

MCKENDREE MATTERS

McKendree-Simms-Brookland United Methodist Church

Rev. Alexis F. Brown, Pastor

24th & Lawrence Streets, NE

Washington, DC. 20018

November/ December 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
24th & South Dakota Avenue, NE
Washington, DC. 20018



December 27, 2025

Send articles to Rosalind Harris

Email: 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

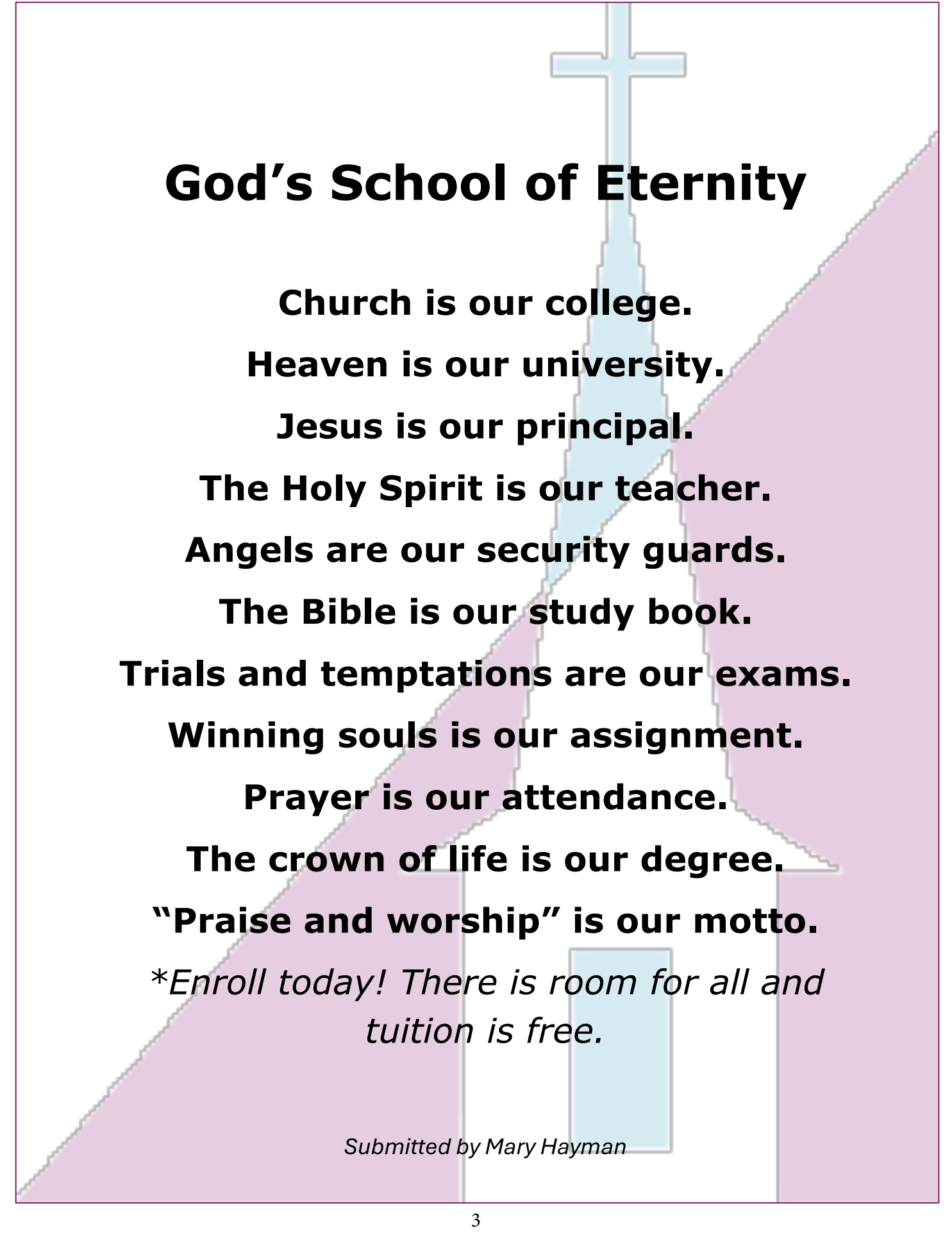
The people of the United Methodist Church



8:30am

Saturday, November 15, 2025

**National United Methodist
3401 Nebraska Avenue, NW
Washington, DC 20016**



God's School of Eternity

Church is our college.

