics continue to heighten the need for families to discuss, mobilize and execute affirming techniques that will promote family wellness. The Church can assist families by developing wholistic ministries that will address the needs of the entire family. Strengthening the family unit especially the Black, Indigenous, People of Color (BIPOC) must be of the highest priority if there is to be hope for a better future.

Particularly, the mental effects on young adults and children witnessing police brutality is alarming and

will have long lasting effects. Black families and communities continue to survive with resilience the pandemic of racism from generation to generation. The consciousness of being the “Freedom Church” requires us to be concerned, act on our concern, and to tend to the spiritual, emotional, and social justice needs of Black families in particular.

Faith and Family

Many of us are aware of the importance of the role of parents and the family as a whole in forming the faith of young people. We are aware that the family “is our first community and the most basic way in which the Lord gathers us, forms us and works through us in the world.” In order to serve the present age, the Church and Christian Educators must rethink how we can become much more effective in developing programs that meet the needs of families in our congregations and communities.

As we have witnessed with our eyes and have become enlightened through research, certain faith practices provide foundational means that make a significant difference in how children and adults navigate life. Nurturing the faith of adults, children and adolescents at home and at church should mirror one another. It is crucial that the Church develop family life ministries that promote and provide the tools that are needed for ministering to families. Below, put forward for consideration, are suggestions that would be helpful in the spiritual formation of families:

1. The Church should consider developing a family faith formation website that features various faith practices with engaging activities—print, audio, video, apps, and more—tailored to families with young children, older children, young adolescents, older adolescents, and the family as a whole.
2. The Church should provide “how-to” technology assistance to parents such as online training programs that teach parents how to create short videos of family members engaging in faith-based activities which will allow them to upload the video on the church website and/or on a special YouTube channel for church members and families to observe. Technology training will help parents feel confident and competent to engage in faith practices at home with their children.
3. The Church should communicate regularly with

parents using a family email newsletter or texting to highlight activities and videos online; use social media such as Instagram to show photos of children and teens engaging in faith-based activities with an invitation to those viewing the Instagram postings to post photos of their family engaging in similar practices.

4. The Church should incorporate faith-based practices throughout the year via children and youth programs using experiential activities and invite parents to reinforce the practice through continued at-home activities of which family members can access on the Church website. This strategy can reap huge rewards from childhood through the teen years.

Traditional family practices are still relevant and are important in family spiritual formation.

Among the most important practices are:

1. Reading and/or listen to the Bible as a family and encouraging young people to read the Bible regularly.
2. Praying together as a family and encouraging young people to pray personally.
3. Serving people in need as a family and supporting service activities by young people.
4. Family meals are opportunities for family members to come together, strengthen ties and build healthy relationships and to discuss issues of faith and religion.
5. Ritualizing important family moments and milestone experiences.
6. Celebrating holidays that are essential to our faith and culture at home.
7. Being involved in a faith community and participating regularly in Sunday worship as a family.

The Role of the Christian Educator

Christian Educators should seek to utilize technology with Adults, Young Adults, Youth and Children. It is important that Christian Education ministries are relevant according to the needs of the congregations and communities that we serve. Below are “Eight Dimensions of Wellness” Christian Educators can use to develop programming for family life ministries.

The Eight Dimensions of Wellness involves being aware of ourselves as whole people, including a sense of balance and contentment. It is the feeling that things are going well for us today and can continue to go well for us tomorrow. It is the belief that we have meaningful relationships and a sense of meaning and purpose. Although we may have setbacks, or experience stress, we are resilient and we have

strength, material resources, and the support of others to survive and thrive. Helping people improve their personal wellness, as they define it, is critical.

When we look at the eight-dimension model, our attention is drawn to the idea that all eight dimensions are connected. We all know how much they are connected in our lives. When we feel financially stressed (e.g., increasing debt), we experience emotional stress (anxiety), sometimes leading to physical problems (illness), less effectiveness at work (occupational), and maybe even questioning our own meaning and purpose in life (spiritual). When we are not working (occupational), we lose some of our opportunities to interact with others (social), cannot get the quality foods and medical care we need to stay well (physical), and may need to move to a place that feels less safe and secure (environmental).

Stress, addiction, trauma, disappointment, and loss can impact our wellness and the balance in our lives. It seems important to balance work with play and rest, to balance time out for recuperation and recovery with living our lives fully and productively, and to balance the desire for rapid change with the known effectiveness of slow changes to build good habits.

Another part of wellness is our valued roles such as friend, worker, volunteer, student, colleague, parent, spouse, and community member. Healthy adults produce healthy children. Children need Healthy Adults who will teach, guide and nurture children as they grow into healthy adults. These roles provide an identity, drive our daily activities, and ignite our passions.

