



## [Leaders Differ from Managers](#)

### **Pastor Offers 'Strength Training' Workshop**

By Karisse A. Carmack

The last Saturday in March brought Mt. Carmelites out of the woodwork for a Leadership-Servanthood workshop taught by our own Pastor Evans. In opening remarks, Pastor Evans said the purpose of the event was to live up to our church's current theme, "Refocusing Our Faith, Reshaping Our Church, Renewing Our Lives." He explained that the workshop was an opportunity to get back to basics.

"There has been an increase in gentrification in the District, and too many religious leaders are content with offering political anecdotes instead of preaching the God of the Bible," Pastor said.

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## Mt. Carmel Votes to Update Church Constitution

Several revisions were made to Mount Carmel's Constitution and By-Laws at a Special Business Meeting held Feb. 27. A committee chaired by Sis. Carrie Thornhill had been assigned the task of reviewing the documents and recommending changes.

### Membership

Mt. Carmel will now maintain two rosters of its members—an Active List (members who both attend services and make financial contributions) and an Inactive List (members who do only one or the other, or neither, for a 2-year period). The Membership Committee was charged to develop and maintain the Inactive Members List. The church clerk will now make reports based on both lists at

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## Sunrise Service Set for Easter

Next Sunday, Apr. 12, Mt. Carmel will hold its annual Sunrise Service and Breakfast, beginning at 6:30 a.m. All are welcome.

## Women's Day Guest Preacher Set

Dr. Rosetta Ross, associate dean for academic affairs at Howard University School of Divinity, will be the guest preacher for the 10:45 a.m. Divine Worship Service on Annual Women's Day, Sunday, Apr. 26.

At right, a computer screenshot shows icons for Mt. Carmel's podcasts and twitter. On the right side, Minister Marquez Ball (left) interviews Pastor Joseph Evans about his new book. You can watch the entire broadcast on your desktop, or download it to watch on the go via an iPod or other MP3 player.



Follow us on twitter



## [Would You Please Tweet?](#)

## New Items Added to Mt. Carmel's Website

Mt. Carmel's website, [www.mcbbc-dc.org](http://www.mcbbc-dc.org), just launched several brand new items: a new *blog* (short for web log or diary), a new *podcast* (combination of iPod—a portable device for listening/watching items downloaded from the Internet—and broadcast) and—would you believe?—we also "twitter" (an online networking site that offers users ultra-brief updates on anything under the sun).

"But it's a little boring when no one leaves comments on your blog or very few people follow you on twitter," says Minister Marquez Ball, who is nearly singlehandedly trying to bring Mt. Carmelites (kicking and screaming?) into the 21st century. "So I need you to start talking—No, I really would like to know what you all think. I'm trying to add new services as a way of reaching out. So let me know if its working."

To read and contribute to the Faith Made Simple blog, go online to [www](http://www).

SEE **WEB UPDATES**, PAGE 2

**STRENGTH, CONTINUED FROM PAGE 1**

One goal of the workshop was to learn the difference between a leader and a manager. The participants were divided into five lively groups and participated in two activities. The first activity was to describe what we know about leadership and servanthood. Each group brainstormed on a different topic. Participants wrote their results on post-it notes; then representatives from each group shared the results with the rest of the group.

For the second activity, each group was given 50 minutes to respond to the following: What is a manager? What is a leader? Compare a leader and a manager. Are you a leader or a manager? The questions although short, required deep thought from each participant. When it came time for the groups to share their results, the general belief was that leaders are responsible for providing the vision, and managers are responsible for the implementation of the leader's vision.

Finally, each participant was given a brief survey titled, "Are You a Leader or a Manager?" Based on a scale of one to five, each participant was to evaluate and discuss in pairs their responses. The survey was designed to give participants a basis for determining whether they are true leaders or managers.

Of the participants, many declared that their results deemed them leaders but that they prefer the hands-on work of managers. Statistical results will be given at the next Leadership workshop—which the pastor renamed "Strength Training"—and will be used to help develop the topics to be discussed.

