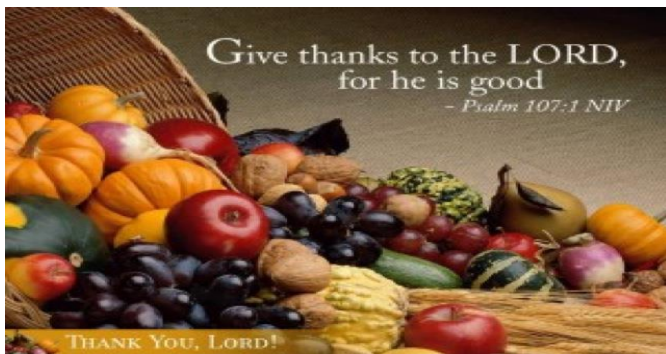




“Fenimorian News from the Pews”

Special Thanksgiving Edition

A THANKFUL AND GRATEFUL HEART



PEACE, JOY and LOVE Fenimorian Family,

“Shout for joy to the LORD, all the earth.
Worship the LORD with gladness;
come before him with joyful songs.
Know that the LORD is God.
It is he who has made us, and we are his;
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

For the LORD is good and his love
endures forever;
his faithfulness continues through all generations.”

Palm 100 (NIV)

Continues on pg. 1 column 2

Continues from pg. 1 column 1 (A Thankful & Grateful Heart)

As we continue to experience the presence of crisp fall days with its lingering coolness in the air and an increase in brightly colored falling leaves, the autumn season for many ushers in a time of reflection, a time of thanksgiving and an increase awareness of the goodness and grace of the Lord in and over our daily lives. Our good Shephard is steadfast in His love and is One who never forgets the promises He has made to His “sheep” or is subject to a change of heart regarding His love for us. He is faithful to all generations.

Psalm 100 encourages us to lay aside our normal routines and remember the reliability, dependability and goodness of the Lord and worship Him. Jesus lavish love for us led Him to stretch His body on a rugged cross to save us from our sins. This response should trigger an attitude of joyful thanksgiving and exuberant praise. It also gives us the opportunity to recall, remember and share stories of how we have been blessed and drenched by grace “time and time again,” sometimes in the routine and sometimes in unexpected ways.

As a “bride of Christ” I am thankful for being a “kept” woman, first by Him and then by my husband and am blessed by the relationships that I share with my extended family and church family. I am also oh so grateful for the gift of a deep appreciation and love for being able to see the beauty in nature and the value of its inhabitants:

Continues on pg. 2 column 1

Continues from pg. 1 column 2 (A Thankful & Grateful Heart)

people and animals alike. I am wholeheartedly blessed that the Lord has entrusted me to be His hands and feet and offer and/or provide support in tangible ways for His kingdom here on earth.

No matter what each of us Fenimorians may be grateful and thankful for, let's collectively marvel when we open our eyes in the morning that we know who we are, that we can get out of the bed and have the necessities to thrive and grow under the generous guidance of the Holy Spirit. Let's collectively be attentive and appreciative that God's mercies are new each and every day. And let us all give thanks to the realization that our spiritual gifts are blessings from God to share.

Let's bless and praise the name of the Lord together!

Sis Kim Jackson, Newsletter Ministry

Upcoming Church Events:

Prayer on Zoom every Tuesday @ 8:00pm.

Bible Study every Wed. @ 7:00pm

All Saints Sunday November 5th

Reminder: Daylight Savings Time ends November 5th

Christ the King Day November 26, 2023

United Methodist Student Sunday November 26th

Food Pantry Distribution hosted by Ladies in Waiting in Fellowship Hall every Tuesday between 10:00am-1:00pm.

Grab & Go/Community Breakfast hosted by Family Life Ministry on the 4th Tuesday of each month

Senior Citizen Center meets in Fellowship Hall Mon., Wed. & Thurs. 10:00am-4:00pm

Words of



"Out of the billions of people who make up this universe, God is interested in you. He possesses intimate

Continues on pg. 2 column 2

Continues from pg. 2 column 1 (Words of Wisdom)

knowledge of you in His incomparable, indescribable mind. When you come to Him, draw near with a thankful heart.