Wellness involves a sense of empowerment. Each day we wake up we can make choices. Empowerment goes hand-in-hand with taking personal responsibility for our day-to-day choices and our lives:

1. Physical Wellness involves the maintenance of a healthy body, good physical health habits, good nutrition, and exercise, and obtaining appropriate health care.
2. Intellectual Wellness involves lifelong learning, application of knowledge learned, and sharing knowledge.
3. Environmental Wellness involves being and feeling physically safe, in safe and clean surroundings.
4. Spiritual Wellness involves having meaning and purpose and a sense of balance and peace.
5. Social Wellness involves having relationships with friends, family, and the community, and having an interest in and concern for the needs of others and humankind.
6. Emotional Wellness involves the ability to

... Continued from pg 17

express feelings, enjoy life, adjust to emotional challenges, and cope with stress and traumatic life experiences.

7. Financial Wellness involves the ability to have financial resources to meet practical needs, and a sense of control and knowledge about personal finances.

8. Occupational Wellness involves participating in activities that provide meaning and purpose, including employment.

It is so important that we promote family wellness that connects the home and the church. This will enrich, strengthen, empower and fortify family units including parents, grandparents, adolescents, children, the body of Christ and the community at large. Wellness is a conscious, deliberate process that requires being aware of and making choices for a more satisfying lifestyle. (SAMSA)

It is Time for Radical Healing! Radical healing is

the antidote to racial injustice. As a for-mention by the sociologists, the impact of societies' plagues on African American Families is much more severe and the ramifications more far reaching and long lasting. This is the results of decades of Racial Injustice. This is why Christian Educators must implement Radical Healing initiatives for families in our church and communities.

Due to the emotional impact that COVID-19, racial injustice, and gun violence in the BIPOC community, we are in need of Radical Healing! The church needs to lead the way for radical healing to take place. The birthing of ministries must be intentional in building, developing, restoring, and strengthening family units. In person gatherings and the utilization of technology is imperative. Grief ministries for all ages are needed. Support groups for all ages to recover from emotional distress are vehicles for healing. In-house Counseling or referrals for Counseling are options that Christian Educators can assist families with in addressing their emotional health and wellbeing.

The Psychology of Radical Healing Framework



French, B.H., Lewis, J.A., Mosley, D., Adames, H.Y., Chavez-Dueñas, N.Y., Chen, G.A., & Neville, H.A. (2020). Toward a psychological framework of radical healing in communities of color. *The Counseling Psychologist*, 48(1), 14-46.

Three men convicted of murdering Ahmaud Arbery were found guilty in a federal hate crimes trial Tuesday

Travis McMichael, his father Gregory McMichael and their neighbor William "Roddie" Bryan were all convicted of felony murder and other charges in November.

On Tuesday, a jury made up of eight White people, three Black people and one Hispanic person convicted the three men of violating Arbery's civil rights and targeting him because he was Black. They were also convicted of attempted kidnapping, and the McMichaels were found guilty of using a firearm during the commission of a crime.

The case was one of the most high-profile hate crime trials in years, and came after a rash of acts of violence against African Americans, including Mr. Arbery and George Floyd, led to protests and soul-searching around the nation. It was seen as a victory for the Justice Department, which has pledged to make such cases a priority.

While legal analysts say that hate crimes are especially difficult to prove, federal prosecutors in the Georgia trial presented voluminous evidence of the defendants' racist beliefs and crude language, leaving some jurors visibly shaken. It took them roughly four hours to reach a verdict. When it was read aloud in court, some jurors wept.

National civil rights leaders hailed the conviction as a victory for racial justice.

"As the nation continues to grapple with racially motivated violence by police and vigilantes who shroud themselves in self-appointed authority, the jury sent a powerful message: We see you for what you are, and we will not tolerate your deadly campaign of intimidation," said Marc H. Morial, chief executive of the National Urban League. "This verdict draws a clear line in the sand."

To convict on this hate crimes

charge, federal prosecutors were tasked with proving to the jury that the defendants targeted Arbery because he was Black. For four days last week, witnesses recounted racist interactions with Greg and Travis McMichael, and prosecutors spent a full morning of the trial going over racist and sometimes violent content from the defendants' digital footprints, including texts and videos.

"If Ahmaud was another white person jogging, would this have happened in the way that it did? If Ahmaud hadn't been using public streets, would this have happened the way it did?" prosecutor Christopher Perras asked in the government's closing arguments on Monday.

He argued that the racial slurs and memes, while not illegal in themselves, could help inform jurors about the mindset of the defendants when they saw Arbery run through Satilla Shores that day.