Heaven is our university.

Jesus is our principal.

The Holy Spirit is our teacher.

Angels are our security guards.

The Bible is our study book.

Trials and temptations are our exams.

Winning souls is our assignment.

Prayer is our attendance.

The crown of life is our degree.

"Praise and worship" is our motto.

**Enroll today! There is room for all and
tuition is free.*

Submitted by Mary Hayman



CALENDAR

Sat., Nov. 8, 2025: **Children's Ministry Planning Meeting**

Sun., Nov. 9, 2025: **Children's Moment**

Sun., Nov. 23, 2025: **Children's Church**

Sun., Dec. 14, 2025: **Children's Moment**

Sun., Dec. 21, 2025: **Nativity Play Rehearsal**

Wed., Dec. 24, 2025: **Nativity Play**

Sun., Dec. 28, 2025: **Children's Church**



In an environment where silence seems to be the desire of those in power, the theme of Vacation Bible School 2025 couldn't have been more timely.

"Use Your Voice, Speak Up!"

On a lovely Thursday afternoon, members and friends of MSB gathered to hold our first night of Bible School. We began with prayer, dinner, a word from Rev. Nelson, and then worship. Then we separated into our respective groups, went deeper into our Bible lesson, did a service activity, and a craft or creative project to tie it all together. We learned that we can speak up for ourselves, speak up for others, and speak truth to power. Through voices from scripture like Nahum, Daniel, and an unnamed servant girl, VBS participants were encouraged to find and use their own voices.

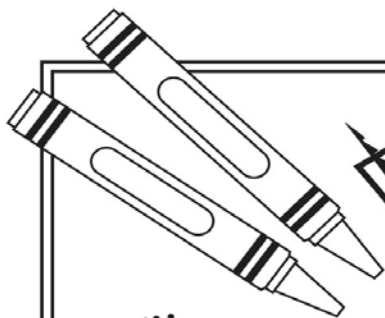
In an effort to use our voices for good, we implemented service projects this year. On the first day, we wrote letters to our Sick and Recovering members. On the second day we made bags for our unhoused neighbors. Participants packed bags with toiletries, socks and other useful items and included encouraging messages for those being supported at Bread for the City.

Through conversations, questions and activities, we endeavored to learn more about our relationship to God, ourselves, and our neighbors. The community of MSB "showed up and showed out" as usual via donations, food preparation, teaching, prayer, building management, and love.

On Sunday, we were able to thank the participants and reflect on the ways that God spoke to us. Representatives from each class shared their reflections with the congregation.

The power of the Holy Spirit showed us that no voice is too small to speak for God.

Submitted by Baarinale Dube



PUZZLE

Give Praise

Solve this puzzle to read a Bible verse about praising God for all his blessings.

Directions: In each group, underline the word that doesn't belong. Then write the underlined words on the lines below.

1. Give Take Grab	2. peanut praise pear	3. temple house LORD	4. proclaim past present	5. name boy lad	6. ruin destroy make
7. pine acorn known	8. train nations bus	9. done donut muffin	10. Sing Sleep Yawn	11. she him girl	12. sun praise moon
13. tell fast slow	14. red all blue	15. horrible dreadful wonderful	16. acts sisters aunts		

" _____ to the _____ , _____ his _____ ;
 _____ among the _____ what he has _____ .
 _____ to _____ , sing _____ to him; _____ of _____ his
 _____ . " PSALM 105:1-2, NIV

Answers: 1. Give, 2. praise, 3. LORD, 4. proclaim, 5. name, 6. make, 7. known, 8. nations, 9. done, 10. Sing, 11. him, 12. praise, 13. tell, 14. all, 15. wonderful, 16. acts
 Give praise to the LORD, proclaim his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts. (Psalm 105:1-2, NIV)

Deaf Awareness Month 2025

A Joyful September with HICS!



September 2025 was a powerful and spirit-filled month for the Hands In Christian Service (HICS) Deaf Ministry at MSBUMC! We celebrated Deaf Awareness Month with inspiring guests, joyful music, and heartfelt learning that brought our church family even closer together.

We kicked off the month with a special guest speaker, Reverend Leo Yates, pastor of Magothy Church of the Deaf and Coordinator of Accessibility & Inclusion for the Baltimore-Washington Conference (now the Tidal Basin Conference). Reverend Yates delivered a powerful Word exploring the story of Zechariah—who was probably Deaf—and shared his own moving experiences growing up as a CODA (Child of Deaf Adults). His message touched many hearts and deepened our understanding of Deaf culture and faith.

