

Volume 16 |
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The Trinity Tablet

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

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Rev. C. Michele Langston, Pastor

Dates to Remember:

- *World Day of Prayer — March 5th
- *Girl Scout Sunday — March 7th
- *Daylight-Saving Time begins – March 14th
- *St. Patrick's Day — March 17th
- *First Day of Spring — March 20th
- *Palm Sunday — March 28th



Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

Harriet Tubman

A Prayer for Women's History

Let us pray...

We remember that March is Women's History Month.

Thank you for all the cherished women in our lives and in our histories: mothers, sisters, friends and neighbors.

God, may women across the globe continue to be empowered, knowing the love you offer.

- Written by Sojourners



The History of Women's History Month

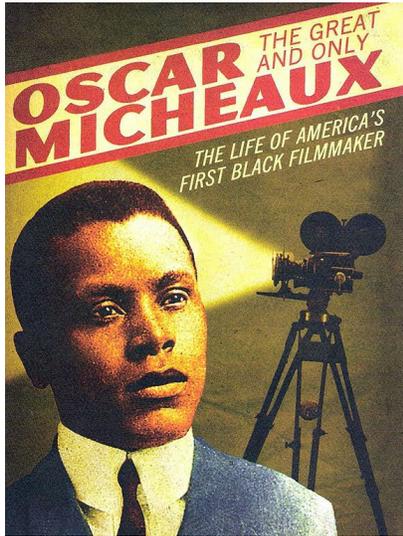
Women's History Month is celebrated in March, to highlight the contributions of women in history and contemporary society. International Women's Day is March 8.

Women's History Month began in 1911 when the California school district of Sonoma started a Women's History Week. It wasn't until 1980 that President Jimmy Carter issued a presidential proclamation declaring the week of March 8, 1980, as National Women's History Week.

The proclamation stated: "From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well ..."

Throughout the next several years, Congress continued to pass joint resolutions designating a week in March as Women's History Week. In 1987, March was officially declared Women's History Month by Congress.

Celebrate
**BLACK
HISTORY**



Oscar Micheaux – a pioneering African American author, film director and the first African American to produce a feature length film.



Dr. Rene' Shingles – the first African American woman inducted into the Athletic Trainers Hall of Fame



Richard Allen - minister, educator, writer, and one of America's most active and influential Black leaders.



Viola Davis – an actress and producer who has won an Academy Award, a Primetime Emmy Award and two Tony Awards; the first African American to achieve the “Triple Crown of Acting”

A BLACK HISTORY MOMENT

I was born on February 14, 1760, in Philadelphia, Pennsylvania, one of four siblings. I worked on the household staff of Benjamin Chew, a Philadelphia lawyer. When I was seven years old my family and I were sold to Sturgis Stokeley, a farmer and slave owner in Dover, Delaware. In 1777 when I was 17 years old, my mother and three siblings were sold. I would never see them again.

I frequently attended meetings of the local Methodist Society and joined at age 17. I taught myself how to read and write. I began evangelizing and attending services so regularly that I attracted criticism from local slave owners.

My slave master, Stokeley, while listening to Rev. Freeborn Garretson, a previous slave owner who released his slaves due to his religious convictions, was convinced that slavery was wrong and offered his slaves the opportunity to buy their freedom. I was blessed to do so in 1780 for the sum of \$2,000.00. I met and married Flora, my beloved wife, who passed away early in life. Soon after, I met Sarah Bass in 1800 and we were married within a year.

I was licensed to preach in 1784, at the first conference of the Methodist Church in Baltimore, Maryland. In 1786 I united with St. George's Methodist Episcopal Church of Philadelphia, Pennsylvania. I attracted many followers. The church built a gallery specifically for the Negro worshippers. In 1787 Absalom Jones and I decided to leave St. George's because we could not pray at the altar in peace. We formed the Free African Society. My followers and I became the AME Church. Bethel AME Church was opened in a converted blacksmith shop. I became the first black Methodist minister, ordained by Bishop Francis Asbury, in recognition of my leadership and preaching.