Perras said they acted on racial assumptions, racial resentment and racial anger that had been building for years.

"They didn't need to talk about it. They knew what they were going to do," Perras told jurors. "They grabbed their guns and went after him."

"Would this have happened to a white guy? Yes," said Amy Copeland, attorney for Travis McMichael. She encouraged jurors to consider the evidence that wasn't presented: The government never called any Black witnesses to share stories of her client's racism, she argued, and there was no evidence that Travis McMichael belonged to any white supremacist groups. Copeland declined to call any witnesses to testify for Travis McMichael during the trial.

None of the attorneys disputed



any of the racism evidenced in their clients' digital footprints, and even personally disavowed these viewpoints, while maintaining that the defendants had legitimate reasons to pursue Arbery, after recognizing him as the same man seen on surveillance cameras inside a home construction site at night.

Bryan's attorney, Pete Theodocion, tried to emphasize the differences between his client and the other two, telling jurors that Bryan "wasn't trying to be Johnny Law-Enforcement," but "his instinct told him people don't get chased like that unless they've done something wrong, and in some cases very wrong."

"These defendants saw Ahmaud as less than human, as less than an animal," prosecutor Lyons told jurors in her final rebuttal before Judge Lisa Godbey Wood sent the jurors out to deliberate on Monday afternoon.

Lyons emphasized that they showed no remorse as Arbery was bleeding in the street.

"I think the DOJ [Department of Justice] presented its case well," Ahmaud Arbery's mother, Wanda Cooper-Jones, told reporters outside the courthouse on Monday.

"I'm very emotional. This has been very draining, and I'm thankful this is almost over," she said, noting that she was hopeful for a verdict in time for the second anniversary of her son's death this Wednesday.

Feb. 23 is now officially known as Ahmaud Arbery Day in the state of Georgia.

The Reverend Dr. Michael Eldred McLean

September 11, 1958 – February 20, 2022



A Time to Be Born and a Time to Die

The Reverend Dr. Michael Eldred McLean was born in Erwin, NC to the late Rev. Edward Clifton McLean, Sr. and Mrs. Mildred Ray McLean on September 11, 1958. He departed this life on February 20, 2022 at Atrium Hospital, Charlotte, NC.

A Time to Grow

Rev. McLean's spiritual journey began at the Mt. Olive A.M.E. Zion Church, Durham, NC and his formative spiritual foundation was fortified at the historic Old Ship A.M.E. Zion Church in Montgomery, Alabama. Rev. McLean accepted his call to the Christian ministry in 1978 at Trinity A.M.E. Zion Church, Greensboro, NC under the leadership of The Reverend Edgar N. French. He received his Deacon's Ordination under the leadership of Bishop Alfred G. Dunston, Jr.; Elder's Ordination under the leadership of Bishop Cecil Bishop.

A Time to Glean

Rev. McLean was educated in the Guilford County Schools where he graduated from James Benson Dudley Sr. High School, Class of 1976. He furthered his educational journey attending Livingstone College, Salisbury, NC where he received a Bachelor of Arts degree in Political Science, 1980. He enrolled in Hood Theological Seminary, Salisbury, NC, 1981-1984, where he received a Master of Divinity degree. In 2008, Rev. McLean earned a Doctor of Ministry (D. Min) from Hood Theological Seminary.

A Time to Serve

Rev. McLean's Pastoral Appointments were: St. James, South Port, NC; Mt. Hebron, Hallsboro, NC; Warner Temple, Wilmington, NC; Varick Chapel, Asheville, NC; Bethesda, Mooresville, NC; St. Philip, Wrightsville, NC; Swift St., Greensboro, NC, and East Stonewall, Charlotte, NC. He served the present congregation for 17 years, 2005-2022. One of the highlights at East Stonewall was the building of the James E. McCoy Family Life Center. His church involvement included: served on various Finance Committees in the Cape Fear, Blue Ridge, and Western North Carolina Conferences. He served as Chairman of the Evangelism Committee of the Western North Carolina Annual Conference and Piedmont Episcopal District. He was also Chair of Charlotte District Studies. He was a duly elected ministerial delegate to six Quadrennial Sessions of the General Conference.