Our Deaf friends also graced us with a beautiful signed performance of *"Somebody Prayed for Me."* They did such a good job that they were asked for an encore presentation on third Sunday—this time it was an amazing solo by Maynard King and we were blessed by his gifts!

Throughout the month, HICS led efforts to teach the MSB congregation practical signs to help connect with our Deaf community. Members learned greetings such as *"Good Morning," "Nice to See You,"* and *"Thank You,"* along with how to fingerspell their names to introduce themselves. The second Sunday's Coffee Hour provided a wonderful opportunity for everyone to practice—and it was truly heartwarming to witness MSB members engaging with Maynard, Ivy, Antonio, and Delitta on that Sunday and throughout the month, and moving forward.

On the fourth Sunday, HICS hearing members , and of course Maynard, signed the song “*Send Your Power*”, showing a moving expression of unity in worship. But the true finale came from



one of our newest families, the Harden family. Uel, Vlana, and Wynora each introduced themselves in sign language and fingerspelled their names. Then they signed “*Yes, Jesus Loves Me*”, together. Their mother, Madra, did a wonderful job teaching them to sign their names and signing the song. It was a beautiful moment that perfectly captured the love and connection we’ve built this month.

We are so grateful for everyone’s participation throughout the month.

I couldn’t be prouder of the work HICS continues to do—and even prouder of how MSB showed up in love and support. The effort, enthusiasm, and willingness to learn did not go unnoticed. I truly believe our Deaf friends felt welcomed, accepted, and loved by the McKendree-Simms-Brookland family.

Let’s continue to grow together in love, inclusion, and understanding.

Submitted by Nikki Dobyns
HICS Deaf Ministry Chairperson





United Women in Faith

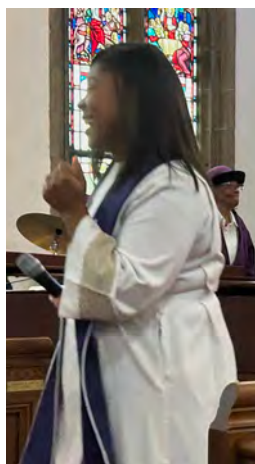
October 19, 2025, was United Women in Faith Sunday at MSB UMC. The theme for the service was “*Protecting Hope Together.*” United Women in Faith chairperson, Sister Lynn Davenport, recognized seven MSB woman who have been blessed to reach 90 years of age. We were able

to honor Sister Mary Hayman, Sister Otelia Lyon, and Sister Christine Thomas in person during worship. Sister Thomas shared that her Christian journey began in the cotton fields of South Carolina, before she moved to Washington, DC where she joined the Simms Methodist Church, which merged to become MSB UMC. Also recognized were Sister Sallie Henderson, Sister Rosalie Guerra, Sister Emma Holbrook, and Sister Elsie Shaw Harrod for their continued faithful service.



Our guest speaker, Rev. Dr. Bessie Hamilton, spoke to us from Mark 5:24b-34, about “**Hope Beyond the Temple.**” Dr. Hamilton shared how this scripture story of the woman with the issue of blood connected to her own experience of being diagnosed and treated for breast cancer. Through her personal and powerful message, Dr. Hamilton reminded us that ¹hope pushes through pain; ²hope breaks barriers; ³hope doesn’t just heal, it restores; and, ⁴hope grows in community. We celebrated the occasion with a hat parade at the end of service and cupcakes for everyone. It was a spirit filled time of fellowship and worship.





Photos by Ellen Davis

PASTOR Appreciation

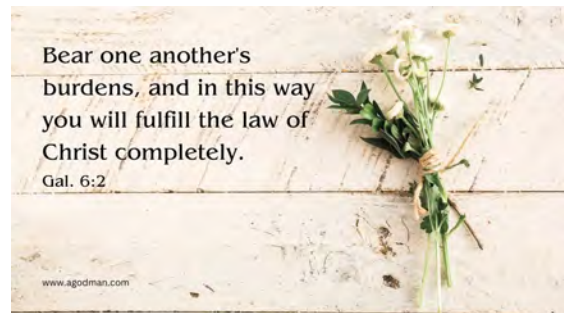


October is Pastor Appreciation Month. On Sunday, October 26, McKendree-Simms-Brookland United Methodist Church thanked Pastor Alexis Brown for her ministry, leadership and love. Sister Judy Jones, our Staff Parish Chairperson, presented Pastor Brown with cards and tokens of love from the MSB UMC family. Pastor Brown expressed her heartfelt gratitude for the outpouring of love and kindness.