Pastor Evans intends to continue with Strength Training workshops. There were 42 participants. †

*Venus L. Coley contributed to this report.*



Above, a screenshot of an iTunes page. At bottom, you can see a list of podcast episodes offered by Mt. Carmel.

**WEB UPDATES, CONTINUED FROM PAGE 1**

mcbc-dc.org/blog. Several topics (also called *threads*) exist already and you can click the link under them to post your own comments.

To download episodes from the Faith Made Simple podcast, visit [www.mcbc-dc.org](http://www.mcbc-dc.org) and click on the microphone icon along the left

margin. The latest podcasts (at *Light* press time) included recent sermons from the books of Ruth and Jonah, and an interview with Pastor Joseph Evans. In the video clip, he discusses his upcoming book *Lifting the Veil*.

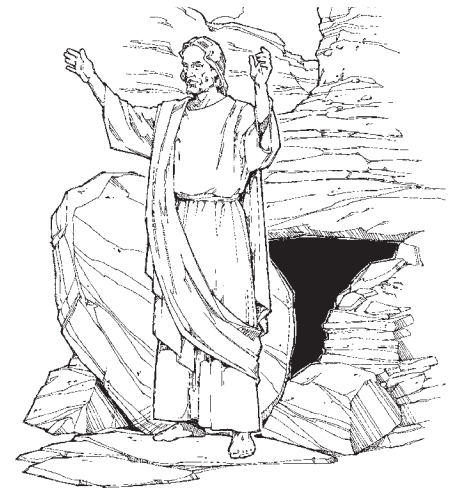
"Let us know what you all think," Minister Ball says.

To keep up with Mt.

Carmel via twitter, click on the light blue twitter icon at the bottom left of the web page or go to <http://twitter.com/mymcbc>. Follow the directions at the top to join and then start commenting. (When you add your own comments, you are *tweeting*.) Don't say you haven't learned something new today. †

**EASTER WORD FIND**

WORJUDASACRIFICEUDAS  
DFIEWCRUCIFYFINDJAAS  
NWOSDEFINDWORDSTONEJ  
ORDUTUSREFFUGSLKIGSU  
IMSSEFFURPILOTIHNEAD  
TSACROSCSUEENKIAAGLOE  
AEVRESURRECTIONJCRSN  
VFIGYSSREOAEYPUSTSE  
LOGNEMHATSWPPRIILTOCR  
ARYFICAPRKINGLOEOMRY  
SSORCUPGCONHOTKLTBOC  
AUAETYYFDISANFILNOMF  
BHRVSAEICAREGPTASPSO  
BAPRISENRLVTUTHEIEN  
ASUFFOESUFFERRSUOEF  
RGIVENRFORGINVENFRM  
AEHTAMIRAFOPESOJONI  
BVFORGAVNFORGIVENESS  
GOODFRIDAYRSCSOSLDIE  
YLPPEAOSLDESOLDIERSR



- ANGEL
- BARABBAS
- CROSS
- CROWN OF THORNS
- CRUCIFY
- EASTER
- FORGIVENESS
- GOOD FRIDAY
- HALLELUJAH
- JESUS
- JOSEPH OF ARIMATHEA
- JUDAS
- KING
- LOVE
- MARY MAGDALENE
- NAILS
- PETER
- PIERCE
- PILOT
- RESURRECTION
- RISEN
- SACRIFICE
- SALVATION
- SAVIOR
- SIMON OF CYRENE
- SOLDIERS
- STONE
- SUFFER
- TOMB

## Mission for New Members Is Two-Fold

By Joseph N. Evans, Ph.D.