A Time to Expand

His professional career included being a Grants Writer and Housing Coordinator for the Ashville Housing Authority, 1988-1992. He also worked as a Deputy Sheriff in the Columbus County Sheriff's Department, Whiteville, NC, 1978-1987. Civic affiliations included: Member of Civitan International, Iredell County; Member of H.R. Commission, Mooresville, NC; Member of the Board of Directors, Mooresville YMCA and Board of Directors, Shaw Speaks Community Center, Wilmington, NC. Memberships included: The Executive Committee of Livingstone College National Alumni Association; Local Officer & member of the Omega Psi Phi Fraternity, Inc; and various other organizations. He received the Mooresville Y.M.C.A. Rose Award, 1997; He was a Livingstone College

Ecclesiastes 3:1 KJV

“To everything there is a season, and a time to every purpose under the heaven.”

Silver Graduate and was inducted into the Livingstone College Hall of Fame.

A Time to Love

Rev. McLean had a love for music of all genres. He wrote and put to music an original song “She is my Mother” in honor of his mother, whom he loved dearly. He was an avid fisherman, traveler, and a great cook. He was a careful listener and conversationalist, and mentor to so many. He was a Spiritual Father to several sons and daughters in the gospel preaching ministry. He was selfless in sharing his gifts with those who sought his counsel. He was a lover of people, a confidant to many and a well-respected friend.

A Time to Remember

Preceding him in death include, his father, the Reverend Edward C. McLean, Sr., two infant siblings, Edwina and Christopher McLean and granddaughter Olivia Grace Stitt.

He leaves to cherish his memory a wife of 37 years, Mrs. Gloria Hall McLean, daughters, Kristin Yvonne McLean, and Brittany Michelle (Martinous) Stitt, one granddaughter, Malia Faith Stitt, all of Charlotte, NC; Mother, Mrs. Mildred R. McLean, Greensboro, NC; Siblings: Edward C. (Debra) McLean, Greensboro, NC; Eddena R. (David) McLean-Collins, Esq., Greensboro, NC; The Reverend Dr. David A. McLean, Charlotte, NC; Mother-in-Love, Mrs. Gloria Askew and Father-in-Love Mr. Ezell Askew, Hallsboro, NC; Brother-in-Law Mr. Michael (Rebekah) Hall, Shannon, NC; Brother-in-Law Dr. Ezell Askew, MD, Lodi, CA; Uncle-in-Law Mr. Albert (Rosetta) Mitchell, Carolina Beach, NC; and a host of nieces, nephews, cousins, and friends; God Daughter, Chelsea Roberts and Special Niece, Tamika (T.T.) Ray. He will forever be missed by his loyal and loving toy poodle Chloe.

Mrs. Connie Blanks Jacobs passes at the age of 81 on Sunday, February 6, 2022

Born to her loving parents, Jesse and Grace Blanks, Connie made her entrance into this world on February 14, 1940, the first of their four children. She left this earth on Sunday evening, February 6, 2022. She was predeceased by her husband, the Reverend Thomas T. Jacobs, Jr., her son, Thomas T. Jacobs, III, and her granddaughter, Anita M. Greene.

Connie was born in the Santo Domingo community of East Arcadia. She spent her early years in Elizabethtown, a happy, loving, well-adjusted child and was the apple of her family's eye. The young family later moved to East Arcadia to live with her grandfather, Moses Blanks, so Grace could take over the family store, Blanks Grocery. Enrolling to continue her education in the second grade at East Arcadia School with her favorite cousins, Dorothy Graham Gore and John "Squeekie" Carter, Connie often enjoyed telling that she and Squeekie sat in the same desk because she was new to the community and afraid to sit by herself. Connie regaled her family and anyone who would listen with tales of her school days and stories about her friends and teachers.

After graduating from East Arcadia High School, she continued her education at Shaw University in Raleigh, NC. Her Shaw U days were another favorite conversation topic. She often spoke of her outstanding professors as well as the notables and celebrities who visited campus to inspire the students and expose them to the best education possible. While a student at Shaw, Connie became a member of Delta Sigma Theta Sorority, Inc. through the Alpha Rho Chapter in December of 1960. After graduating from Shaw in 1962 with a Bachelor of Arts degree in both English and French, Connie began her teaching career in Oxford, NC at Mary Potter High School. Moving closer to home, she took a job teaching in Burgaw, NC at C. F. Pope High School before eventually being honored with a job offer from her high school principal, Mr. William Davis, to teach at Armour High School in 1966.

During her years at Armour High School, Connie became a dynamic force within the Armour community at large. She was the senior advisor for every graduating class during her tenure at the school, chaired the Homecoming committee, served on the May Day committee, and generally jumped in wherever help was needed. While teaching, Connie was working on a master's degree in both English and French at North Carolina Central University, graduating in 1968. When the schools integrated for the 1969-70 school year, she moved to Acme-Delco High School where she continued to make her mark on her students, families, and the community. One of the highlights of her time at Acme-Delco was taking annual trips to Canada with her French students. In 1992, Acme-Delco merged with Hallsboro High School and became East Columbus High School and Connie moved to the new school with her baby sister, Brenda, where they both taught English and she continued to teach French. During her time at East Columbus, Connie continued to do what she had always done: teach, mentor, advise, correct, encourage, motivate, feed, and even rescue. Wherever there was a need



to be met, you would find Connie Jacobs.