Putting Faith into Action

The federal government shutdown and the resulting furloughs and missed paychecks for government workers directly affects members of our McKendree-Simms-Brookland Church family. On Sunday, October 19, 2025, Pastor Brown was led by the spirit to step out in faith and show these members that they are not alone as they face this time of financial uncertainty. The offering for the service was gifted to our government employee members, and we prayed a special prayer for God's peace, provisions, and love for all who are affected by these policies.

The furloughed members are sincerely thankful for the kindness of their MSB UMC family. Let's continue to keep them in prayer.



On Sunday, October 5, 2025, Rev. Laura Kigweba said "goodbye" to McKendree-Simms-Brookland United Methodist Church. Rev. Laura is relocating to Nashville, Tennessee to be closer to her family. She will be missed!



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
Rev. Millie Pecku
David Ratliff
William Reddick
Ella Studevent
Christine Thomas
Lucy Wade
Yvonne Whitmore
Dannie Young

Sick and Recovering Ministry

Mary J. Harris & Judy Jones, Co-Chairs



McKendree-Simms-Brookland UMC
extends our sympathy
and prayers to:

Sis. Yvonne Lucas on the passing of her
brother, **Malcolm Edmunds**,
on
October 11, 2025.

**Sis. Lawana (Nikki) Dobyns and Latese
Jones-Lyles** on the passing of their
step-mother, **Cheryl Jones**,
on
October 8, 2025.



Happy Birthday



Myles McManus	2
Patricia Brown	6
Delores Lundy	7
Joseph Holliday	7
Sydney Brown	7
Michelle Parrish	8
Lynette Pope	8
Candice Parrish	15
Richard D. Hall, Jr.	15
Karen Hudson	16
Bruce Moaney	16
Shelby Ebanks	17
Kyle Anderson	19
Ralph Smith	19
Causette Murphy	19
Karl Ore	26
Ben Alexander	26
Lott Jones	27
Michael Davis	28



Gus Gaskins	2
Yvonne Lucas	3
Dianne Dallas	6
Jackie Robinson	6
Vicki Anderson	12
Amire Anderson	12
Allison Cheek	13
Denasia Shorts	15
Symone Brown	17
Aesha Newman	19
Timothy Alexander	20
Rev. Alexis Brown	22
Cheryl Silver	22
Ann Miles-Brown	22
Christine Thomas	24
Mia McManus	25
Eldon Hayman	27
Howard Hope	27
Karson Klimpacher	28



To My Church Family:

Thank you to everyone who reached out to me on my recent birthday. Your gifts, messages and cards were a blessing to me. I am truly grateful for your love and thoughtfulness.

*God's Blessings,
Ellen Davis*



All Saint's Day

November 2nd is a special day in our church family as we celebrate All Saint's Sunday. It's a time when we remember and honor all the people who have gone before us, who have lived faithful lives and are now with God in heaven. In the book of Revelation 7:9, we find a beautiful description of a great crowd gathered before God's throne.

"And there was a great crowd that no one could number. They were from every nation, tribe, people, and language. They were standing before the throne and before the Lamb."

This verse reminds us of the incredible diversity that God celebrates and embraces on earth and in heaven. All Saint's Sunday reminds us that we are connected in God's family, no matter where we come from or what language we speak.

When we live in harmony and love, we honor the saints who have gone before us and prepare the way for those who will come after us.

<https://www.resourceumc.org/en/content/november-05-2023-all-saints-sunday-the-advance/>

Where Do You Live?

A man who resided near the border of two states had been told for years his house was in Minnesota. But when a new survey revealed that he actually lived in Wisconsin, he proclaimed, "Thank goodness! I never could bear those cold Minnesota winters."

Defining where we live certainly affects our attitude. Followers of Jesus, or saints, consider their true home to be in God's dynamic presence. St. Paul was so connected to God through prayer that mystical experiences left him not knowing whether he was in or out of his body (see 2 Corinthians 12:1-10). Living with one foot in heaven and the other on the way there, Paul could know peace. "Whether we live or whether we die, we are the Lord's," he concludes (Romans 14:8). Christian saints who are still living on earth can rest assured: Our true home is always with the Lord.



