

# McKendree Matters

McKendree-Simms-Brookland United Methodist Church

Rev. Alexis F. Brown, Pastor

24<sup>th</sup> & Lawrence Streets, NE

Washington, DC. 20018

September/October 2025

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# WORSHIP with us



McKendree-Simms-Brookland UMC  
invites you to worship with us  
each **Sunday at 10:00 AM.**

Register here to join us for services on  
Zoom

<https://tinyurl.com/SUNDAY-MSB>

or

Worship with us in the Sanctuary at  
24<sup>th</sup> & South Dakota Avenue, NE  
Washington, DC. 20018

## Newsletter DEADLINE

Articles for the November/December  
issue of McKendree Matters are due  
by **October 24, 2025.**

Send articles to Rosalind Harris  
Email: [kaarmr@cs.com](mailto:kaarmr@cs.com)  
USPS: 2034 Perry Street, NE  
Washington, DC 20018



### McKendree-Simms-Brookland UMC

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Rev. Dr. Ianther Mills  
District Superintendent

Rev. LaTrelle Easterling  
Resident Bishop

*Open Hearts*

*Open Minds*

*Open Doors*

The people of the United Methodist Church



**10:00am**

**Saturday, September 20, 2025**

**Saturday, November 15, 2025**

# Welcome Back, Pastor Brown and Family



**On July 1, 2025, Pastor Brown was reappointed to McKendree-Simms-Brookland United Methodist Church for another year.** We welcome her back with open arms. Pastor, we hope your renewal time was fruitful in many ways. We also hope that you were able to get lots of rest and relaxation while discerning what new things God is calling you to do as you continue your leadership at MSB.

*Submitted by Judy Jones*



Thank you,  
Rev. Nelson!

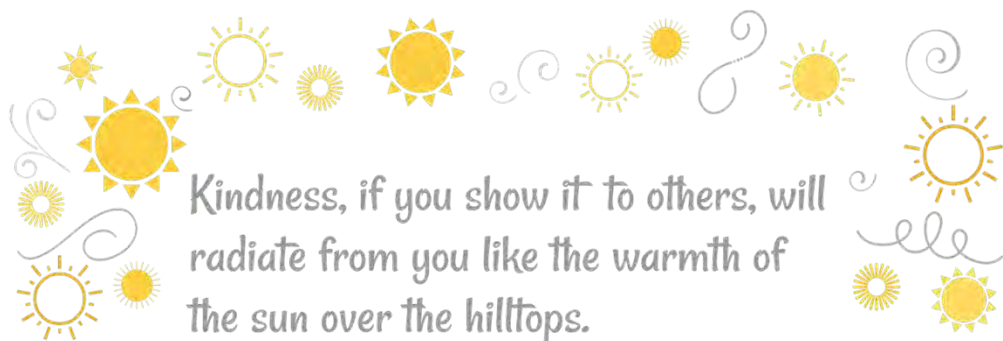


The McKendree-Simms-Brookland Church family offers thanks and appreciation to Rev. Clyde Nelson who “stepped up to the plate” as Pastor-in-Charge in the absence of Pastor Brown. We were blessed through Rev. Nelson’s outstanding leadership skills, his preaching and teaching, the stories he shared during his messages, his support to the sick and recovering members, and the comfort he shared with members in the loss of loved ones. We give thanks to God for Rev. Nelson and to Pastor Brown for inviting him to shepherd the flock in her absence.

Rev. Nelson,

Your love, kindness, and humor will not be forgotten. You’re a part of our church family and you are always welcomed at MSB.

*Submitted by Judy Jones*



Kindness, if you show it to others, will  
radiate from you like the warmth of  
the sun over the hilltops.