"YOUR EYES HAVE SEEN MY UNFORMED SUBSTANCE; AND IN YOUR BOOK WERE ALL WRITTEN THE DAYS THAT WERE ORDAINED FOR ME, WHEN AS YET THERE WAS NOT ONE OF THEM."
(Psalm 139:16)

The late, great Dr. Charles Stanley

From the Desk of the Pastor Jackson:



Grace, mercy and peace!

As we enter this season of thanksgiving, I happened upon a writing that put what living with a grateful heart does to and for us!

In the devotional prayer book "Praying the Promises of the Bible" by Donna K. Maltese; in talking about Gratitude, she writes, "Gratitude is such a powerful force. When we express thanks to others, it makes them feel appreciated and ourselves feel blessed. When we express thanks to God, it helps us to focus on the good things we have, instead of the bad or the things we don't have but think we should. Gratitude lifts us out of pits of despair, opens up prison doors, and gives us deep joy. What more could we want? What more do we need?"

I have much to be thankful for.

I am thankful to God who loved me enough to call me out of darkness and into His marvelous light.

I am thankful for my wife and the ways in which we use God's blessing to bless organizations around the world that are helping those less fortunate than us.

I am thankful to be Pastoring at Fenimore during

Continues on pg. 3 column 1

Continues from pg. 2 column 2 (From the Pastor's Desk)

this season of my ministry journey

I am thankful to be alive to see the goodness of the Lord in the land of the living.

I could not want or need more!

Captured in grace!

Pastor Jackson

Being Grateful and Thankful

The words *thankful* and *grateful* are very close in meaning. They are often used as interchangeable synonyms to describe gratitude or appreciation for something or someone.

The word *thankful* sometimes implies that someone was saved from something or had someone prevent something bad from happening to them. This sense is especially common in religious contexts.

Sometimes, the word *grateful* is viewed as a stronger, more emotional, or more emphatic version of *thankful*. Some people may think that *grateful* places more emphasis on appreciation toward others, while *thankful* places the emphasis more on the relief felt by the person who was helped. www.Thesaurus.com

With that being said, I must say that I am both grateful and thankful.

I am grateful to my parents that though I was the 12th child born out of 13, as a child, my mother had time to read to me bed-time stories and my dad would sit me on his lap to tell me stories of old.

I am grateful that while growing up in the early 60's, I didn't receive my education from the neighborhood schools but bussed out to a school with the Caucasian folks who would call us black and niggers.

I am grateful that while growing up with 3 brothers and 4 nephews my age and younger, we played many a game and they made me tough.
I am grateful to my parents for the many

Continues on pg. 3 column 2

Continues from pg. 3 column 1 (Grateful and Thankful)

Christmases with many toys and our individual named paper bags filled with lots of candy, fruit and nuts under the Christmas tree.

I am grateful for my parents sending us to church at an early age.

I am grateful for my parents coming to see me perform in school and church events.

I am grateful for the love, care and concern my parents had in teaching me about life

I am thankful to God for saving me and forgiving me for all my sins.

I am thankful to God for His mercies for they are new every morning.

I am thankful to God for waking me up.

I am thankful to God for still breathing and being alive today.

I am thankful to God protecting me and my love ones in our home and when we go out.

I am thankful to God for my good health.

I am thankful to the teachers that guided me along the way.

I am thankful for my old friends and my new friends.

Contributed by Deborah Jackson, Admin Assist.



Everyday Thanksgiving

Even though I clutch my blanket and growl when the alarm rings each morning; Thank you Lord that I can hear. There are those who are deaf.

Even though I keep my eyes tightly closed against the morning light as long as possible; Thank you Lord that I can see. There are those who are blind.

Even though I huddle in my bed and put off the physical effort of rising; Thank you Lord, that I may rise. There are many who are bedfast.