On November 9, 1966, Connie entered into holy matrimony with Thomas T. "Tom Jr." Jacobs, Jr. and moved to the Armour community. Soon, they had a circle of friends known as the Young Adult Club with whom they lived, worked, and socialized. With the birth of their eldest child, Felicia, the club gatherings became a family affair, as the members always brought their children to the home of the hosts and a good time was always had by all! Connie and Tom Jr. added two more children to the family, Portia and TJ, and were part of a large extended family on both sides. Connie and Tom Jr.'s house was always open to their younger cousins and they would often stay with them for days at the time.

A lifelong active member of Graham Chapel A. M. E. Zion Church, Connie served tirelessly in a number of capacities including church secretary, class leader, deaconess, and president of the Women's Home & Overseas Missionary Society. If you were there and could not find her, go check in the kitchen! On the district and conference level, she served as a missionary officer and usher president. She also served as secretary to five presiding elders, with her longest tenure being with Dr. Florence S. Brown and the Clarkton/Lumberton District. When Tom Jr. entered the preaching ministry, Connie was all in, faithfully serving beside him at seven pastoral charges.

Surviving to cherish the memories of their beloved mother, grandmother, sister, cousin, and friend are her daughters, Felicia J. Greene and Portia T. Jacobs; her sisters, Lillian B. Brewer and Brenda B. Ebron; her brother, Jesse L. Blanks; sisters-in-law, Gloria B. Blanks and Karen J. Cherry; brothers-in-law: William Brewer, Norris Ebron, and Clifton Worsham; a special cousin, Dorothy G. Gore; and a host of other relatives, cousins and friends.



Cheryl Hickmon

Immediate past of 27th National President of Delta Sigma Theta Sorority on January 20, 2022

On January 20, 2022, I received word that the 27th National President of Delta Sigma Theta Sorority, Cheryl Hickmon, had passed. I was shocked. I was stunned and joined the other 300,000 members of our Sisterhood as we mourned individually and collectively.

The Delta Leadership knew that something needed to be done to ease the concerns of the members, so there were immediate prayers within each chapter, then Regional prayers, then National Prayers. The connectivity was eased because of Zoom. Therefore, those Deltas around the world could participate as one. It was a sad time and a beautiful time rolled into one. There are 1,000 collegiate and alumnae chapters in Delta Sigma Theta Sorority with chapters in Canada, Tokyo, Okinawa, Germany, the Virgin Islands, Bermuda, Jamaica, West Africa and Korea. However, the days following her death, we were one.

I have been a member of Delta Sigma Theta Sorority, Inc. for 60 years, and have served locally, regionally and

nationally, through the years. The 22nd National President, Gwendolyn Boyd chose me to serve on the National Executive Board, during her administration. So I have been up close and personal for many, many years, and have watched the sorority grow by leaps and bounds and have gotten to know these outstanding women. I am so proud of the way the Leadership handled this very challenging time for us, because we were beside ourselves in sorrow.

Cheryl Hickmon came to the leadership stage 39 years ago and I met her when she graduated from South Carolina State University, the alma mater of her father. Even then, I knew that she would climb the ladder of success because she had that special personality, gift of gab, sense of humor and desire to be excellent in all she achieved. She had the "it" factor. I had just been with her in October, 2021 at two separate events and she was full of energy and excited, as usual, about life. She was going the very next month to the 55th National Convention of Delta Sigma Theta Sorority, Inc., November 20 - 22, 2021 in Atlanta, Georgia, as an unopposed candidate. During Covid, there were over 7,000 Deltas in face to face attendance at the National Convention, but I was part of the 18,000 who watched virtually. It was such a joy watching her walk down the isle as the new President.

Cheryl Hickmon is the first National President, in the 109 year history of Delta Sigma Theta Sorority, Inc. to die in office.

She was the daughter of the late Dr. Ned Hickmon of Hartford, Connecticut, and Bishopville, South Carolina, and the late Consuella Anderson Hickmon of Hartford, Connecticut, and Cincinnati, Ohio. She is survived by her two older brothers, Ned, and David Hickmon. Also left to mourn her death are a host of family and friends.

A memorial service was held at The First Cathedral in Bloomfield, Connecticut on Friday, February 4, 2022 at 11:00am.