# CHURCH Cookout

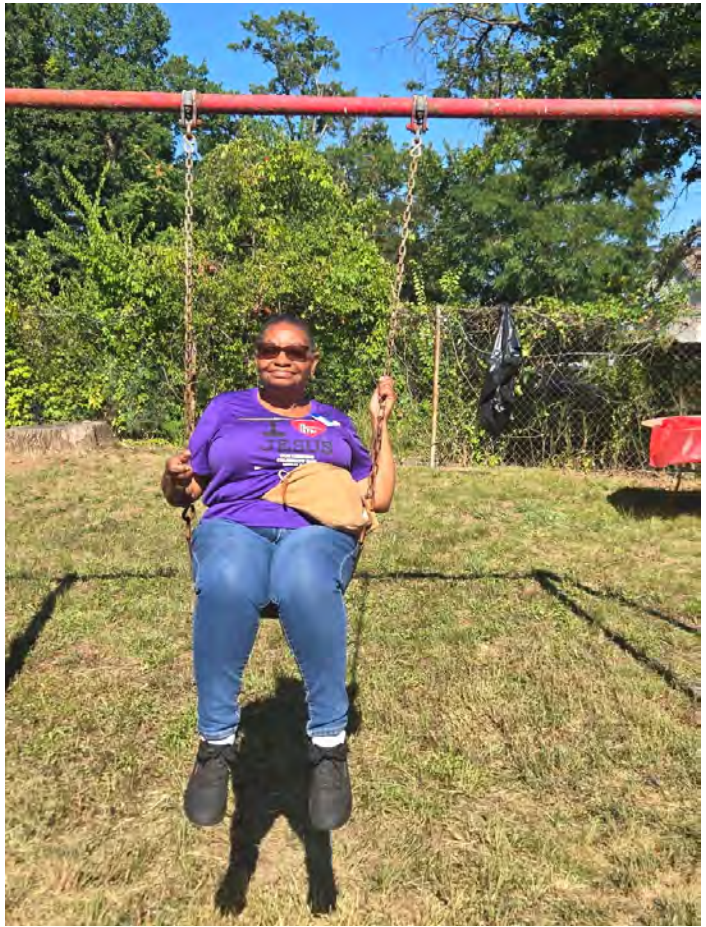
August 9, 2025















*Photos by Eric Davis*

To the members and friends of *"the best church in northeast DC"*. Thank you very much for your food, money and other donations for MSB's third annual picnic. Thanks to all volunteers who set up, cooked and cleaned up.

*The Picnic Committee*





### **Labors of Love**

Thomas Merton, an American monk, writer and social activist, said, "It is in the ordinary duties and labors of life that the Christian can and should develop his spiritual union with God." As the United States observes Labor Day, may we find meaning not simply in marking summer's end but in celebrating the ways nearly all "duties and labors of life" can empower ministry and faith.

Whether as a dentist, parent, artist, teacher, mechanic, gardener, city councilor, farmer, day laborer, attorney or anything else, a Christian can begin each workday or shift by praying for opportunities to serve whoever they'll encounter. We also can pray for and seek ways to grow in "spiritual union with God": cultivating spiritual fruits; actively loving God and neighbor; seeing Jesus in the vulnerable; practicing humility, gratitude and praise.

In Labor Day, may we find inspiration to make all our labors loving and faithful!



### **A Legacy of Faith**

National Grandparents Day became an official observance in 1978, thanks largely to the lobbying efforts of Marian McQuade, a West Virginian who had 15 children and 43 grandchildren during 60 years of marriage.

The purpose of National Grandparents Day, celebrated on the first Sunday after Labor Day, is threefold: to honor grandparents, to give grandparents an opportunity to show love for their children's children and to help children become aware of strength, information and guidance older people can offer.

Grandparents — and, in this mobile society, surrogate grandparents — also serve as examples of how to endure challenges with God's help. Elders describe how God remains present, faithful and steadfast throughout the years. As Psalm 145:4 (NIV) says, "One generation commends your works to another; they tell of your mighty acts."



# Lifelong Learners



"If you don't have wisdom that goes with knowledge, you are only a walking encyclopedia," wrote Jack Wellman, a Kansas pastor. "A book of knowledge is useless without the wisdom to know how to apply that knowledge. ... Information without transformation leads only to frustration."

Consider the many benefits of wisdom — and how you can use what you've acquired to serve God, your church and your community. To better fulfill your calling, what wisdom might you yet need to acquire?

As another school year begins, here's a prayer for students of all ages:

**All-wise, all-knowing God, make us willing learners and seekers of your wisdom, not for the gain of knowledge for its own sake, but that we might handle every situation we face with the wisdom of Christ, in whose name we pray. Amen.**

*—adapted from The Wired Word*



**Teacher:** What's the chemical formula for water?

**Student:** H-I-J-K-L-M-N-O

**Teacher:** What are you talking about?

**Student:** Yesterday you said it was H to O.

- Summer is over. Time to officially remember what day of the week it is.
- "Labor Day is a glorious holiday because your child will be going back to school the next day. It would have been called Independence Day, but that name was already taken."  
(Bill Dodds)
- Receiving new textbooks, one student to another: "Psst. How do you turn this thing on?"
- **Parent:** "What did you learn today?"  
**Kindergartner:** "Not enough. I have to go back tomorrow."



# First Day of Autumn

**Sept. 22, 2025**



## A Prayer for Autumn's Arrival

Lord of all seasons,  
As the leaves change and the days grow cooler,  
help me embrace the rhythm of Your creation.  
Teach me to let go of what I no longer need  
and to trust Your timing in every part of life.

Thank You for the beauty of autumn—  
for crisp mornings, golden trees, and the promise  
of harvest.

May this season deepen my gratitude,  
renew my spirit,  
and draw me closer to Your heart.

In Jesus' name,  
Amen.

## Seasons of Change, Signs of Grace

"While the earth remains, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease" (Genesis 8:22, NASB).

As autumn begins, we watch the world transform before our eyes. Leaves change color, the air turns crisp, and a new rhythm settles in. In these seasonal shifts, we are reminded of God's faithful hand over all of creation.

Genesis 8:22 assures us that the cycles of nature—seedtime and harvest, summer and winter—are part of God's ongoing promise. Each season speaks of His order, care, and presence. Autumn, in particular, invites reflection. Just as the trees release their leaves, we are called to let go of what no longer serves us and make space for renewal.