Eventually, Absalom and I parted ways. In 1816 four Methodist Church local congregations from Philadelphia, Salem, New Jersey, Delaware and Maryland united to structure the independent denomination of the AME Church, the first fully independent Black denomination in the United States.

Founder's Day of the African Methodist Episcopal Church is held during the month of my birth in February. I was the first *elected and consecrated* Bishop. The AME Church is the oldest and largest formal institution in African American history.

Who am I?

I am Bishop Richard Allen.



A BLACK HISTORY MOMENT

I was born on January 1st 1962 and I'm currently 59 years old and live in Mount Pleasant MI. I got my interest for my career in athletic training when I was in high school and developed shin splits while cheerleading. I was sent to the athletic trainer for my shin problems. While taping my arches, I noticed his "black bag" and was intrigued by what was in it and the purpose of the contents. I was also intrigued by what was taking place in the athletic training facility – it looked like fun. Having had an interest in medicine and sports, I asked the athletic trainer if I could be involved too and he said yes and the rest was history. During my senior year in high school, my athletic trainer took us to a sports medicine conference. While there, I was introduced to Claire Beth (C.B.) Lynn, who was the head women's athletic trainer at the University of North Carolina at Chapel Hill. I had been accepted to Carolina, and asked Claire Beth if I could be an athletic training student for her. She replied, "See me once you arrive on campus." Trust me, I did just that.

At the University of North Carolina at Chapel Hill I got my Bachelors in Health and Physical Education in 1984 and then went to Illinois State University to get my Masters in athletic training in 1986. Finally, I got my PhD at Michigan State University in 2001 and went on to teach at places like Illinois State, Central Michigan, Newberry College, and University of Northern Iowa.

After lecturing and becoming a part of multiple sports departments for schools I was inducted into the National Athletic Trainers Association (NATA) in 2018 becoming the first, but definitely not the last African American Female to be inducted into the NATA hall of fame. One of my most memorable moments as an athletic trainer was in the 1996 Olympics I got to march with the US Olympic team in the opening ceremony since I was a part of the medical staff and it was a huge honor.

Some advice I would give to those who are aspiring to be athletic trainers would be to find a great mentor who can guide you and teach you the proper way to pursue your career like I did.

Who am I?

I am Dr. René Revis Shingles.



A BLACK HISTORY MOMENT

For more than 70 years before Tyler Perry Studios, I was a pioneering African American author and filmmaker, and arguably, the most famous producer of race films for black audiences whose tastes were insulted by racist Hollywood films. I was the first African American to produce a feature-length film.

I was born near Metropolis, Illinois in 1884 and grew up in Great Bend, Kansas. As one of eleven children of former slaves I shined shoes and worked as a porter on the railway as a young boy. As a young man, I very successfully homesteaded a farm in an all-white area of South Dakota where I began writing stories. Because of the attitudes and restrictions on black people at the time, I formed my own publishing company and sold my books door-to-door.

The advent of the motion picture industry intrigued me as a vehicle to tell my stories. I formed my own movie production company in 1919, and made my first film. I wrote, directed and produced the silent motion picture "The Homesteader" based on my novel of the same name. Using autobiographical elements again, I made the film, "The Exile", which was my first feature film with sound. The central character in the film leaves Chicago to buy and operate a ranch in South Dakota. In 1924 I introduced the moviegoing world to Paul Robeson in my film, "Body and Soul".

Given the times, my accomplishments in publishing and film are extraordinary, considering that I was the first African-American to produce a film to be shown in "white" movie theaters. In my motion pictures, I moved away from the "Negro" stereotypes being portrayed in film at the time. Additionally, in my film "Within Our Gates", I attacked the racism depicted in D.W. Griffith's film, "The Birth of a Nation".

The Producers Guild of America called me "The most prolific black – if not most prolific independent – filmmaker in American cinema." Over my remarkable career, I wrote, produced and directed forty-four feature-length films between 1919 and 1948 and wrote seven novels, one of which was a national bestseller. You can find my star on the Hollywood Walk of Fame, sponsored by the Black Filmmakers Hall of Fame in honor of black contributions to American Film.