Even though the first hour of my day is hectic when

Continues on pg. 4 column 1

Continues from pg. 3 column 2 (Everyday Thanksgiving)

socks are lost, toast is burned, tempers are short; Thank you Lord, for my family. There are many who are lonely.

Even though our breakfast table never looks like the pictures in magazines and the menu is sometimes unbalanced; Thank you Lord for the food we have. There are many who are hungry.

Even though the routine of my job is often monotonous; Thank you Lord, for the work. There are many who have no job.

Even though I grumble and bemoan my fate from day to day, and wish my circumstances were not quite so modest; Thank you God for the gift of life.

*Author Unknown
Contributed by: Sis. Cynthia Grant*



Nutrition Seasonal Spotlight

Enjoy fruits and vegetables in season. Produce prices can be lower and fruits and vegetables usually taste better when it is the right time of year.

A healthy diet emphasizes whole, minimally processed foods, such as fruits, vegetables, beans, lentils, nuts and whole grains. Healthy eating also means lower amounts of red and processed meats, refined grains and sugary foods and drinks.

A healthy balanced whole-foods diet with lots of plants can reduce your risk of type 2 diabetes, high blood pressure and heart disease.

Plant-based diets full of whole or minimally processed foods are examples of healthy diets. They can include a range of dietary patterns (vegan, vegetarian or omnivorous) that include mostly foods from plants (fruits, vegetables, whole grains, nuts, beans, lentils), and fewer animal foods. Diets that

Continues on pg. 4 column 2

Continues from pg. 4 column 1 (Nutrition Seasonal Spotlight)

emphasize whole or minimally processed plant foods are good for your health and can help our planet by reducing greenhouse gas emissions.

[Eat more proteins from plants](#), such as beans, lentils, seeds and nuts. These protein sources have less saturated fat than many animal proteins, and choosing them more often may help create a healthier planet.

[Fill half of your plate with fruits and vegetables](#) to make your plate more colorful and flavorful and to lower your risk of heart disease and some cancers. Fresh, frozen, dried and low-sodium canned vegetables and fruits all provide the nutrients that make up a healthy diet.

*Taken from Healthy Bites Newsletter from UWNYP 10/23
Contributed by Sis Joan Cox*

Churches Need ‘Mighty Men of God’: The Rev. Dr. Wilbur A. Whitehurst, Jr.

By Nelson A. King



95-year-old Bro. Lester Jack seated with Rev. Dr. Wilbur A. Whitehurst, Jr. second from right, Front row and United Methodist Men
Photo by Nelson A. King

“Sometimes, folks forget that we’re in this together,” said the Rev. Dr. Wilbur A. Whitehurst, Jr., in delivering the sermon on Men’s Day at Fenimore United Methodist Church in Brooklyn. “These men of God – in fact all of us – need to be encouraged in the Lord. You need to

Continues on pg. 5 column 1

Continues from pg. 4 column 2 (Churches Need Mighty Men)

know that you can turn to the Lord.

“When the enemy attacks you, you need to take on the challenge,” added Rev. Whitehurst, a Brooklyn native, preaching on the topic, “Men of God Being Encouraged in the Lord”. “You see, when you are challenged; and you don’t have the right answer, you’ll be attacked or killed.

“You have to know when to take on the challenge,” continued Rev. Whitehurst, and former assistant pastor, with retired Pastor the Rev. Dr. Hermon Darden, at Vanderveer Park United Methodist Church in Brooklyn, from 2014 to 2017. “You have to have a relationship with God.

“You have to know what to take with you to deal with the enemy,” he preached. “Men, you have to go to the commander-in-chief. We got to go to God. We got to have to get our strength; you got to take on the challenge; know how to strategize; and you have to wait in the Lord for response.”



The Rev. Dr. Wilbur A. Whitehurst, Jr. delivers message. [Photo by Nelson A. King](#)

Rev. Whitehurst urged the men to “hold on to God’s unchanging hands,” stating that “He will fight the battle.

“[In] everything, take the Lord in prayer,” he said. “I’m on the battlefield for the Lord, and everything will be alright. David said: ‘I’ll bless the Lord at all times’”.