This season also marks a return to routines—school schedules, church programs, and community events. As we step into new responsibilities or revisit familiar ones, may we do so with gratitude and trust. God is not only present in the harvest but in the quiet letting go.

Let this autumn be a time to embrace God's steady rhythm, find beauty in change, and rest in His faithful promises that never cease—even as the world around us shifts.



# FALLS Prevention AWARENESS Week 2025

Washington  
D.C.

## Week of September 22-25

9/22 -- Trinity Washington University

9/24 -- University of the  
District of Columbia

9/23 -- The George Washington  
University

9/25 -- Howard University

### FREE SCREENS & ACTIVITIES AT EVERY SITE

- BALANCE
- STRENGTH
- VISION
- MEDICATION
- BLOOD PRESSURE
- HOME SAFETY
- EXERCISES
- FALL RECOVERY
- FILE OF LIFE



**COOL Swag Bags**



**FUN Raffles**

**MORE  
INFO**



For assistance,  
call:  
202 559 9856

**SAFE AT HOME**  
**AARP**  
District of Columbia

**Home Care Partners**

**DACL**  
DEPARTMENT OF AGING AND COMMUNITY LIVING  
**LIVE BOLDLY**

**WE ARE  
WASHINGTON  
DC**

GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
**MURIEL BOWSER, MAYOR**

Hello, friends of Safe at Home!

You are invited to the annual city-wide **DC Fall Prevention Awareness Week!**

Did you know that unfortunately, a person over 65 falls every second of every day? Falls are also the leading cause of injury for older adults.

It is never too early to start taking steps for prevention and luckily, we have a first step available right here in DC!!

**Falls Prevention Awareness Week** will be held at four different locations the week of **September 22 – 25, so mark your calendar now!**

- You can get your balance, strength, vision, medications, and blood pressure tested for **FREE!**
- There will be stations to learn about ways to make your home safer, preventative exercises, and how to get up if you do fall!
- There will be a **free giveaway bag** for each participant and **raffles** of gift cards to local stores and for equipment to help you stay safer.
- AARP DC will be providing participants with **free snacks** & a “File of Life” to keep their most important information in an accessible place in case of emergency.

**Each event has the same screenings and activities, so you can attend at any of the following sites at the date and time listed:**

<b>Monday</b>	<b>9/22</b>	<b>9am – 1pm</b>	<b>Trinity Washington University 125 Michigan Ave NE Trinity Center for Women &amp; Girls in Sports</b>
<b>Tuesday</b>	<b>9/23</b>	<b>11am – 3pm</b>	<b>George Washington University 800 -21<sup>st</sup> Street NW GWU Student Center Ballroom</b>
<b>Wednesday</b>	<b>9/24</b>	<b>10am – 2pm</b>	<b>University of the District of Columbia 4200 Connecticut Ave NW UDC Student Center</b>
<b>Thursday</b>	<b>9/25</b>	<b>10am – 2pm</b>	<b>Howard University 501 W Street NW Louis Stokes Library</b>



# Celebrating

*A Special Birthday  
& Anniversary*



On August 29, **Mary (Jackie) Hayman**, celebrated her 90<sup>th</sup> birthday and a beautiful life - 65 years side by side with her beloved **Eldon Hayman**, as they marked their anniversary on August 30. Their marriage is a story of love, faith and devotion, woven through decades of laughter, hard work, and joy. Together they are a living testament to the strength of commitment and the blessings of a lifelong love.

*Submitted by Jacqueline Hayman*

## A Unique Proposal

At the celebration of their 50th wedding anniversary, Mr. and Mrs. Earl Calhoun of Tulsa told how he proposed and she accepted. They were attending a church service in Deepwater, Missouri, when Mr. Calhoun flipped through the hymnbook and pointed out the words, "*Every Day I Need Thee More.*" Mrs. Calhoun took the hymnal, turned a few pages and showed him her answer: "*Take Me As I Am.*" He did.

*The SourceBook of Wit and Wisdom*

## September Birthdays

Brianna Corley	September 1
Lynn Davenport	September 1
Nicole Greene	September 4
Lavon McManus	September 4
Toni Henderson	September 6
Karl Shepherd	September 8
Bertha McNair	September 11
Debra Wilkins	September 11
Jediah Dean	September 20
Shirlene Newman	September 22
Belva Martin	September 23
Beverly Hamilton	September 23
Teria Powell	September 27
Mary Pinn	September 28
Ellen Davis	September 30
Hunter Alexander	September 30

## October Birthdays

Mary Hubbard	October 2
Varetta O'Neal	October 7
Kendra Alexander	October 11
George Parrish	October 14
Miriam Lambert	October 15
Octavia Paul	October 16
Andrea Broadnax	October 17
Mecale McCorkle	October 18
Maynard King	October 19
Claressa Coates	October 20
Frank Lane	October 25
Robert Lambert	October 30
Sheila King-Smith	October 30

**OOPS!** *If we omitted your September or October birthday, please let the Church Office or Rosalind Harris know. We all want to celebrate with you.*

## Hidden Blessings



Dear Friend, God may send you some valuable gifts wrapped in unattractive paper. But do not worry about the wrappings, for you can be sure that inside he has hidden treasures of love, kindness and wisdom. If we will simply take what he sends and trust him for the blessings inside, we will learn the meaning of the secrets of his providence, even in times of darkness.