My life came to an end on March 25, 1951 while on a business trip in Charlotte, North Carolina. My remains were returned to Great Bend, Kansas and interred with other members of my family.

Who am I?

I am Oscar Devereaux Micheaux.



A BLACK HISTORY MOMENT

I was born on August 11 in 1965 down south, in St. Matthews, South Carolina. I am the daughter of Mary Alice and Dan Davis – two hard working parents. I am the second youngest of six children, having four sisters and a brother. I was born on my grandmother's farm on the Singleton Plantation. My father was a horse trainer, and my mother was a maid, factory worker and homemaker. They did all they could to help provide for my family and I. Two months after I was born, my family moved to Central Falls, Rhode Island where I went with only two of my sisters, leaving behind my older sister and brother to live with my grandparents.

Growing up was a little rougher than other children's childhoods. I would describe it now as living 'in abject poverty and dysfunction.' I remember living in "rat-infested and condemned" apartments just to have a roof over my head. Even though there were plenty of nights I went hungry, my parents did the best that they could to provide for my siblings and I and for that I was grateful.

I attended Central Falls High School in Rhode Island. This is where I can honestly say that my love for stage acting began. I was very involved in the arts at my school even though I had no idea where that love would take me. Throughout my teenage years, I was able to be a part of the federal TRIO Upward Bound and TRIO Student Support Services programs. These programs aimed to provide disadvantaged high school students better opportunities for attending college and also help to provide services for them. Continuing in my teenage years, I enrolled at the Young People's School for the Performing Arts in West Warwick, Rhode Island. This is where my talent was recognized by a director in the program, Mr. Bernard Masterso.

After graduating from high school, I decided to study at Rhode Island College, where I majored in theater. While in college, I participated in the National Student Exchange which gave me fun experiences before graduating in 1988. Once I obtained my degree, I attended the Julliard School to hone in on my performing arts talent. While there, I was a member of the school's Drama Division.

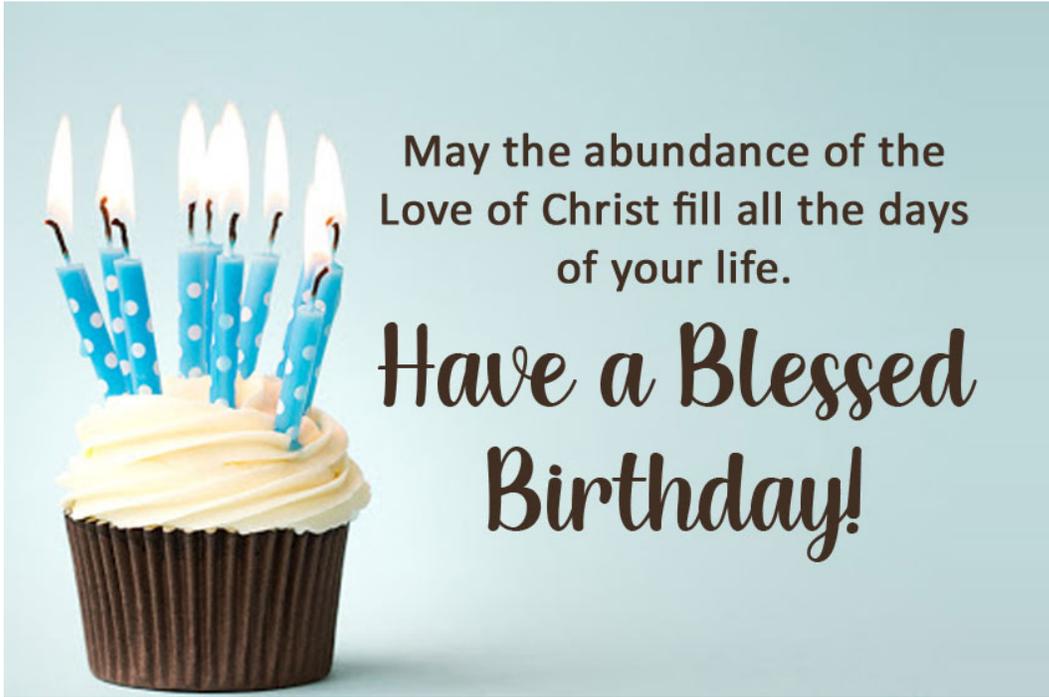
In 1992, I began my professional career in what I loved. I starred in my first professional stage role: an off Broadway production of William Shakespeare's comedy As You Like It. From that performance up to now, I have performed on many stages and acted in plenty of shows from background character to main character. You've probably seen me on your screen if you like drama and mystery shows. While my talent was increasingly being recognized, I still did not forget that I had to work extremely hard in order to continue to create more opportunities for myself. During my flourishing career, I married my now husband, Julius Tennon in 2002, where I became a step mom to his two children. We later adopted a daughter together.