*“None of us was ’lowed to see a book or try to learn. They say we git smarter than they was if we learn anything, but we slips around and gits hold of that webster’s blue-back speller and we hides it ’til way in the night and then we lights a little pine torch, and studies that spelling book. We learn it too.”*

—Jenny Proctor, a former slave

The opening epitaph was recovered during the American Slave Project in the 1930s. It was an American attempt to understand slavery and how it functioned. How its institutional effects influenced former bondspersons psychologically and socially. How it created a racial existence within the Veil. I am writing this to you so that you may understand that our mission for new members is two-fold.

First, it is our intention that you be literate about the Bible, as you can be. If so, you will avoid spiritual bondage and slavery. For those who have experienced Christian and transformational abolitionist’s emancipation, you may claim this following statement from Romans

8:15 as a part of your life: “For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out Abba Father!” This is wonderful news for the literate believer, the knowledge of God as the Scriptures teach by the aid of the Holy Spirit.

What is more, you and I may learn that we have social significance and redemption to offer. By this I mean, a former slave now a literate person has so much to offer those still in bondage. So learning all that you can in new members class is an optimum imperative. Therefore, you and I can go back into the Veil and share the good news, telling people that you have found the pathway to

freedom. Socially you and I can justify our faith by demonstrating that we are ambitious to redeem the time and effort that the Lord Jesus paid for us to be free. Grateful Christians serve him as freed men and women, but recognize our literacy in Christianity has social obligations and ethics. We are willing to return to slave territories to win the freedom of our enslaved brothers and

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*...You and I can justify our faith by demonstrating that we are ambitious to redeem the time and effort that the Lord Jesus paid for us to be free.*

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sisters. For instance, I have included two passages from W.E.B. Du Bois’ seminal work *The Souls of Black Folk*. Du Bois writes about his epic meeting with the greatest black intellectual of the 19th century, Reverend Dr. Alexander Crummell. Du Bois shares his respect for the great abolitionist thinker Crummell, and the clergy’s willingness to move within the Veil, and his humble attempt to inform the bondsmen and enslaved that literacy in the gospel and oneself is available:

*I saw Alexander Crummell first at a Wilberforce commencement season, amid its bustle and crush. Tall, frail and black he stood, with simple dignity and an unmistakable air of good breeding. I talked with him apart, where the storming of the lusty young orators could not harm us. I spoke to him politely, then curiously, then eagerly, as I began to feel the fineness of his character—his calm courtesy, the sweetness of his strength, and his fair blending of the hope and truth of life. Instinctively I*

*bowed before this man, as one bows before the prophets of the world. Some seer he seemed, that came not from the crimson Past or the gray To-come, but from the pulsing Now,—that mocking world which seemed to me at once so light and dark, so splendid and sordid. Four-score years had he wandered in this same world of mine, within the Veil.*

*So he grew, and brought within his wide influence all that was best of those who walk within the Veil. They who live without knew not nor dreamed of that full power within, that mighty inspiration which the dull gauze of caste decreed that most men should not know. And now that he is gone, I sweep the Veil away and cry, Lo! the soul to whose dear memory I bring this little tribute. I can see his face still, dark and heavy-lined beneath his snowy hair; lighting and shading, now with inspiration for the future, now in innocent pain at some human wickedness, now with sorrow at some hard memory from the past. The more I met Alexander Crummell, the more I felt how much that world was losing which knew so little of him. In another age he might have sat among the elders of the land in purple-bordered toga; in another country mothers might have sung him to the cradles. †*

<sup>1</sup>W.E.B. Du Bois “Of Alexander Crummell” in *The Souls of Black Folk* (1903).

The author is the pastor of Mt. Carmel Baptist Church. His upcoming book, *Lifting the Veil*, explores preaching in the tradition of WEB Du Bois in the 21st century. Dr. Evans gives more details about his book in an interview online at [www.themcbc.org](http://www.themcbc.org).



## 'The Wait is Over'

### Christian 'Sisters' Unite in Worship, Praise & Fellowship

On Mar. 21, more than 1,300 women—including a healthy contingent from Mt. Carmel—attended the Uniting Sisters Annual Women's Luncheon at Martin's Crosswinds in Greenbelt, Md.