*by A.B. Simpson*





## **Sick & Shut-in Members**

Linda Alexander  
Leon Anderson & Vicki Anderson  
Mason Clark  
Charlene Cooper  
Matilda Corley  
Rosalie Guerra  
Beverly Hamilton  
Eldon Hayman  
Sallie Henderson  
Mary Hubbard  
Michael Johnson  
Karlene Klimpacher  
Anita Lambert  
James Martin  
Lucy McCorkle  
Bertha McNair  
Lenora McRae  
Lisa McRae  
Rev. Millie Pecku  
David Ratliff  
William Reddick  
Christine Thomas  
Lucy Wade  
Yvonne Whitmore  
Dannie Young

***Sick and Recovering Ministry***

***Mary J. Harris & Judy Jones, Co-Chairs***



## ***Loss in Our Church Family***

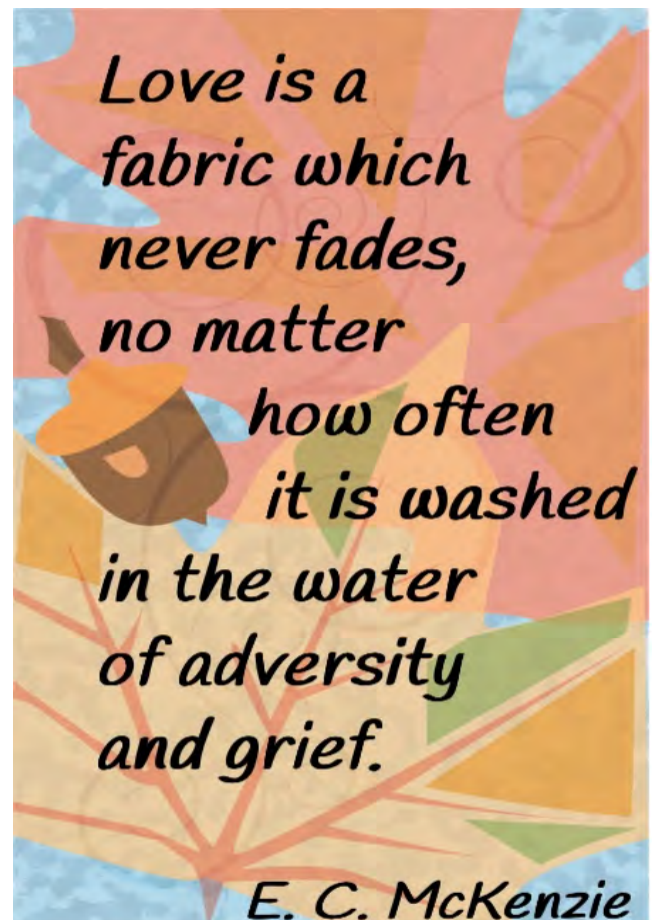
McKendree-Simms-Brookland UMC  
mourns with their families on the  
passing of our MSB members:

**Sis. Genevieve Johnson**

July 5, 2025

**Bro. Lawrence Yates**

August 12, 2025





September is Suicide Prevention Awareness Month—a time to raise awareness, promote hope, and normalize seeking help. It is also a time to remember the lives lost to suicide and offer resources for individuals, friends, or family members who may be struggling with their mental health. The Suicide & Crisis Lifeline, 988, is available 24 hours a day, 7 days a week. The Lifeline provides support to anyone in a suicidal crisis or emotional distress by phone, text, or chat. The website is <https://988lifeline.org>.

According to Center for Disease Control data, in 2023, suicide was among the top 8 causes of death in the United States for people ages 10-64, and impacts millions of people each year regardless of age, gender, or background.

Below are links to free resources:

- [Suicide Prevention Month | NAMI](#)
- [Digital Shareables on Suicide Prevention – National Institute of Mental Health \(nih.gov\)](#)
- [What is Suicide and Suicidal Behavior? | SAMHSA](#)

*Submitted by Belva Martin*

## Ripples of Kindness



"I drop kindness pebbles in still water every day, and I watch the effect they have on other people's lives. My favorite kindness pebbles are compliments. Drop a compliment and watch the ripple effect that it has in your life."

Remarkably, these cheery words come from a father who has faced many dark, difficult days. In *6 Minutes Wrestling With Life*, John Passaro tells of his daughter's heart-wrenching battle with meningitis. The struggles didn't make him bitter; rather, he frequently offers uplifting words on social media.

What if we followed Passaro's example and complimented people regularly? Philippians 4:8 (NIV) instructs us to think about things that are noble, lovely, admirable, excellent and praiseworthy. By extension, turning those positive thoughts into words causes "kindness pebbles" to spread God's light in ripples throughout someone's day — and, doubtless, through ours.