According his biography, Rev. Whitehurst is a “dedicated servant of God who devotes himself to promoting discipleship by relentlessly spreading the true Word of God and shepherding people to live by faith in Christ.”

Dr. Whitehurst constantly inspires others with faith and

Continues on pg. 5 column 2

Continues from pg. 5 column 1 (Churches Need Mighty Men)

enthusiasm. Just before the COVID-19 pandemic gripped the world in 2020, he helped St. Paul establish a media ministry to keep the congregation and community connected through various social media platforms.

From that, the development of virtual worship services. God had led Dr. Whitehurst to begin a digital media ministry entitled “Inspirations Online Evangelistic Ministries (IOEM).”

He said the purpose is evangelizing the gospel to allow people to experience God via in-person and virtual worship services post-COVID.

Dr. Whitehurst said he has continued to demonstrate an unrelenting passion for spreading God’s love through preaching, teaching, discipleship and community service.

He said his spiritual leadership has significantly impacted the lives of others and helped them strengthen their faith and get closer to God.

In 2023, Rev. Whitehurst started to serve as assistant pastor with Pastor Reverend Michael C. Harris at First Baptist Church of Passtown in Coatesville, PA.

Early on, he discerned and responded to the call of God on his life at the historic Bethany Baptist Church of Brooklyn. Blessed with God’s wonderful gifts, he pursued his spiritual mission by obtaining a license to preach the gospel on Sept. 9, 1998.



Min. Cynthia Grant, third from left, gives bouquet of flowers to Annette Whitehurst, wife of the Rev. Dr. Wilbur A. Whitehurst, Jr., flanked by Bros. Norman Edwards, left, and Alistair Aird. [Photo by Nelson A. King](#)

Rev. Whitehurst received ordination from the Bethany

Continues on pg. 6 column 1

Continues from pg. 5 column 2 (Churches Need Mighty Men)

Baptist Church on Jan. 29, 2006, at the request and before the passing of his late mentor and pastor, the Rev. Dr. William A. Jones, Jr. This was accomplished under the leadership of the late Interim Pastor, the Rev. Dr. Jasper E. Peyton.

Dr. Whitehurst first served as an associate minister at the Bethany Baptist Church from 1998 to 2002, fulfilling his calling to provide spiritual leadership and guidance to people from all walks of life.

Moving to Atlanta, GA, he earned a Master of Divinity degree at Candler School of Theology, Emory University, from 2002 to 2005.

During his matriculation at Candler, Dr. Whitehurst became a Wheat Street Baptist Church member and served as an associate minister from 2002 to 2007.

In 2007, Dr. Whitehurst returned to his hometown as associate minister and advisor to the Sunday School and New Members Ministry at Bethany Baptist Church from 2007 to 2014.

His commitment to spiritually transforming and preparing individuals for church leadership and community ministry reflects on his extensive teaching experience from 2007 to the present. This included working as a certified instructor at the New York Progressive Baptist State Convention, Inc.; New York Missionary Baptist Church Association; Seacoast Missionary Baptist Association; Sunday School Publishing Board; and The National Baptist Convention, USA, Inc.



Jamaica's Edward Hyde sings to the Lord.
Photo by Nelson A. King

Continues on pg. 6 column 2

Continues from pg. 6 column 1 (Churches Need Mighty Men)

He also fulfilled the role of religious instructor for the General Baptist Convention of New Jersey, Inc.

Wherever God has assigned Dr. Whitehurst, he has fulfilled his assignments with great integrity, respect and love. This is verified through various recognitions and accolades he has received throughout the years.

Among these are the Overcoming Man of the Year Award in 2006 from Concerned Black Clergy of Metropolitan Atlanta; a Certificate of Appreciation from The Atlanta Baptist Congress of Christian Education in 2006; the Loyal and Dedicated Service To The Action Mission Ministry, Inc. at Wheat Street Baptist in 2006; a Certificate of Appreciation from The New York Progressive Baptist State Convention of Congress of Christian in 2010; and the Award from Seacoast Missionary Association Moderator in 2018.