NOVEMBER 23, 2025

Christ the King Sunday encourages us to look up to the Christ as we give thanks for the kingdom he asks us to see and to lean into. We look back over the journey we have made with Christ from Advent to Christ the King Sunday. We anticipated his coming – the first time and the promised return to bring the new heavens and the new earth. We heard the voice pronounce God's blessing at his baptism by John at the river Jordan; we fasted with him in the desert and saw him tempted to take the easy route.

We heard him reject that temptation and then saw the results as he walked the way of sorrows through suffering to death on a cross. We rejoiced with incredible joy when Easter morning dawned with a risen Son and a promise of eternity within our grasp. We heard his commissioning to go into all the world and make disciples, and we saw him rising to his proper place, to his enthronement in the very presence of God. We felt the gift of his Spirit blow through us like wind and fire as we sought to be the church at work in the world. And now we bow before the one who loved us, who claimed us and redeemed us; and we sing praise and thanksgiving for that blessing and that hope.

<https://www.umcdiscipleship.org/worship-planning/our-hymn-of-grateful-praise/christ-the-king-reign-of-christ-sunday-year-a-lectionary-planning-notes>

And on His robe and on His thigh He has a name inscribed,
"KING of KINGS, and LORD of LORDS."

Revelation 19:16



What is National Family Caregivers Month?

November is National Family Caregivers Month in the United States. It's observed to call attention to the hard work of more than 50 million family caregivers across the country. During National Family Caregivers Month, we raise awareness of the societal value provided by caregivers and ask for greater support.

Who are family caregivers and what do they do?

Family caregivers provide care and assistance to a family member with limitations due to illness, injury or disability.

Family caregivers may provide many different types of support:

Personal Care: Bathing, personal hygiene, dressing and toileting; getting in and out of a bed or chair and walking. Meal preparation and feeding. Managing therapies and treatments. Arranging nursing and other medical supports. Performing basic medical tasks.

Medical Care: Organizing and giving medication. Managing and attending appointments and maintaining medical records and information.

Other Life Management Tasks: Shopping for food clothing and other essentials. Providing transportation or organizing transport. Managing finances, paying bills, planning for the future. Housekeeping and home maintenance. Managing communication with others. Arranging respite care providers.

Why do family caregivers deserve recognition? Family caregivers provide an enormous value to society. Their services often make it possible for their loved ones to remain at home. It usually fills a gap that would be astronomically expensive otherwise.

Caregiving can be tedious, repetitive, physically challenging and emotionally straining. For many caregivers, they sacrifice their own well-being to take care of their loved ones.

November is caregiver month, a time when family caregivers deserve recognition for the difficult and valuable work they are doing for their families.

Health and Welfare Ministry

Mary J. Harris

Source: UNSEEN@caregiversdoc.com



A Veterans Day Prayer

God of all nations, you are our Strength and Shield. We give you thanks today for the devotion and courage of all those who have offered military service for this country ...

We ask today that you would lift up by your Spirit those who are now at war; encourage and heal those in hospitals or mending their wounds at home; guard those in any need or trouble; hold safely in your hands all military families and bring the returning troops to joyful reunion and tranquil life at home. Give to us, your people, grateful hearts and a united will to honor these men and women and hold them always in our love and our prayers until your world is perfected in peace and all wars cease. Through Jesus Christ, our Savior. Amen.

by Rev. Dr. Jennifer Phillips



A THANKSGIVING PRAYER

**Gracious God,
thank you for every good gift—
for the food before us,
the people around us,
and the love that surrounds us.
Help us to pause, reflect, and rejoice
in Your constant goodness and grace.
May our hearts overflow with gratitude,
not just today, but every day.**

Amen.



A Filled Heart

Syndicated columnist Bill Ellis often writes about such important days as Christmas, Easter, Memorial Day and others. A few years ago, he offered these thoughts just before Thanksgiving:

When a heart is filled with gratitude, there is little room for such things as grudges, unforgiveness, hatred, envy, jealousy, greed and the like. A sense of gratitude does good for both the spiritual heart and the physical heart. Consider that many heart attacks may be precipitated by stress, worry, pressure and anxiety. Let gratitude fill your heart."

Quote used by permission of Assist News Service

Puzzle!

Use the food key to complete Acts 14:17, NIV.