Each year, the event brings together hundreds of Christian Women to worship, praise, pray, minister, and fellowship. This year's session, themed "The Wait is Over," featured a delicious lunch, exciting speakers, musical offerings, and dance performances by the US Dance Ministry.

The speakers, who were all quite dynamic and inspiring, included Dr. Lonise Bias, a nationally known motivational speaker, who inspired the women to be "champions" in her talk titled "What Have You Been Waiting For?" taken from John 4:34-38. "We need to stop waiting," she said. "I have come to remind you that you are champions and mighty daughters of Zion...stop whining and crying, and work when it hurts."

In her presentation, "So You Thought God Had Amnesia," Evangelist Paulette Holloway from All Nations Baptist Church, reminded the ladies that God has not forgotten them. "People will talk about you, envy you, and persecute you, but God has gifted you," said Holloway. "He has not forgotten you, He will elevate you," she said, using text from Genesis 40:1-14, 20, 21, 23.

Elder Vikki Johnson, staff pastor of women at Kingdom Worship Center in Towson, Md., was perhaps the most energetic speaker of the day. She spoke on "The Birthing Room," and as the title suggests she took the group through the birthing canal,



*Deaconess Margaret H. Smith is one of several Mt. Carmelites to attend this year's Uniting Sisters annual women's luncheon at Martin's Crosswinds in Greenbelt, Md.*

declaring 2009 as a year of "bringing forth."

Using text from Psalm 27:13-14, she said, "God is making you ready for what He already has for you. 2009 is a year of breakthroughs." According to Johnson, to achieve your breakthrough take the follow-

ing steps: 1. Get a Partner ("find your Elizabeth"); 2. Hold your position; 3. Know that God keeps His promises; 4. Know that His promises are perpetual; and 5. Then praise, praise, praise.

The final speaker, Reverend Dr. Willette Wright, a staff minister of From the Heart Ministries, brought a word from Luke 2:25-26, titled "The Wait is Over." She asked "When are we going to allow the spirit of the Lord to control, correct, and comfort us?" God wants us to allow him to control us by His spirit. Some of us are just spiritually wrong, she explained. Some of us are not at all led by the Spirit of God. "The love of being in His Spirit is to allow His Spirit to control, correct, and comfort us."

Uniting Sisters is a ministry of Sister's Keepers Inc. For details, visit [www.sisterskeepersinc.org](http://www.sisterskeepersinc.org). †

### Pastor Evans Inducted into the MLK Board of Preachers at Morehouse College

Pastor Joseph Evans was inducted into the Dr. Martin Luther King, Jr., Board of Preachers of Morehouse College on Apr. 2, as part of the 23rd annual College of Ministers and Laity Program. The ceremony was held during the college's 142nd Science and Spiritual Awareness Week, Mar. 29-Apr. 5.

Themed the "Mature Spirituality of a Renaissance Man," the event took place in the Martin Luther King Jr. International Chapel on the campus of Morehouse in Atlanta, Ga. The featured speaker was Rabbi David Saperstein, director of Religious Action Center of Reform Judaism in Washington D.C. Also the prestigious Gandhi-King-Ikeda Community Builders Prize was awarded posthumously to Yitzhak Rabin, former prime minister of Israel and Nobel Peace Prize winner.

### Mt. Carmel Is Host Site for World Day of Prayer Event

The D.C. Layment of the Progressive National Baptist Convention, Inc., will hold its World Day of Prayer Program at Mt. Carmel on Saturday, Apr. 25 at 10 a.m. All are welcome. †



**CONSTITUTION**, CONTINUED FROM PAGE 1 church business meetings.

### Trustee Authority

The Trustee Board will have the authority to negotiate expenses up to \$20,000 before bringing the matters to the church for approval. The previous limit of \$5,000—set decades ago—was seen as too low for practical purposes.