To equip himself with core knowledge to effectively serve the people and the church, Dr. Whitehurst earned a bachelor's degree in Liberal Arts at The College of New Rochelle, School of New Resources in May 2002.

He also earned a Master of Divinity degree in Biblical Studies at Candler School of Theology of Emory University in May 2005 and a Doctor of Ministry degree in Black Church Studies at Ashland Theological Seminary in June 2014.

In 2015, his dissertation was reviewed and accepted into The Hymn Society in Canada and the United States.

In addition, Dr. Whitehurst completed a course in Church Leadership at Regent University, School of Divinity in 2017.

Dr. Whitehurst is married to Annette Whitehurst, is the stepfather of an adult son and a granddaughter.

The Men's Day at Fenimore Street United Methodist Church was also punctuated with lofty, spiritual singing by the men of the church and the congregation. Additionally, the men prayed and read the scriptures.

Above is a reprinted article taken from Dr. Nelson King's Caribbean Life which captured the September 17th 2023 United Methodist Men's Service.

FENIMORE



Fenimore Street UMC Sunday School meets every Sunday from **10:00AM to 11:00AM**. Registration is ongoing. We encourage all Fenimore members to please take a flyer home and share it with your neighbors, family and friends.

Below is our Fall 2023 curriculum outline. All are welcome to join us in learning about the **Heroes of the Faith.**

Fall 2023 Sunday School Curriculum

Anchor Point: We Listen To God

Date	Topic	Scripture
September 24	Hannah Prays	1 Samuel 1: 1-28
October 1	God Calls Samuel	1 Samuel 3: 1-21
October 8	Samuel Anoints David	1 Samuel 16: 1-23

Anchor Point: We Can Love and Serve God

Date	Topic	Scripture
October 15	David the Musician	1 Samuel 16: 14 – 23
October 22	David and Goliath	1 Samuel 17: 1-51
October 29	Preparation for Worship	
November 5	David and Jonathan	1 Samuel 18: 1-5. 20: 1-42)
November 12	David Dances	1 Samuel 16: 1-19
November 19	Preparation for Worship	

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Continues from pg. 7 column 1 (Sunday School Corner)

November 26. (First Sunday of Advent)
“On The Way To Bethlehem” Part 1

Date	Topic	Scripture
December 3	On The Way To Bethlehem	Part 2
December 10	On The Way To Bethlehem	Part 3
December 17	On The Way To Bethlehem	Part 4
December 24	Candlelight Service	



Contributed by Sis Gail Murray



Sis Gail teaches the lesson to attentive students



Students work on their projects



Boys taking a short break



24 Things to Always Remember and One Thing to Never Forget

*Your presence is a present to the world.
You're unique and one of a kind.
Your life can be what you want it to be.
Take the days just one at a time.*

*Count your blessings, not your troubles.
You'll make it through whatever comes along.
Within you are so many answers.
Understand, have courage, be strong.*

*Don't put limits on yourself.
So many dreams are waiting to be realized.
Decisions are too important to leave to chance.
Reach for your peak, your goal, your prize.*

*Nothing wastes more energy than worrying.
The longer one carries a problem, the heavier it gets.*

*Don't take things too seriously.
Live a life of serenity, not a life of regrets.*

*Remember that a little love goes a long way.
Remember that a lot... goes forever.
Remember that friendship is a wise investment.
Life's treasures are people... together.*

*Realize that it's never too late.
Do ordinary things in an extraordinary way.
Have health and hope and happiness.
Take the time to wish upon a star.*

And don't ever forget ...for even a day... how very special you are.

*Colin McCarty.
Contributed by Sis. Cynthia Grant*



"Showcasing Our Summertime Events" PICTORIAL



Church members with stilt dancer, at back, in front of our Church
Photo by Nelson A. King

Excerpts taken from the *Caribbean Life* as told to Dr. Nelson King by Marlene Ferguson, Chairperson of Family Life Committee. that the "historic Fun Day was special for Fenimore Street United Methodist Church Family and the residents of Fenimore Street. This was an opportunity for the church family and the residents of Fenimore Street to come together in unity, fellowship and love, as we strive to enhance our relationship, making our community a better place," she said.