# Benefits of READING BOOKS

**See the world  
differently**

**Gain knowledge**

**Boosts  
Creativity**

**Engage your  
imagination**

**Improves  
concentration**

**Productive use  
of time**

**Expands  
vocabulary and  
memory**

**Stress  
Reduction**

**Builds a  
Critical mind**

**Free  
Entertainment**



*Submitted by Mary Hayman*

## Reading the Bible with Children

As infants, my sons received children's Bibles. The short stories and bright pictures were perfect for their early introduction to the Christian faith. Soon they started reading the stories back to us. But as their comprehension improved, children's Bibles became "too young" for them, while the regular Bible wording was still beyond their grasp.

Then I tried reading from a modern-language paraphrase. I chose The Message, but others will work, too. No need to worry about a lack of pictures; kids are adept at imagining events. Not sure what passages to read? Consult the scripture references accompanying the stories in a children's Bible. Read the story yourself first, to know where to stop and to avoid less child-friendly passages.

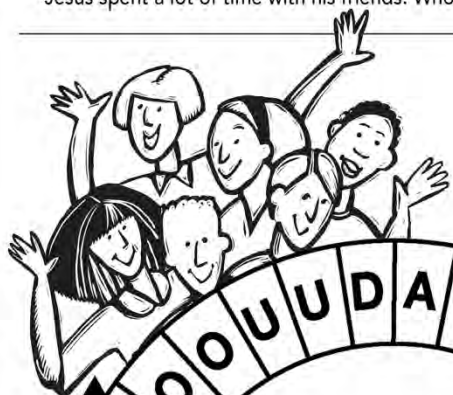
However you share God's Word with youngsters, there are no sweeter words to a Christian adult than "Mom [Dad, Grandma, Auntie...], let's read the Bible!"

*by Heidi Mann*

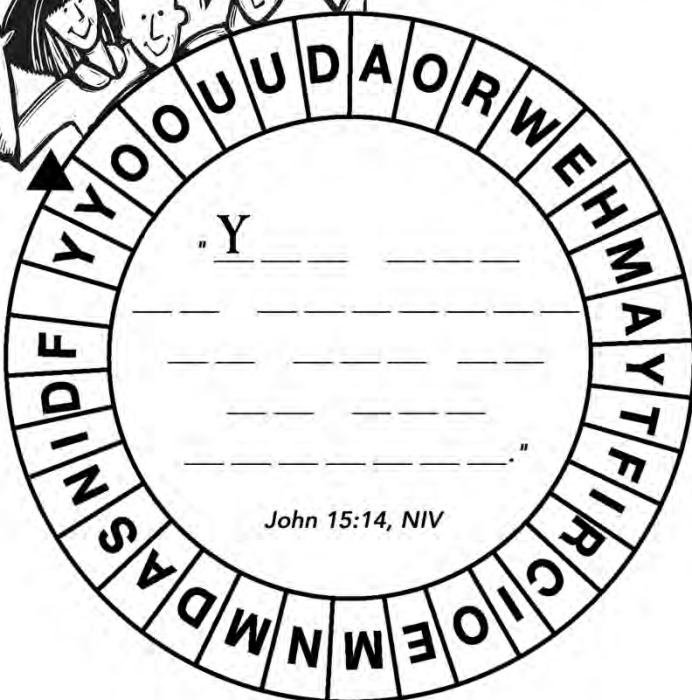


## WHO WERE JESUS' FRIENDS?

Jesus spent a lot of time with his friends. Whom did Jesus consider his friends?



Beginning at the arrow and moving clockwise, write every other letter on the spaces below.



Answer: "You are my friends if you do what I command." John 15:14, NIV



"I was a first-grade teacher. What did you do?"



"I realize we've run into the lunch hour, and I'm sorry. Now, who's the wise guy who ordered pizza?"

## Bible Quiz

Naaman, the commander of the Aramean army, had leprosy. Who told his wife about a prophet in Samaria who might be able to cure Naaman? And who was that prophet?

- A. the king of Aram; Elijah
- B. Naaman's wife's sister; Isaiah
- C. an Israelite servant girl; Elisha
- D. a visiting emissary from Israel; Jeremiah



Answer: C (See 2 Kings 5:2-3, 8-10.)

## Bible Quiz

Paul declares that nothing "will be able to separate us from the love of God that is in Christ Jesus our Lord." Which of the following does Paul specify as unable to block God's love?

- A. death; life
- B. angels; demons
- C. present; future
- D. height; depth
- E. all of the above



Answer: E (See Romans 8:38-39, NIV.)





Did you know...that October 2025 marks the 100th anniversary of the founding of the former ***Simms Memorial Methodist Episcopal Church***?

***Simms Memorial*** is one of the predecessor churches to “the greatest church in Northeast DC” - the ***McKendree-Simms-Brookland United Methodist Church!***

The ***Simms Memorial Church*** was the manifestation of the Christ-led work conducted by the Evangelism Committee from the historic Ebenezer Methodist Episcopal Church, at 4th and D Streets, SE. Ebenezer was the site of the “first public school for colored children of the District of Columbia.” Beginning around 1920, this Evangelism Committee started holding sidewalk meetings; these gatherings eventually grew into gospel tent services in the neighborhoods adjacent to the Washington Navy Yard. By 1924, they had significantly grown into the “Ebenezer Mission” and were holding services in the Williams’ Undertaking Parlor at New Jersey Avenue and “N” Street, SE. Reverend Charles H. Simms was the Minister-in-Charge.