KEY

THANK YOU, LORD



"_e _ _ s s _ _ w _ _ i _ _ _ ess b _
 givi_g _ _ _ _ _ i _ f _ _ m _e ve _
 _ _ _ c _ _ ps i _ _ _ ei _ se _ s _ _ s;
 _e p _ _ vi _ es _ _ _ wi _ _ ple _ _ _
 _ f f _ _ d _ _ _ fi _ _ s _ _ _ _
 _ e _ _ _ s wi _ _ j _ _ ."

ACTS 14:17, NIV

Answer: "He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy." Acts 14:17, NIV

Thanksgiving Humor

Need to lighten the mood at your holiday dinner table? Share some laughter with these Thanksgiving-themed jokes.

Why did the turkey decline dessert?

Because it was stuffed.

Why did the turkey cross the road twice?

To prove he wasn't a chicken.

What smells the best at Thanksgiving dinner?

Your nose.

Why didn't the chef season the turkey?

There wasn't enough thyme.

Why did the turkey leave the band?

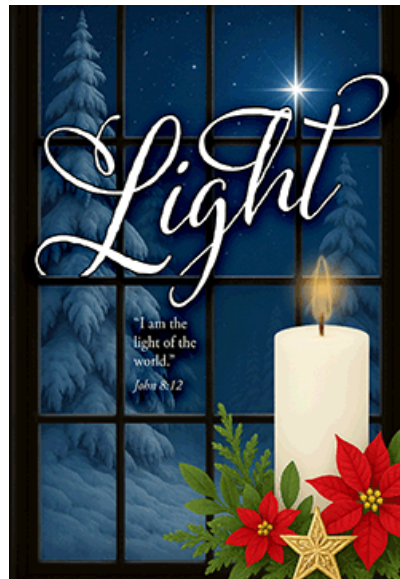
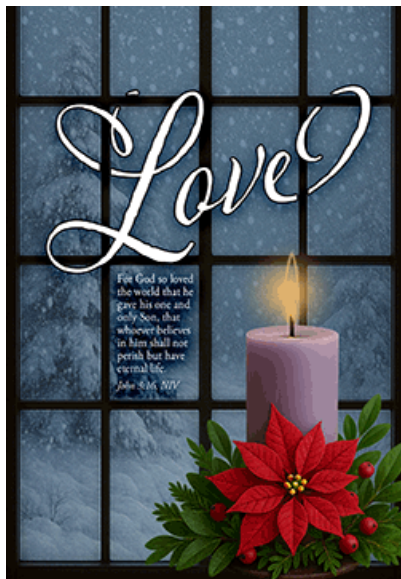
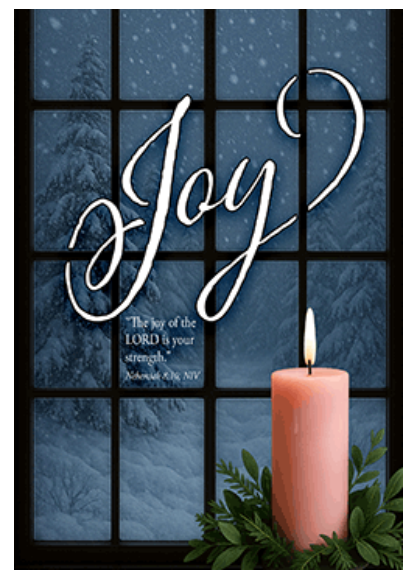
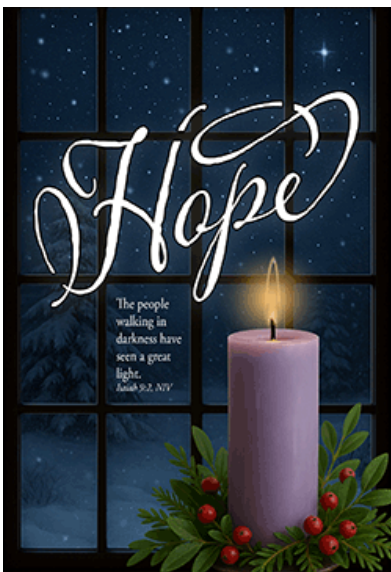
People were fighting over the drumsticks.

Advent Is Here

November 30 is the First Sunday of Advent. It is the day when the church officially begins to prepare for Christmas. Advent means "coming," therefore, we make ready for the coming of the Lord.

Where should we begin? With ourselves, of course. We should prepare our hearts for Christ to live in us fully. Get rid of the clutter within — the odds and ends of foolish thoughts and familiar sins we find difficult to "let go and let God handle." Advent is heart-cleaning time, so call in the Holy Spirit Cleaning Service, and make room for the best Guest anyone ever had. Start now! Let the Spirit "Cast out our sin and enter in. Be born in us today" (from "O Little Town of Bethlehem").