Elsie Cooke-Holmes (former 1st Vice President) is now the new President and Chair of the Board of Directors of Delta Sigma Theta Sorority, Inc. Her 45 years of active leadership experience makes her qualified to serve in that capacity. She has our total support.

Bishop Godwin T. Umoette

Immediate past the 60th Consecrated Episcopate in the Christian Methodist Episcopal Church on February 26, 2022

The Board of Bishops and the constituents of The African Methodist Episcopal Zion Church are saddened to learn of the passing of Bishop Godwin T. Umoette (1955-2022), the 60th Consecrated Episcopate in the Christian Methodist Episcopal Church. Our prayers, thoughts, and condolences go forth on behalf of his wife, Elizabeth, his children and family, the Tenth Episcopal District, the College of Bishops, and the greater C.M.E. Church Family.

Bishop Darryl B. Starnes, Sr.,
The A.M.E. Zion Church,
President of the Board of Bishops



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sankofa



Looking Back to Move Forward

Written by, **Dr. Asa G. Hilliard, III**
From The Browder File
 Presented by, **Rev. Dr. Sarah Fleming**

This is My Country

*“Some people think
 That we don’t have the right
 To say...This is my country’
 Before they give in
 They’d rather fuss and fight
 Than say...”This is my country’
 But I’ve paid 300 years or more
 Of slave driving sweat and whips on my back
 “This is my country”*

These words were written by Curtis Mayfield in the late 1960’s and they reflected a new attitude which was evolving in the minds of many African Americans. Slavery was no longer being looked upon as a period of disgrace, but as a period of investment.

Black folk had invested their lives, whether they wanted to or not, in the development of the United States of America. It was the slave who was responsible for making America great.

Many blacks have been miseducated into thinking that Africans were nothing but savages, and that coming to America was the best thing that could have happened to us. In actuality, slavery represents just one page in the encyclopedia of the Africans’ greatness.

Many people forget that there was an all-out effort on the part of the slave master to see to it that every positive memory about Africa was erased from the mind of the slave. Memories of thousands of years of productivity were replaced with images of worthlessness. In order to keep a slave a slave, he was made to believe he was worthless.

Even today, 400 years after the fact, many people still believe in the worthlessness of the black race. The solution to this problem, and many others, can only be found if we take the time to know ourselves and familiarize ourselves with our surroundings.

Take Washington, D.C, for example. Thousands of tourists come here every day to see the handy work of America’ founding fathers. These same tourist leave

with a greater appreciation for this country, never realizing that were it not for the Africans and their African American descendants, this nation would be dramatically different from what it is today.

Consider these facts:

- The Washington Monument (the symbol of America) is the tallest structure in the Metropolitan area; no other structure is allowed to obstruct its view. This is because the Washington Monument was fashioned after an African monument called an obelisk, which was symbolic of the regenerative powers of God.
- The design of the Lincoln Memorial was patterned after a temple in honor of Rameses II (constructed approximately 1225 B.C.) who was a pharaoh of the 19th dynasty in Egypt.
- The designation of Meridian Hill Park aka, Malcolm X Park) was designed to align this city to the same meridian (the pathway of the sun) which passes through ancient Egypt.
- The layout and design of this city would not have been possible without the assistance of Benjamin Banneker, America’s first black man of science.

It is no accident that the so-called Founding Fathers sought to recreate, here in America, the same energies which guided and directed our ancestors in ancient Egypt. They utilized African architecture, science and symbolism and removed the African signature. Only a properly trained eye is capable of seeing the truth.

Further attempts to utilize the knowledge of the Africans can be found in the development of masonry in the early foundation of this country. The masons patterned themselves after the so-called mystery schools of ancient Africa. Many of the Founding Fathers were Masons, as were all the generals who fought in the Revolutionary War. George Washington insisted that only his masonic brothers would command his troops.

The links between Masonry and ancient Egypt are irrefutable. Not only are the symbols of Masonry derived from Egypt culture, but so is their name. The

word Mason from the Latin words mass and son) means child of the sun. The recipients of the highest levels of education in Egypt were also called Sons and Daughters of the Light, i.e., Children of the Sun.

The Declaration of independence and the Constitution are both Masonic documents which were written in Masonic code and have a totally different meaning to members of the Masonic order. Over the years, the United States has had at least thirteen presidents who were members of The Craft.

For the second time in history, the African was responsible for building the greatest nation ever known. This is a living testimony of our greatness as a people, our ability to survive and our ability to create. This is our legacy. This...is our country.