### Clearing Up Authority Matters

The Trustee Board has the authority and responsibility to execute legal papers in the church's name. The board may, however, delegate its authority to the pastor, particularly when the pastor has served as the lead on the matter.

### Fewer Meetings

The number of business meetings prescribed by the Constitution and By-Laws was reduced to 2—the Annual Business Meeting in January, and a regular business meeting in July. Christian forums, which depart from the highly structured business meeting format, will be held as needed.

“What we are trying to do is create a structure that helps us remain relevant in a quickly changing time,” noted Pastor Evans. “It’s part of a larger effort to reintroduce ourselves to a generation that still needs to know Christ.” †

### SOLUTION TO MARCH'S CHURCH SONG UNSCRAMBLE:

1. AMAZING GRACE, 2. AT CALVARY, 3. WHAT A FRIEND WE HAVE IN JESUS, 4. KEEP ON BELIEVING, 5. IT IS WELL WITH MY SOUL, 6. I SURRENDER ALL, 7. COME THOU FOUNT, 8. O GOD OUR HELP, 9. BLESSED ASSURANCE, 10. DOWN AT THE CROSS, 11. BLESSED QUIETNESS, 12. WE'LL UNDERSTAND IT BETTER BY AND BY, 13. I WILL TRUST, 14. HOLD TO GOD'S UNCHANGING HAND, 15. WHAT A FELLOWSHIP, 16. SWEET, SWEET SPIRIT, 17. CHRIST IS ALL, 18. JESUS LOVES ME, 19. POWER IN THE BLOOD, 20. THERE IS A FOUNTAIN FILLED WITH BLOOD.



### What's Happening in Junior Church?

By Brenda Payne Durrington

Here's how Junior Church works: We leave immediately after offertory in Big Church to go down to the lower temple for our service.

Minister Marquez Ball takes the older youths. Sis. Arlene Robinson and I, along with Deaconess Emma Govan, work with the younger children. We meet on the first, second, third and fifth Sundays. Minister Ball holds service for both groups on third Sundays and everyone is in Big Church on fourth Sundays. We rotate the fifth Sunday leader.

We are now learning songs to sing in Big Church on fourth Sundays. Also, some of the younger children will give the welcome at the upstairs Divine Worship Service on fourth Sundays. With more preparation our readers will be ready to do the scripture. We are extremely proud of these young people.

On Mar. 20 some of the children rode the church bus downtown to the Air and Space Museum to enjoy Kite Day. What a great time we had! We made at least 3 different styles of kites, watched fantastic indoor kite flying, saw a collection of unusual historic kites, and listened to experts talk about kites. We had lunch at McDonald's in the food court. This is definitely an activity to repeat. Next trip on our agenda: Family Day at the Smithsonian on Apr. 4 from 12 to 3 p.m.

Many thanks to our most recent contributors: Deaconess Carolyn Garnett and Deaconess Govan. †

### The Long View *Satan Riding Your Back?*

By Margaret M. Long

*Is Satan riding your back?  
I know he's riding mine  
just like a black cat.  
When things seem to be going good,  
Up pops Satan wearing his  
disguise hood—  
Up to no good as he usually is,  
Using people who are weak and not  
very strong.  
They don't know how his tactics work.  
Where he is leading them is very wrong.  
If you know God's Word and read it  
every day,  
There is nothing Satan can do to make  
you stray away.  
The first thing we must do is to know  
it's him.  
Then start praying without delay.  
Put on the whole armor of God,  
That we may be able to stand against  
the wiles of the devil.  
Be aware of those  
who call you their friend.  
"There's not a friend like the lowly  
Jesus. No not one, no not one.  
He can heal all our soul's diseases."  
So, straighten up, shake the devil off.  
Rebuke him and tell him you are cov-  
ered with the blood of Jesus.  
He will leave your back and go looking  
for another.*

### Brotherhood Choir To Sing at Mt. Zion UMC

Mt. Carmel's Brotherhood Choir will render music for the Ushers Ministry at Mt. Zion United Methodist Church of Georgetown on Sunday, Apr. 19 at 3 p.m. Our own senior usher Judge Arlene Robinson will be the worship leader for this service.