A century ago, in **October 1925**, this “Ebenezer Mission” was dedicated as the **Simms Memorial Methodist Episcopal Church**. The name **Simms Memorial** honors the lives and legacies of the Church’s African-American founder, **Reverend Henson T. Simms** and his brother, **Reverend Charles H. Simms**, the first pastor of Simms Memorial.

History records these African-American Christians as the Charter (First) Members of Simms Memorial: Mamie Carroll; Samuel Carroll; Jane Gordon; Mary Gordon; Ambrose Hawkins; Ernest Jenkins; Lucy Kidwell; Joseph Lee; Minnie Simms Lee (daughter of the first pastor); Catherine Pinkney; William G. Simms (son of the founder); Rachel Ward; William Wilson; and Mike Wood.

As we salute this centennial occasion, let’s reflect on these words written by Charter member, Rev. Dr. William G. Simms:

*“Our Fathers’ type of church, with spires, symbolized their high desires... To God be (the) glory, peace on earth, to every soul a greater worth.”*

May God continue to bless “the best church in Northeast DC”!

*Respectfully submitted by Eric S. Davis, great-grandson of Rev. Henson T. Simms*







September is Deaf Awareness Month. This month, we focus on celebrating the vibrant culture and communication diversity of the deaf and hard of hearing community!

Did you know...

there are Clear definitions of "Deaf" and "Hard of Hearing," along with cultural implications:

- Deaf = profound hearing loss, usually considers themselves members of the Deaf culture.
- Hard of Hearing = mild to severe hearing loss, can be members of the Deaf culture or does not identify as culturally deaf.
- The community prefers the terms Deaf or Hard of Hearing; do not use the term “Hearing Impaired”.
- Do not use the term “Deaf and Dumb” or “Deaf and Mute”.
- Put the person first: say “person who is Deaf or Hard of Hearing” rather than “Deaf person or Hard of Hearing person”.

Communication:

- For a majority of the Deaf community, English is not their first language.
- American Sign Language is its own language, with its own vocabulary, grammar and syntax. It is not a direct word-for-word translation of English. **Example: English- I am going to the Store. ASL translation: I go store**
- Hand movements are only a part of sign language. Facial expressions, hand, body and head movements are also important elements and key to delivering the full message.

- If you are not familiar with sign language and you need to communicate with a person who is Deaf, for a simple exchange, you may be able to communicate by using pen and paper or use your phone to type what you are saying.
- American Sign Language is not the only sign language in the world. There are also French Sign Language, British Sign Language, Chinese Sign Language, Japanese Sign Language and many more- they are not all the same!
- There are more than 300 different types of sign language in the world.

**Practice fingerspelling these words! Do you also know the sign?**

(use chart below)

- |                      |                             |
|----------------------|-----------------------------|
| 1. D-E-A-F           | 9. J-O-Y                    |
| 2. M-I-N-I-S-T-R-Y   | 10. S-I-G-N L-A-N-G-U-A-G-E |
| 3. M-A-Y-N-A-R-D     | 11. D-E-L-I-T-T-A           |
| 4. C-O-M-M-U-N-I-T-Y | 12. P-R-A-Y-E-R             |
| 5. L-E-A-R-N         | 13. C-H-U-R-C-H             |
| 6. I-V-Y             | 14. A-W-A-R-E-N-E-S-S       |
| 7. J-E-S-U-S         | 15. S-U-N-D-A-Y             |
| 8. A-N-T-O-N-I-O     | 16. W-E-L-C-O-M-E           |







## **MAMMOGRAPHY: BENEFITS, RISKS, WHAT YOU NEED TO KNOW**

Mammograms don't prevent breast cancer, but they save lives by finding breast cancer as early as possible.

### **When should you get a mammogram?**

**Breastcancer.org has always recommended** that people assigned female at birth at average risk of breast cancer should start annual mammogram screening at age 40.

A controversy around when screening mammograms should start began in November 2009 when U. S. Preventive Services Task Force (USPSTF) recommended that routine screening mammograms for women with an average risk of breast cancer should start at age 50 instead of age 40. The recommended changes were very controversial and were not universally adopted.

In 2023, the USPSTF issued a draft update to its mammogram recommendations, proposing that people assigned female at birth at average risk of breast cancer start mammograms at age 40 and have a mammogram every other year.

Since that time, the American Medical Association, the American College of Obstetricians and Gynecologist, the American College of Radiology, the American Cancer Society, the National Cancer Institute, and the National Comprehensive Cancer Network all issued guidelines saying that all women should be eligible for screening mammograms starting at age 40.

Finding breast cancers early with mammography has also meant that many more women being treated for breast cancer are able to keep their breast. When caught early, localized cancers can be removed without resorting to breast removal (mastectomy).

