



Volume 14 |
Issue 4

The Trinity Tablet

The Trinity Tablet: Gepsie Cox, Co-Editor, Catina Evans, Co-Editor

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Inside This Issue:

- Bible Verses for Valentine's Day
- Needle Art Ministry
- Black History Month Quiz
- Health Corner

Dates to Remember:

- *Valentine's Day – Feb. 14th
- *President's Day – Feb. 18th



Happy February,

I can't believe we are already in the month of February! Where did the time go? More importantly, what have you done with your time? As we ask ourselves this question, we must also reflect on love. How we show love to one another and how we show love to ourselves. As I think about love this month, I am reminded of several scriptures and all for different reasons: how we show love when we interact with our neighbors/community, loved ones, and ourselves; how love conquers over hatred; and, how the love of God is in each and every one of us. He is the ultimate model of love.

- *"If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing." ~ **1 Corinthians 13:1-3*** reminds us that nothing has meaning if love is not the driving force behind it.
- *"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails." ~ **1 Corinthians 13:4-8*** reminds us of what love is and what it isn't according to God our father. Love is the most important fruit of the Spirit.
- *"Do everything in love." ~ 1 Corinthians 16:14* helps us to frame all of our actions in love.
- *"The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these." Mark 12:31* ESV reminds us that of all the instruction God left for us, loving ourselves and others is at the top of the list!
- *"You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? And if you greet only your brothers, what more are you doing than others? Do not even the Gentiles do the same?" ~ Matthew 5:43-48* reminds us that we are a light in the darkness; we are commissioned to be different than those that are of this world by acting in love regardless of other's actions towards you.

My final thought for February is a reminder that *"Love bears all things, believes all things, hopes all things, endures all things." ~ 1 Corinthians 13:7.* With the love of Christ, we are planted firmly in his arms. We must be different. I love you all with the love of Christ!

Pastor C. Michele Langston

MT. PISGAH NEEDLE ARTS MINISTRY DONATES 101 HATS

February is American Heart Month. In support of the American Heart Association's "Little Hats, Big Hearts" program, the ladies of Mt. Pisgah crocheted 101 little red hats. These hats are made for preemies and newborns; and during the entire month of February, they will be given to babies born at hospitals across the state of Maryland. "This tiny pop of red helps raise awareness about congenital heart defects." For more information on the "Little Hats, Big Hearts" program, here is the link: <https://www.today.com/health/february-babies-red-caps-raise-awareness-heart-disease-t147821>



SENIOR MINISTRY BLACK HISTORY QUIZ
FEBRUARY 2019



Music of all styles in America were shaped or created by African Americans. We will explore the contributions of some African Americans who blended their musical talents to the music we enjoy today.

1. Slave Songs also known as _____ garnered a very significant role in African American culture and society. Slaves would reference the Old Testament scripture, Exodus 7:16 “and the Lord spoke unto Moses, go unto Pharaoh and say unto him, thus saith the Lord, LET MY PEOPLE GO”. To name two of the many songs containing a double entendre used by slaves seeking freedom were “Steal Away to Jesus” and “Swing Low Sweet Chariot”. Take time to discuss your favorite Slave Song, also known as _____ with family and friends.
2. This style of music began in 1930s. Church songs and the blues helped create this inspiring style of music known as _____. It spread across the country during the Great Depression. Thomas Dorsey is considered the father of _____ music. He wrote more than 1,000 songs including his signature song, Precious Lord, Take My Hand.
3. _____ is a style of music (began c.1900). It is noted for its complicated rhythms and often lively sound. Musicians often improvise while they play. Louis Armstrong, Billy Holiday and Ella Fitzgerald are among the important early _____ musicians.

The answers to this month's quiz may be found on bottom of this page.

Bible Verses for Valentine's Day

www.biblestudytools.com/topical-verses/bible-verses-for-valentines-day/

Valentine's Day, also known as Saint Valentines' Day, originated as a church holiday on February 14th to honor martyrs of the faith - saints whose names were Valentine or Valentinus. It is believed that the first heart valentine note was sent by a Valentine who was in prison for a girl he loved. Valentines notes have been recorded for as far back as the Middle Ages. While the meaning and celebrations of Valentine's Day has changed, it has remained as a special day to shower with love those we hold close.

Valentine's Day can create a variety of emotions for different people. For some it creates great satisfaction celebrating the love you have between you, your spouse, and your friends & family. For others it can cause feelings of loneliness. Whether you are single or in a relationship, let these Bible verses encourage you to celebrate, for God has unconditional and indescribable love for us. No matter your age or stage in life, Valentine's Day can be celebrated because of God's great love.

<i>1 John 4:8</i>	Whoever does not love does not know God, because God is love.
<i>John 3:16</i>	For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.
<i>Colossians 3:14</i>	And over all these virtues put on love, which binds them all together in perfect unity.
<i>John 15:13</i>	Greater love has no one than this: to lay down one's life for one's friends.
<i>Genesis 29:20</i>	So Jacob served seven years to get Rachel, but they seemed like only a few days to him because of his love for her.
<i>Psalms 37:4</i>	Take delight in the Lord, and he will give you the desires of your heart.
<i>Mark 12:33</i>	To love him with all your heart, with all of your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices.
<i>Romans 12:9</i>	Love must be sincere. Hate what is evil; cling to what is good.
<i>1 John 4:12</i>	No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.
<i>1 John 3:18</i>	Dear children, let us not love with words or speech but with actions and in truth.
<i>1 John 4:7-8</i>	Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.
<i>1 John 4:19</i>	We love because he first loved us.
<i>Song of Songs 1:2</i>	Let him kiss me with the kisses of his mouth – for your love is more delightful than wine.



Health Corner Recipe

Curry Stuffed Bell Peppers

Ingredients

- 4 medium bell peppers (any color) tops cut away, seeds and white membrane removed
- 1 Tbsp. extra virgin olive oil
- 1 small onion (diced)
- 1 lb. extra-lean ground turkey or chicken
- 1 medium zucchini (diced)
- 1 tsp. curry powder
- 1 tsp. no-calorie sweetener, granulated, 1/2 packet
- 1/2 tsp. cloves
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1 cup low-sodium chicken broth
- 1 1/2 cups quinoa (cooked to package instructions)
- 1/4 cup chopped, fresh cilantro



Directions

Preheat oven to 375.

In a large skillet, heat oil over medium heat. Add onions and cook 2-3 minutes until translucent.

Add turkey and brown - breaking up clumps and stirring until cooked through (it will turn greyish white).

Add zucchini, curry powder, no-calorie sweetener, cloves, garlic powder and pepper. Stir and cook 2-3 minutes more.

Remove from heat.

Stir in chicken broth, quinoa, and cilantro until well mixed. Spoon ¼ of mixture in to each bell pepper. Place peppers in an 8x8 baking dish, standing up. Add enough water to cover the bottom of the baking dish about 1/8 inch deep.

Bake 25-30 minutes in preheated oven until peppers are tender and mixture is heated through.

Nutritional Facts:

Serving size: 1 stuffed pepper; Calories: 436; Protein: 40g; Fiber: 8g