The cleaning service has a guarantee: "When our 'Worker' finishes with your heart, you'll have the best Christmas ever!"





Candles That Tell a Story

Lighting its candles each Sunday is a treasured tradition during the four weeks of Advent. Depending on denomination, churches use different color combinations for the candles. Some place four blue candles around the wreath with a white one in the center, while others use all white. Many light purple candles on the first two Sundays, pink on the third, purple again on the fourth, and then a large white candle on Christmas Eve or Christmas Day.

Each part of the wreath carries symbolic meaning:

- **The wreath:** Its circular shape represents the everlasting love of God, having no beginning or end. The green symbolizes eternal life.
- **The four candles:** Mark the four weeks of Advent. One tradition says that each candle also represents 1,000 years, totaling 4,000 years from Adam and Eve to Christ's birth.
- **Purple candles:** in ancient times, was expensive and was considered the color of royalty and kings. On Christmas, Christ is proclaimed King of Kings. Purple also symbolizes humility and penitence. The first purple candle represents Hope; the second, Peace; and the final purple candle, Love.
- **Blue candles:** Blue is another color often used as a symbol of royalty. Some churches use blue candles to symbolize the night sky and the anticipation of the announcement of Christ's birth. Blue also symbolizes the beginning of a new creation as in the waters of Genesis 1.
- **The pink candle:** Lit on the third Sunday, it represents Joy and marks the halfway point of Advent.
- **The white candle:** The large white candle in the center is the Christ candle. Its light symbolizes Christ the Savior — "the light of the world."

The beauty and brightness from the glow of all five candles is a reminder that Christ's life was the light for all earth's people — "The light shines in the darkness, and the darkness did not overcome it" (John 1:5, NRSV).

The Advent wreath is more than just greenery and candles—it's a symbol of watchfulness and growing joy as Christmas draws near.

12 Christmas PRAYERS

1.Expectation

Fill us with hope, knowing that God kept his promise to send his Son to earth. (See Isaiah 9:6-7.)

2.Wonder

Just as the angel's message left Mary in awe, remind us of the joyful news of Jesus' coming. (See Luke 1:31-33.)

3.Humility

Like Joseph, make us willing to trust God and humbly care for others. (See Matthew 1:20-21.)

4.Obedience

On our earthly journey, teach us to follow your commands, just as Joseph and Mary obediently traveled to Bethlehem. (See Luke 2:4-5.)

5.Provision

Thank you for meeting all our needs, as you provided a stable and manger bed for Baby Jesus. (See Luke 2:6-7.)

6.Peace

Fill us with your perfect peace, which the angels proclaimed when Jesus was born. (See Luke 2:13-14.)

7.Praising

Remind us to follow the shepherds' example of celebrating and sharing the good news of Jesus' birth. (See Luke 2:16-18.)

8.Grateful

Keep us thankful for God's greatest gift, which Mary treasured on the first Christmas. (See Luke 2:19.)

9.Saved

May Jesus' precious name remind us of his power to save us from our sins. (See Matthew 1:21.)

10.Fulfilled

Give us content hearts, just as Simeon and Anna found fulfillment in the promised Savior. (See Luke 2:28-32.)

11.Worshipful

Like the gift-giving Magi, equip us to give Jesus our very best. (See Matthew 2:10-11.)

12.Wisdom

Help us seek your guidance as we follow and grow with Jesus. (See Luke 2:49-52.)





What Makes Christmas Happen?

What makes Christmas "happen" for you? Where does the joy of the season come alive in you? Is it in the carols? The celebrations? The candlelight services? The music of the Advent season? Perhaps you find it in the shopping and gift-giving. Maybe you see the love of the season in the sparkling eyes of a child or feel it in a loved one's hug.

Whatever it is, during this holiday season with all its frenzied festivities, stop and remember that night in the stable, those mingled smells of animals and hay, that pain and subsequent joy in the birth of one small child. Breathe deep and feel with Mary, with Joseph, the shepherds, the angels. Feel the birth of Jesus. What is it to experience such joy, such peace? Verbally express to someone close to you what the birth of Christ means to you at this point in your life. Be joyful! Experience God's love and peace.