Mt. Zion's pastor, Rev. Robert E. Slade, and Ushers Ministry have invited the Mt. Carmel family to share this joyous occasion. The church is located at 1334 29<sup>th</sup> St., N.W., Washington, D.C. Dinners will be served from 1 to 2:30 p.m. for \$6.—Brenda Payne Durrington



## BE HEALTHWISE

"ONE AND THE SAME SPIRIT GIVES FAITH TO ONE PERSON, WHILE TO ANOTHER PERSON HE GIVES THE POWER TO HEAL."—1 CORINTHIANS 9:10

*Too Hot to Handle?*

### Facts About Fevers

**Y**ou know the feeling. You're achy and run down. Something's not quite right.

When you finally get home and reach for the thermometer, you soon find that your temperature's above normal. You have a fever—a sign that something is out of balance in your body.

Fevers aren't necessarily bad. In fact, by turning up the heat, a fever can help you fight off disease-causing bacteria and viruses, which tend to grow and flourish at the body's normal temperature. Fever also activates your body's immune system, which protects you against infection.

Normal body temperature is considered to be 98.6 degrees Fahrenheit. "But in reality there's a lot of individual variation in the 'normal' temperature," says Dr. Fred Gill of NIH's Clinical Center. "Body temperature often fluctuates throughout the day. It tends to be higher in the afternoon and early evening and is typically lower in the middle of the night. A slight rise in temperature without other symptoms does not necessarily mean you have a fever."

In general, doctors don't consider you to have a fever until your temperature reaches 100.4



degrees. Fever can make you feel uncomfortable and have trouble sleeping, but it's rarely dangerous in adults. It's different for infants under 3 months old. They should be evaluated by a doctor for any

fever that reaches 100.4 degrees.

Fever often brings the shivers. You feel chilled because blood vessels in your skin tighten and shrink, keeping warm blood deeper within your body and making your skin feel cold. As a result, your muscles contract and you shiver. Fevers often start to subside when you begin to sweat. Sweating is good because it helps your body cool down and return your temperature to normal.

Infections are the most common cause of fever, but there are many other triggers. Toxins, certain medications, cancer and diseases that

weaken the immune system are a few of the things that can cause your temperature to rise.

Fever in children between 6 months and 5 years of age can sometimes cause febrile (fever-induced) seizures. During a febrile seizure, a child often loses consciousness and shakes. Most seizures last just a minute or 2. Although they can be frightening to parents, febrile seizures are usually harmless.











In general, if a fever is mild and you have no other major symptoms, simply drink fluids and get plenty of rest. If a child with a fever is comfortable, drinking liquids and sleeping well, no treatment is needed.

Over-the-counter medicines like ibuprofen or acetaminophen can help to control discomfort. Adults can generally take aspirin, but children and teens with fever should avoid it because aspirin increases the risk of a rare and sometimes deadly disease called Reye's syndrome.

When giving children medication, follow your pediatrician's recommendation. Check the label as well to make sure you're giving the right dose for your child's weight.

#### Know When to Call a Doctor

Adults, contact a doctor if:

-  your body temperature is above 103 degrees Fahrenheit.
-  your temperature is 100.4 degrees or higher for more than 3 days. Call your doctor if these symptoms accompany a fever:
-  Severe headache
-  Unusual skin rash
-  Neck stiffness or pain
-  Confusion
-  Persistent vomiting
-  Difficulty breathing or chest pain
-  Abdominal pain or pain when urinating
-  Blood in stool



Material for **The Mount Carmel Light** should be sent by email to [garnettink@aol.com](mailto:garnettink@aol.com) or placed in the church office by the deadline—the last Sunday of each month.

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