"We were thrilled to be together and enjoyed the opportunity to meet our neighbors face-to face, and even learned the names of each other," she added. "I was very happy with the turn-out and also saw some of our extended church members, who always return to support us."

Ferguson noted that the morning of the event was "blessed with showers", but added that "the rain climaxed just in time to open the celebration, giving the families a fun day with cultural activities and food."

Continues on pg. 9 column 1

Continues from pg. 8 column 2 (Summer Pictorial)

The church’s pastor, the Rev. Roger Jackson, “offered his blessings on the food and for the success of the celebration,” Ferguson said.

“Locally, our friends in Bronx, Bed-Stuy, Rutland Road, Prospect Lefferts Garden Heritage Council – all coming forward and making everything seem so easy,” Ferguson continued. “I want to express immense appreciation for all our generous donors and sponsors, because the success of all our events relies on your giving.

“This was, indeed, the moment where cultural diversity unfolded – the spectacle of Brooklyn’s Diaspora, a community of people of various races, color, ethnicity seated together dancing, swaying and singing to the melodies,” she said. “I must express my sincere gratitude to Mr. Richard Walkes, who was instrumental in promoting this priceless entertainment.”



Rev. Roger Jackson with Marlene Ferguson.
Photo by Nelson A. King

**Aug
26th
2023**



Enjoying the Fun Day, L-R: Seleta Lubell, Doreen Thomas, and Guyanese Minerva Beaton *Photo by Nelson A. King*

Continues on pg. 9 column 2

Continues from pg. 9 column 1 (Summer Pictorial)



Our children model costumes from Mas Productions Unlimited: From left: Angelica Nedd, 10; Noelani Charles, 8; and Chloe DaBriel, 9. *Photo by Nelson A. King*



Harriet Gooding and Irlene Jones-Brathwaite at a Mary Kay table. *Photo by Nelson A. King*



Dr. Nelson King takes pictures in foreground as Sis Joycelyn King in background tends to grands Christian and Chase. *Photo by Sis Kim Jackson*



Sis Veronica Corbett and Sis Marlene Ferguson dance with man on stilts as neighbors look on. Paula Scott taking pictures in background *Photo by Sis Kim Jackson*



**HAPPY 95TH BIRTHDAY
BROTHER JACK!!**



**FAREWELL AND BLESSINGS TO THE PRINGLE
FAMILY. THANK YOU FOR YOUR DEDICATED AND
FAITHFUL SERVICE**



welcome!



**WE WELCOMED SIS JOYCELYN KING INTO
FELLOWSHIP 9/24/2023**



All photos taken under 'Precious Moments' were provided by
Dr. Nelson A. King

Beyond Our Shores



Willing to Pay the Price:

POLYCARB OF SMYRNA

155

Discipled by the Apostle John, was stabbed and burned by the Romans.

“Eighty-six years I have served him, and he has done me no wrong. How can I blaspheme my King who saved me?”

I am eternally grateful as I remember our brothers and sisters on distant shores and thank the Lord for all of the martyrs of days gone by and those who continue to live and show by example their endurance, willingness to suffer greatly with joy and the dedication that it took or takes to bear witness for Christ in the face of death. Following is an excerpt from President Cole Richards’ May, 2023/Vol 57 No5 article entitled *Suffering and Gratitude*.

“When we are grateful, we joyfully bring our best efforts and attitudes as an offering to God, but if we lack in thanksgiving, discouragement blunts our purpose. Our normal inclination is to withhold our gratitude, reserving it for times when our circumstances in this world seem favorable. But this is not the way of faith. Instead of using natural thinking based on our circumstances, we are meant to have a supernatural gratitude that transcends them. We can maintain a thankful heart despite our suffering in this world because our joy and peace are anchored to God’s eternal gifts, which define our permanent condition and ultimate reality.