The main risks of mammograms is that they aren't perfect. Normal breast tissue can hide a breast cancer so that it doesn't show up on the mammogram. This is called a false negative. And mammography can identify an abnormality that looks like a cancer but turns out to be normal.

This “false alarm” is called a false positive. Besides worrying about being diagnosed with breast cancer, a false positive means more tests and follow-up visits, which can be stressful. To make up for these limitations, more than a mammography is often needed. Women also need to practice breast self-examination, get regular breast examinations by an experienced health care professional, and, in some cases, also get another form of breast imaging, such as breast MRI or ultrasound.

Some women wonder about the risk of radiation exposure due to mammography. Modern-day mammography only involves a tiny amount of radiation – even less than a standard chest x-ray.

### Important things to know about mammograms

**They can save your life.** Finding breast cancer early reduces your risk of dying from disease by 25-30% or more. Women should begin having mammograms yearly at age 40, or earlier if they’re at high risk.

**Don’t be afraid.** Mammography is a fast procedure (about 20 minutes) and discomfort is minimal for most women. The procedure is safe: there’s only a very tiny amount of radiation exposure from a mammogram. To relieve the anxiety of waiting for results, go to a center that will give your results before you leave.

**Get the best quality you can.** If you have dense breasts or are under age 50, try to get a digital mammogram. A digital mammogram is recorded onto a computer so that doctors can enlarge certain sections to look at them more closely.

*Source: The National Cancer Institute*

*Submitted by Mary J. Harris*

*Health and Welfare Ministry*

### Five Mammogram Facts You Should Know



Mammography is the most accurate method of breast cancer detection.



Mammograms can detect breast cancer before a lump can be felt.



Regular mammograms and breast exams increase your breast cancer survival rate.



Mammogram appointments don't take long.



Mammogram pain or discomfort is minimal.

<https://www.browndtoland.com/blog/mammography-goes-mobile/>





## Appreciate — and Act

October is Pastor (or Clergy) Appreciation Month, reminding church members to thank their hardworking ministry leaders. But the people in the pews — though they might lack official church titles — also play important roles in doing God’s work.

In *User Friendly Churches* (Regal Books), researcher George Barna compares the behavior of people in growing vs. stagnant or declining churches. Members of growing churches actively participate in the church’s ministry. “They did not divorce their faith from their lifestyle; their faith was their lifestyle,” Barna writes. “They took seriously the classical Reformation doctrine of the priesthood of all believers.”

By contrast, laypeople in stagnant churches tend to observe rather than participate. “They perceived their role as being in the audience in the stands,” Barna notes, “nodding approvingly in efforts to demonstrate religious behavior as the clergy went through their paces.”

Appreciate your pastors, but then follow their example by living out your beliefs!



## Satisfied Servants

According to a survey conducted by the National Opinion Research Center at the University of Chicago, clergy members rank highest in job satisfaction. More than 87% of pastors report being satisfied with their jobs. Firefighters are second (80%), and physical therapists are third (78%).

The survey collected data from more than 27,000 people for almost two decades. At the bottom of the job-satisfaction scale are roofers, waiters and gas-station attendants.

Survey director Tom Smith admits he was surprised that pastors topped the list. “Apparently the rewards of spiritual guidance and leadership outweigh the burdens of being a religious leader,” he says.

Job satisfaction is highest in professions that involve “caring for, teaching and protecting others, and creative pursuits,” Smith adds. Prestige and happiness aren’t necessarily linked.

If you want to be happy in your work, seek out a career or volunteer opportunities that allow you to make a difference. Pray that God will show you ways to use your gifts to help others.

# Common Ground

"Christianity was never intended to be a solo walk with God," says pastor Jeremy Basset. "A conversion to Christianity is also incorporation in the body of Christ, the church."



## World Communion Sunday

October 5, 2025

That's a fitting reminder as we observe World Communion Sunday in October. Christians don't take Holy Communion alone; the very name of this sacrament refers to unity with God and others. We don't baptize ourselves. We don't learn Scripture or Christian theology and history alone. We can't have Christian fellowship by ourselves.

The New Testament is clear that one cannot be a solitary Christian. We are members of Christ's body (Ephesians 5:30) and "belong to the family of believers" (Galatians 6:10, NIV). As you gather for worship and receive Holy Communion, thank God for "our common salvation" (Jude 3, ESV) granted to all followers of Jesus.

## The Sounds of Worship

Have you ever paused to listen — really listen — to the world around you?



*"Make a joyful noise to the Lord, all the earth; break forth into joyous song and sing praises!" (Psalm 98:4, ESV)*

The hum of morning birdsong. The laughter of children. The comforting voice of a friend. Even the quiet moments of stillness. These aren't just background noise — they're invitations to worship.

God designed a world that sings. Worship isn't limited to Sunday mornings or formal songs; it's woven into the everyday moments that tune our hearts to Him. And when we pause to truly hear it, we are drawn into praise, right where we are.

What sound lifts your heart toward God today? Take a moment to listen. Let it remind you of His love and nearness.