Today, I am widely known as a producer as well in an addition to being an actor. I have won an Academy Award, a Primetime Emmy Award, and two Tony Awards. I am also the first African-American to achieve the "Triple Crown of Acting". In 2012 and 2017, Time magazine named me one of the 100 most influential people in the world. Just last year, I was ranked ninth on the list of "the 25 greatest actors of the 21st century" by The New York Times. Not only am I known for my acting and producing career, but I am also widely recognized for my advocacy and support of human rights and equal rights for women and women of color.

Who am I?

I am Viola Davis.





May the abundance of the
Love of Christ fill all the days
of your life.

*Have a Blessed
Birthday!*

3/1	Cameron Ward	3/18	Spring George
3/3	Alonzo Lewis, Sr.	3/18	Jediah Edem-Babanawo
3/4	Zipporah Harris-Bryant	3/19	Daniel Alston
3/4	Nneoma Achuko	3/21	Rev. Gloria Bradley
3/4	Vianna Robbins	3/22	Pastor C. Michele Langston
3/5	Beverly Moore	3/22	Cynthia Fikes
3/6	Kai Castle	3/23	Kiara Cornelius
3/7	Joy Foster	3/24	Steven Jackson
3/8	Evelyn Miller	3/25	Lizzie Smith
3/12	Lanetra Robinson	3/26	Mildred Mitchell
3/13	Jim Neal	3/26	Rev. Veronica Beckley
3/13	Ugonna Achuko	3/27	Priscilla Brooks
3/14	Pam Nieto	3/27	Keaton Kirkpatrick
3/15	Doris Morgan	3/28	Sandra Dee Kay
3/15	Elaine Stancil	3/29	Kent Jones
3/15	Catina Evans	3/31	Wanda MacLachlan
3/15	Mone' Lawless		



ANNIVERSARIES	
3/17	Rev. Prince & Efia Edem-Babanawo
3/22	Roger & Sheila Edmunds

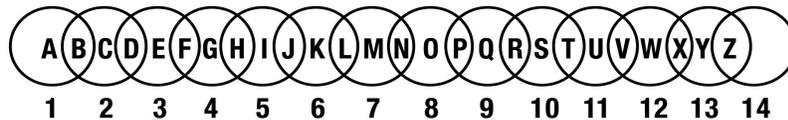
For Kids and “Kids at Heart”



Puzzle!

Use the code to complete the blanks — and find out how God wants us to treat people.

CODE:



1,2 3 6 5 7,8 2,3 1 7,8 2,3
 2 8 7 8,9 1 10 10 5 8 7,8 1 10,11 3
 10,11 8 8 7,8 3 1 7,8 8 10,11 4,5 3 9,10'
 3,4 8 9,10 4 5 11,12 5 7,8 4 3 1 2 4,5
 8 10,11 4,5 3 9,10' 5,6 11 10 10,11 1 10
 5 7,8 2 4,5 9,10 5 10 10,11 4 8 2,3
 3,4 8 9,10 4 1 11,12 3 13 8 11'

EPHESIANS 4:32, NIV

Answer: Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32, NIV