Our Tanzanian brother in Christ Temistocres Ngabona, has given us a beautiful example of steadfast gratitude despite unjust circumstances and physical suffering. While in the hospital recovering from knife wounds he received for serving Christ, his heart was so full of thanksgiving that he contemplated, [How can we thank God?] He answered this question by donating his land so that a new church could be built in his area. If the

Continue on pg. 11 column 2

Continues from pg 11 column 1 (Beyond Our Shores)

Holy Spirit has empowered him such that his trauma and scars led to a thankful heart instead of discouragement, than I can trust God for the same triumphant result in my suffering.

We can be tempted to think that our suffering is pointless. But we do well when we consider how God might use our gratitude to encourage other believers and to lead the lost to Christ. When we thank God during trials, we bear witness to an eternal reality that transcends temporary circumstances. Will we, like Temistocres, glorify God by suffering well?”

I pray that President Cole’s article has challenged us to contemplate suffering and gratitude in a new way.



Contributed by Sis Kim Jackson

WORTHY OF AN ENCORE,

COUNTING CHALLENGE



**HERE’S A COUNTING CHALLENGE
JUST FOR YOU:**

COUNT your blessings not your burdens!
COUNT your actions not your assets
COUNT your friendships not your foes!
COUNT your triumphs not your tribulations!
COUNT your successes not your setbacks!

AND HERE’S AN ONGOING ONE FOR YOU
COUNT your heartbeats not your heartaches!

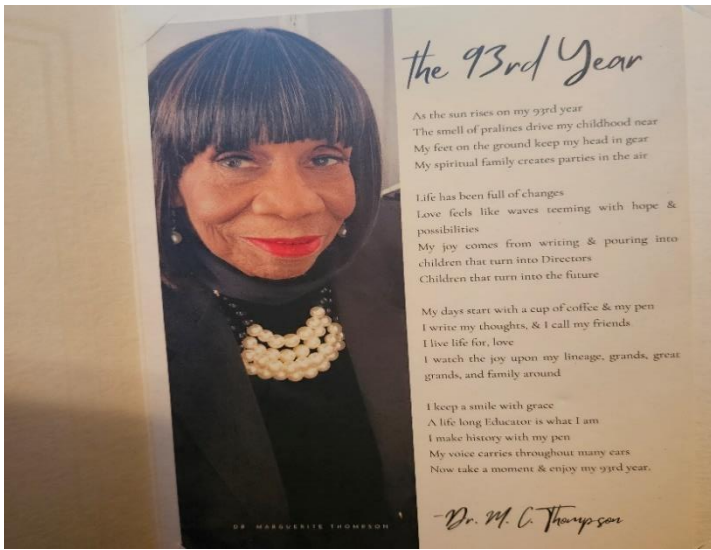
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Contributed by Sis Barbara Castleberry



November Fenimorians

AND A SPECIAL 93RD HAPPY BIRTHDAY TO DR. MARGUERITE C. THOMPSON A WOMAN OF EXCELLENCE



On Friday, October 6th Dr. Marguerite C. Thompson celebrated her 93rd birthday at the Weeksville Cultural Center in Brooklyn with family, friends, church members and city officials. She received a citation from the Honorable Congresswoman Yvette D. Clarke in recognition of her long and distinguished service in the community and aboard. She also received a citation from a Representative from Mayor Eric Adams office. Accolades abound as a plethora of individuals spoke of her love of education, dedication to her calling, passion for helping people and her keen ability and

Continue on pg. 12 column 2

Continues from pg 12 column 1 (Happy Birthday)

formidable spirit to tackle issues that she faced. Sister Doreen Thomas spoke highly of Dr. Thompson's service to our church in terms of innovative programs that she had conceived and launched and on the impact she has had on the larger community.

Prayer was rendered by Pastor Jackson and all feasted on a delicious meal while enjoying the sounds of a jazz band that her now deceased son-in-law had been a part of.