Alzheimer's disease (AD) is a neurological disorder that involves irreversible worsening changes in the ability to think and remember. It is the most common cause of dementia – the loss of the ability to reason, learn new skills, and plan and prioritize to the point which it interferes with a person's daily life and activities-in older adults.

AD develops over many years with damage to the brain that may start a decade or more before memory problems appear. Initially, people experience memory loss and confusion, which may be mistaken for the kinds of memory changes that are sometimes associated with normal aging. However, the symptoms of AD gradually lead to:

- Behavior and personality changes
- Decline in cognitive abilities such as decision-making and language skills
- Problems recognizing family and friends

AD ultimately leads to a severe loss of mental function. These losses are believed to be related to certain proteins that abnormally clump together and damage healthy neurons and their connections, causing them to die. People with severe AD cannot communicate and are completely dependent on others for their care.

The risk of AD increases with age, but it can also occur in midlife, between a person's 30s and mid 60s. Scientists don't yet completely understand the causes of late-onset AD, but they probably include genetic, environmental, and lifestyle factors.

There are no treatments that can stop the progression of AD, but certain drugs can temporarily slow worsening of some symptoms.

## **CONCLUSION**

Alzheimer's disease significantly impacts not only those diagnosed but also their families and caregivers. Understanding the disease, its symptoms, and available support options is crucial for managing its effects on daily life. For more information, resources are available from organizations such as the Alzheimer's Association and the National Institute on Aging.

*Source: The National Institutes of Health*

*Submitted by Mary J. Harris*

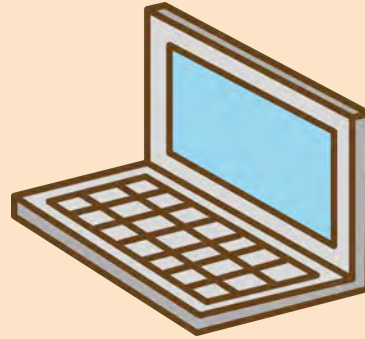
*Health and Welfare Ministry*

## HOW WE TREAT OUR CHURCH



- We don't mind being late for church.
- We miss church because we say we are tired from work.
- We spend 2 hours a week in church and complain if the service is too long.
- When we are confronted for our mistakes in church, we quickly transfer to another church.
- When we are called to be in church other than on a Sunday, we make excuses that we are busy.
- We check our phones during church service.
- We stay away from responsibilities at our church.

## HOW WE TREAT OUR WORK



- But we try our best not to be late for work.
- But we never miss work for church.
- But we go for 8 hours a day for 5 or 7 days, excluding overtime, but never complain.
- But when we are confronted for our mistakes at work, we apologize and promise to do better.
- But when we are called to work on a Sunday, we miss church and give excuses that we have to work.
- But we turn our phones off at work and never complain.
- But we work hard and volunteer in our places of work to be promoted.

*Submitted by Mary Hayman*





**Bishop Easterling will be visiting each of the Districts** in the Baltimore-Washington Conference in September. This will be a time to meet with clergy and laity for sharing and communication. As our new structure takes effect and we begin new relationships in each of our new districts and across the area, this will be an important time of connection.

**Tidal Basin District Meeting:**

Date: Tuesday, September 16, 6 p.m.

Location: First UMC of Hyattsville  
6201 Belcrest Rd, Hyattsville, MD 20782

**Districts in the Baltimore-Washington Conference**

- Canal District
  - Superintendent: John Wunderlich
- Harbor District
  - Superintendent: Sarah Schlieckert
- Lakes District
  - Superintendent: Jim Miller
- Reservoir District
  - Superintendent: Eliezer Valentín-Castañón
- **Tidal Basin District**
  - Superintendent: Ianther Mills
- Two Rivers District
  - Superintendent: Johnsie Cogman

**Tidal Basin District**

- **Superintendent: Ianther Mills**
- **Lay Leader: Ken Ow**



**Hubs in the Tidal Basin District**

- Columbia/Highland Area Hub
- DC East of the River Hub
- DC Wards 2, 3 & 6 Hub
- **DC Wards 4 & 5 Hub**
- Greater Gaithersburg Hub
- Greater Rockville Hub
- Montgomery County Southwest Hub
- Olney Area Hub
- Silver Spring Area Hub
- Upper Prince George's County Hub

**Churches in DC Wards 4 & 5 Hub**

- Albright Memorial, Washington, DC
- Brightwood Park, Washington, DC
- Community, Washington, DC
- Douglas Memorial, Washington, DC
- Emory, Washington, DC\* (*connecting church*)
- Franklin P Nash, Washington, DC
- **McKendree-Simms-Brookland, Wash., DC**
- Petworth, Washington, DC
- Simpson-Hamline, Washington, DC
- Van Buren, Washington, DC



**“Allow your soul the freedom to sing, dance, praise and love.”**

*St. Teresa of Avila*





## **McKENDREE MATTERS**

McKendree-Simms-Brookland  
United Methodist Church  
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(Church Sanctuary) 3321 - 24<sup>th</sup> Street, NE  
Washington, DC. 20018



*This newsletter was prepared especially for*