Commentary

When I made my first trip to Africa in 1980 I became aware of numerous truths which had been missing from all of the history books that I had read. In 1985 I became aware of the Egyptian symbols which were everywhere to be found in my new hometown of Washington, D.C. After a year of extensive research, I began conducting field trips throughout the city, and shared with various groups, the discoveries I referred to as “America’s Best Kept Secret.”

Over the past decade, thousands have taken my African Centered Tour of Washington, D.C. By decoding the symbolism in the local architecture, I’ve shown people how to see the truths which have been hidden in plain sight. They’ve learned to recognize

the ancient Egyptian presence in the Nation’s Capital.

For example

- The story of the Nile Valley Contributions to Civilization is etched in stone on the doorway surrounding the entrances to the Adams Building of the Library of Congress.
- The Jefferson Building of the Library of Congress tells the story of the evolution of humanity, from Africa to European, in 33 carefully carved heads which surround the building.
- The Washington Monument tells the story of Ausar, the first resurrected god, and the symbol of his son Heru is located above the elevator inside the Monument.
- Symbols on the western grounds of the Capital Building indicate the mission of America’s lawmakers.

The desire of America’s Founding Fathers to re-create the spirit of ancient Africa can be found throughout the United States---if you know what to look for and where to look. I’ve seen similar symbolism on buildings in Chicago, Indianapolis, St. Louis, New York and other cities throughout America.

I am convinced that this is my country too. My ancestors inspired its creation, helped build it from the ground up and died defending it. As their descendants, we have yet to receive the full benefits of their labor. We, therefore, have an obligation to claim our legacy, celebrate our greatness and preserve our heritage for generations who will follow us.

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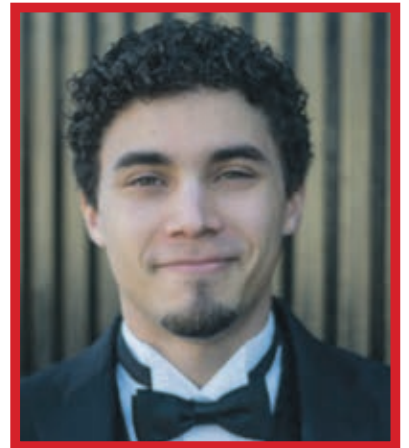
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The Rock Hill Symphony Orchestra Welcomes Livingstone College Professor Dr. Lawrence Quinnett as Featured Artist for Masterworks Concert



The Rock Hill Symphony Orchestra welcomes to the stage Dr. Lawrence Quinnett as the featured artist for “American Classics,” an evening of exciting music that will showcase works by Bernstein, Barber, Copland, and Gershwin. The concert will be held on Saturday, April 2, 2022, at 7:30 p.m. at South Pointe High School 801 Neely Road Rock Hill, South Carolina. Tickets can be purchased online at www.rhsymphony.org or by calling 24/7 ticket service hotline at 1-800-595-4849.

Dr. Quinnett is an active concert pianist who has played solo and chamber music in the United States and abroad. He has appeared as a concerto soloist with many ensembles, including the National Repertory Orchestra under the baton of Maestro Carl Topilow, the FSU University Symphony Orchestra with Maestro Alex Jimenez, the Samuel Barber Festival Orchestra, and the Methodist University Orchestra. He has many competition successes to his credit, including first prize in the 2013 Doctoral Concerto Competition at Florida State University, the 2011 FSU Chapman Competition, the 2008 South Carolina Music Teachers’ Association Young Artist Piano Competition, and the 2006 Southeastern College Piano Competition.

Dr. Quinnett holds the Doctor of Music (D.M.) degree from Florida State University where he studied with Dr. Read Gainsford. He was a featured pianist and harpsichordist in Charleston’s inaugural Colour of Music Festival. At FSU, Dr. Quinnett has participated as a lecturer and/or performer in several New Music Festivals, the John Cage Festival, and most notably the 2013 Ligeti Symposium and Festival.

The Rock Hill Symphony Orchestra was established in 2017 by a group of musicians and supporters in the Rock Hill area. Today, it is a fully professional orchestra made up of the finest players from throughout the region and beyond. The orchestra is fully incorporated as a tax exempt, nonprofit 501 (c)

(3) organization. From its origin, the orchestra set forth a bold and challenging mission to inspire, engage, and enrich the lives of community members with the transformative power of symphonic music through excellence in live performances, educational programs, and community activities.

On September 8, 2018, in the Rawlinson Road Middle School Auditorium, the Rock Hill Symphony Orchestra presented its inaugural concert to a SOLD-OUT audience! Throughout the season, the orchestra continued its commitment to developing and nurturing partnerships within the community and surrounding areas.