Anonymous

Gift-Giving Solutions

Trying to find gifts for certain people — or letting others know what *you* want — can be quite challenging. After all, most of us don't need anything. Realizing that the best gifts aren't material items offers a new perspective on giving and receiving. Consider these insights from author Charles Swindoll:

"Some gifts you can give this Christmas are beyond monetary value: Mend a quarrel, dismiss suspicion, tell someone 'I love you.' Give something away — anonymously. Forgive someone who has treated you wrong. Turn away wrath with a soft answer. Visit someone in a nursing home. Apologize if you were wrong. Be especially kind to someone with whom you work. Give as God gave to you in Christ, without obligation, or announcement, or reservation, or hypocrisy."



Every Friday from 10:00am – 2:00pm

- Pick up food and clothing

Every third Tuesday, from 10:00am – 2:00pm

- Fresh produce is delivered and available for pick up
- Next deliveries will be on **November 18th** & **December 16th**



Parkinson's is a chronic and progressive movement disorder that initially causes tremors in one hand, stiffness, or slowing of movement. Non-motor symptoms and associated conditions may include behavioral and cognitive problems, apathy, anxiety, depression, and sensory or sleep problems. There are more than 200,000 cases of Parkinson's per year, and it is more common in males with a family history. The average onset is after the age of sixty.

The exact cause of Parkinson's is unknown, but researchers believe a combination of genetic and environmental factors plays a role. Ongoing exposure to herbicides and pesticides may slightly increase your risk of Parkinson's disease. Because the cause of Parkinson's is unknown, there are not proven ways to prevent the disease. Some research has shown that people who consume caffeine get Parkinson's disease less than those who don't drink it. Currently, there is not enough evidence to suggest that drinking caffeinated beverages protects against Parkinson's.

Numerous medications are available that can relieve symptoms. The role of physical, occupational and speech therapy is very important. Surgery can be done in a few cases when decided by the specialist.

Shake and Freeze Day, an annual campaign to raise awareness of Parkinson's disease, is held on December 21. Shake and Freeze Day is a powerful reminder of the importance of raising awareness and funding for Parkinson's research and patient support. By taking part in this annual campaign, you can help shine a light on the daily challenges faced by those with Parkinson's, supporting a movement dedicated to finding a cure.

Slowness of movement

Speech Changes

Tremor

Flatulence

Loss of smell

Impaired balance

PARKINSON'S DISEASE

Parkinson's disease is a progressive neurological disorder that affects movement, balance, and coordination, and is caused by the loss of dopamine-producing neurons in the brain.

SYMPTOMS

- Tremor. A tremor, or rhythmic shaking, usually begins in a limb, often your hand or fingers
- Slowed movement (bradykinesia)
- Rigid muscles
- Impaired posture and balance
- Loss of automatic movements
- Speech changes
- Writing changes

Submitted by Health and Welfare Ministry

Mary J. Harris

Source: <https://shakeandfreeze.com/>



IGNITE is more than a conference.

It's more than bands and speakers.

It's a high-impact, life-changing weekend for youth in grades 6 - 12.

It's about a *generation*.

A generation united for Jesus Christ and welcoming to all.

IGNITE is returning March 20-22, 2026 in Ocean City

Too many of our young people feel disconnected, unseen, and uncertain of their worth in a divided world. IGNITE 2026 responds with "Belong" - a theme that grounds youth in their identity as God's beloved, equips them to embrace their own sacred worth, and calls them into a just and loving community with others.



"You belong to Christ, and Christ belongs to God."

— 1 Corinthians 3:23 (CEB)

Attendees will encounter intentional worship, practical workshops, and a mission project that transforms belonging into discipleship in action.

REGISTRATION

EARLY BIRD

until Nov 17

\$65/person: groups up to 14

\$60/person: groups of 15+

REGULAR

until Jan 15

\$75/person: groups up to 14

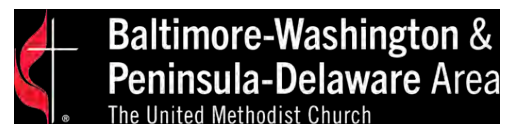
\$70/person: group

LATE

until Mar 6

\$85/person: groups up to 14

\$80/person: groups of 15+





McKENDREE MATTERS

McKendree-Simms-Brookland
United Methodist Church
(Church Office) 2421 Lawrence Street, NE
(Church Sanctuary) 3321 – 24th Street, NE
Washington, DC. 20018

 **Novêmbër**

This newsletter was prepared especially for

 **December**