

**Welcome
March!**

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The Trinity Tablet

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

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Should Lead Us Back to
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Dates to Remember:

*** Ash Wednesday, March
6th
*4th Quarterly Conference,
March 7th @ 7PM
*Daylight Savings Time,
March 10th
*Unity Sunday, March 31st
@10:30AM**

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## **Everything That We Do Should Lead Us Back to the Cross**

In ancient Israel, the symbolism of ashes was understood to be a forceful reminder of the pervasiveness of human sin and of the inevitability of human death. Ashes represented that which, in the human experience, was burned out and wasted, that which once was, but is no more. This traditional emblem of grief and mourning has been adopted by the Christian church as a signal of our own sinful mortality. It has also been embraced as muted trumpet to warn us of the coming dark days in Jesus' life: his passion and death. Ash Wednesday causes us to reflect on the redemptive power of God's grace.

As we enter the Lenten Season let us reflect on the things that Christ has done for us.

**Everything that we do in life should lead us back to the Cross.** The meaning of the cross is death. From about the 6th century BC until the 4th century AD, the cross was an instrument of execution that resulted in death by the most torturous and painful of ways. In crucifixion, a person was either tied or nailed to a wooden cross and left to hang until dead. Death would be slow and excruciatingly painful; in fact, the word *excruciating* literally means "out of crucifying." However, because of Christ and His death on the cross, the meaning of the cross today is completely different. The Cross today means Life, Freedom, Grace, Mercy and Love.

**The hymn "Lead Me to Calvary" is a reminder for us to never to forget what Christ did for us when He died on the Cross:**

- **Lest I forget Gethsemane,**
- **Lest I forget Thine agony**
- **Lest I forget Thy love for me,**
- **Lead me to Calvary.**

Ash Wednesday through the Lenten Season is just a reminder of what Christ has done for us.

**Everything that we do should lead us back to the cross.  
Pastor**

*References: Got Question, AME Hymnal, A Lectionary Commentary*

**SENIOR MINISTRY BLACK HISTORY QUIZ  
MARCH 2019**

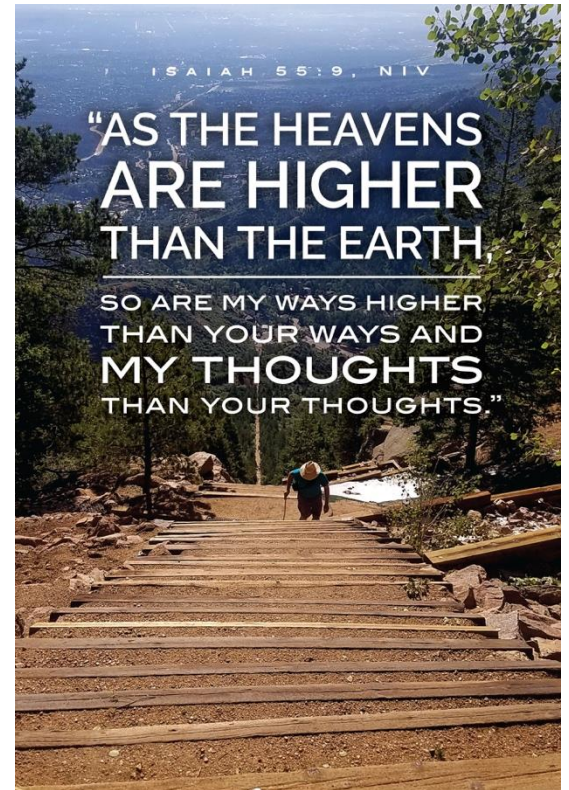


1) Born on September 2, 1975 in Catonsville, Maryland. As a member of the Democratic Party he entered the race for county executive. History was made in 2018 when he was elected to be the First African American County Executive of Howard County, Maryland. Congratulations to our First African American County Executive, \_\_\_\_\_.

2) "When you can do the common things of life in an uncommon way, you will command the attention of the world". These words of wisdom were spoken by what well-known African American?  
\_\_\_\_\_

3) This was a Baltimore First. After moving through the ranks of the postal service for 24 years she is to be congratulated for becoming Baltimore's 43rd post master and the historical honor of being Baltimore's First African American woman to serve in such a capacity. As post master, \_\_\_\_\_ will oversee over 1800 employees.

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



# *Women's Missionary Society*

## *Red Dress Sunday*

*The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.*

*The Women's Missionary Society (WMS) sponsored Red Dress Sunday, a St Agnes Hospital initiative, calling attention to heart disease in women (and men), especially African American women.*

*Our speakers were Diane London, Nurse Practitioner and Dr. Birthdale Archie, Professor of Nursing, Bowie State University. We thank them as well as Katrina Fowlkes, Juanita Callier, Alice Cornelison, Felicia Ward, Kandice King, Damon Fowlkes, in addition to other nurses from the congregation who did a wonderful job with approximately thirty blood pressure screenings. Healthy snacks were also shared.*

*Thank you to Pastor Langston, Liz Smithay, the WMS President, Roger Rome, the Media Ministry (Chris Childs), the Culinary Ministry (Mary Goodwin), Ernie Willis (Photography), Sandra Jordan, Angela Kabasela, the congregation, Youth and all who served.*



## Spiced Brisket with Cranberries

Calories

257 Per Serving Protein

Protein 24g Per Serving Fiber

Fiber 1g Per Serving

Servings 8

Serving Size 3 ounces beef and 2 tablespoons sauce

2 teaspoons olive oil

1 2-pound beef brisket, all visible fat discarded

1 teaspoon dried oregano (crumbled)

1/2 teaspoon garlic powder

1/4 teaspoon salt

1/4 teaspoon black pepper ((coarsely ground preferred))

1/2 cup fat-free, low-sodium beef broth

1 cup barbecue sauce (lowest sodium available)

1 cup whole cranberries

1/3 cup firmly packed dark brown sugar



Heat the oil in the pressure cooker on sauté. Cook the brisket on both sides, or until browned. Turn off the pressure cooker. In a small bowl, stir together the oregano, garlic powder, salt, and pepper. Sprinkle the mixture over the beef. Pour the broth around the beef. Pour the barbecue sauce over the beef. Secure the lid. Cook on high pressure for 55 minutes. Allow the pressure to release naturally for 15 minutes, then quickly release any remaining pressure.

Transfer the beef to a glass baking dish. Cover and refrigerate. Pour the accumulated juices into a glass bowl. Cover and refrigerate. Just before serving time, preheat the oven to 300°F. Remove the beef from the refrigerator. Very thinly slice the beef across the grain. Put it in the baking dish. Skim off the fat from the refrigerated juices. Pour 1 cup of the juices over the beef. Bake, tightly covered, for 45 minutes to 1 hour.

Meanwhile, in a small saucepan, cook 1 cup of the juices over medium-high heat. Add the cranberries and brown sugar. Cook until the cranberries pop and are soft, stirring occasionally. Drizzle the sauce over the beef.