After an overwhelmingly successful inaugural season of SOLD-OUT performances, the orchestra was blessed with the task of having to change venue due to the need for increased seating capacity. On September 7, 2019, the orchestra held the opening concert of Season II in the beautiful 1500 seat auditorium of South Pointe High School. This lovely state-of-the-art facility features comfortable seating in a spacious environment that continues to enhance the orchestral experience for each of the guests and patrons.





YOUTH FELLOWSHIP

“Parents don’t come to church, so how can our teens come?”

Written By: Ms. Allison Lee

“Our youth just are not coming to church anymore.” “The pandemic has messed everything up for youth ministry.” “Young people have so many other things competing for their attention.” “There isn’t any money in the budget to pay for youth activities.” “Parents don’t come to church, so how can our teens come?”

These are actual quotes from youth group leaders and directors. All of these assertions are in fact true. Times have changed from when it was common for church youth groups to gather once or twice a month and have a formal youth group meeting after church or at the end of the week and then go bowling together or on a group trip to the movies. Society itself has shifted through: the ever increasing use of technology, increased mental health awareness resulting in a decrease of energy to sit in meeting after meeting, humankind who sometimes gets more of its contact and communication from a screen than another individual, and a global pandemic that mandates social distancing and masks and the repeated closing and opening of churches, schools, and community organizations as there are spikes in COVID-19 cases. Things are not the same as they used to be.

If the truth be told, youth ministry was beginning to change way before this pandemic reared its ugly head. In many churches, districts, and conferences across the country, holding a regular date to meet with a full group of youth present has been a struggle for quite some time now. Although youth ministry looks different, feels different, and ultimately is different for many – I’m not sure that that is the ultimate problem. In fact, I’m certain that the evolution of youth ministry is actually the answer to how we as the Church Universal are able to connect with and learn from the next generation. What do we do? There isn’t an obvious answer to that. Perhaps, the answer isn’t at all to fix anything, but as youth directors and leaders, to grow and be open in a way that lets our youth know that we are here for and with them even through the uncertainty of change.

Thoughts from Zion’s Youth to Youth Leaders/Directors

- Release the expectation of meeting monthly or

bi-weekly in person, if that does not work for your teens. Every church and youth group are different. Instead, set a monthly or bi-weekly reminder to email and/or text youth individually to check-in and see if they have any needs. If monthly meetings are not working, try meeting every other month or quarterly.

- Build relationship with youth through sending memes, asking questions about their personal lives/goals, and when able, attending things that they are involved in (sporting events, recitals, etc).

- Create a group through text or a messaging platform (GroupMe) where you can upload encouraging videos or send reminders to youth.

- Encourage the strengthening of peer-to-peer relationships by assigning each member of the group an accountability partner and switching it every so often.

- Be patient both with yourself and with your youth.

- Pray for your youth both privately and if you are able to arrange the times, via text message, phone, or even in the parking lot at church as a group on a specified day.

- Invest in your own development as a person, leader, and mentor.

- Take care of you. It goes without saying that none of us can pour from an empty cup. Youth mention that they can feel when youth leaders are approaching them, but are too stressed or busy to actually talk. When you are feeling overwhelmed, take a moment to clear your mind and maintain your personal Sabbath.

Moving forward, it is imperative that we continue to seek new and improved ways in order to foster the growth of credible, committed, Christian disciples among the youth of our denomination, in an ever-changing world. In order to do this, we must provide youth with 21st century tools, technology, and approaches to ministry. Youth workers must be properly trained and equipped to best reach Generation Z in a way that helps them to see the importance of their witness and that inspires them to lead the way in a fallen world. We must continue to remind our youth of the importance of mental health awareness and holistic health. Most importantly, it is necessary that we continue striving to remain close to the Master, as we put our trust in Him to see us through.

How is Lent observed today?

By Corinne Sullivan

- *WomansDay.com*

Today, Christians around the world still take the 40 days preceding Easter to fast and prepare for the celebration of Jesus' resurrection on Easter Sunday.

However, how people fast often differs based on what branch of Christianity they follow.

Eastern Orthodox Christians tend to be stricter with their practices, as they continue to avoid wine, oil, and dairy products during the entire Lenten period (*as well as during other fasting periods*).

For Western Christians, only Ash Wednesday and Good Friday are full fast days, although some give up meat every Friday.

Besides fasting, some Christians give up luxuries or perform an act of good each day during Lent.

Some things they may avoid include:

- Animal products
- Social media
- Watching TV
- Alcohol
- Ordering take-out food

Some positive habits they may practice include:

- Reading 10 pages of a book every night
- Going to church every Sunday
- Walking to work instead of driving
- Volunteering once a week
- Saying three prayers a day

Are you going to give something up for Lent this year?



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