Contributed by Sis Kim Jackson



Lobby was beautifully decorated. Photo by Pastor Jackson



Delicious birthday cake Photo by Pastor Jackson



Family pictured with Congresswoman Clarke (3rd from left) Photo by Pastor Jackson

Continue on pg. 13 column 1

Continues from pg 12 column 2 (Happy Birthday)

Ferimorian Birth Verses
Your month & date is matched with.
a chapter and verse in the bible.

Example: if you were born on 1/30 your birth verse is 1 Corinthians 1:30 which reads “It is because of him that you are in Christ Jesus, who has become for us wisdom from God that is, our righteousness, holiness and redemption.”

Look for your birthdate below:

Ecclesiastes 11:5	Hebrews 11:6	Luke 11:13
Acts 11:21	John 11:25	Matthew 11:29



Download from Dreamstime.com

*“May our God bless you today and each day that follows
May you hear His voice
Follow His footsteps
Be comforted by His care
And live in His grace
Now and forever”*

AMEN

Taken from Bing.com

Strictly for Laughs

How do you fix a broken pumpkin? With a pumpkin patch.

What’s the best thing to put into an apple pie? Your teeth.

What does autumn do when winter comes? Autumn leaves.

From Goodhouse keeping

Why did the apple pie go to the dentist? It needed a filling.

Why did they let the turkey join the band? Because he had his own drumsticks.

How come the turkey didn’t eat dinner? He was already stuffed.
From Country Living



Pauline Thomas Celebrates 16th Year Breast Cancer Free

By Nelson A. King



Sis Pauline ThomasPhoto by Dr. Nelson A. King

Continue on pg. 14 column 1

Continues from pg 13 column 2 (Breast Cancer Awareness)

As she celebrates her 16th year breast cancer free, Jamaican-born Pauline Thomas says she is feeling “pretty good.”

But, at the same time, the Brooklyn resident said she is mourning the death of her “dear friend,” whose name she prefers to withhold.

Thomas told *Caribbean Life* on Monday that her friend, of over 50 years, succumbed to breast cancer in January after she was cancer free for 20 years.

She said they had both worked in the Ministry of Agriculture in Kingston, the Jamaican capital.

“She was planning her 70th birthday, when she passed,” said Thomas of her friend.

“As usual, I gave God thanks for surviving, for keeping me free of any occurrence,” she added. “I’m ok. I have my annual check-up in November.

“Breast cancer is affecting young women and old women, no matter what age you are, even without family history of the disease,” Thomas continued.

“Therefore, ladies, be vigilant with your routine mammogram and self-examination. Self-examination was how I found the lump in my breast.”

Thomas, 71, a member of Fenimore Street United Methodist Church in Brooklyn, said she gives God thanks for “His grace and mercy daily for keeping me healthy all these years.

“Most of all, I’m thankful to God for just being alive to celebrate another year,” she said. “I continue to look towards many tomorrows with God’s help, positive thoughts, living healthy and without any recurrence.”

Continue on pg. 14 column 2

Continues from pg.14 column 1 (Breast Cancer Awareness)

Though she has a family history of breast cancer, Thomas said she never expected to be diagnosed with the deadly disease.

“Interestingly, prior to being diagnosed with breast cancer, in March 2007, I decided to cut my hair very short, as it was the style being worn at that time and, most of all, I was spending too much time at the hair dresser,” she said.

“I would be one of the first persons on a Saturday morning (at the hair salon) and still leaving in the afternoon,” added Thomas, who hails from Sherwood Content in Trelawny, Jamaica. “The time spending in the hair salon was getting to me. Unknowingly, cutting my hair short was God’s way of preparing me for what was to come.”

Thomas said she clearly remembered pulling her shopping cart up the stairs on “this particular Saturday — Saturdays seem to be the day of new beginnings for me — when I felt a sharp pain in my left breast.

“Knowing my family history, I immediately went inside and examined myself,” she said. “To my horror, I discovered a lump. I could not wait for

Monday to come, so that I could go to my PC (primary care physician) at Beth Israel Hospital Medical Center (renamed Beth Israel/Mount Sinai Hospital in Manhattan) to get a referral for a mammogram.”

With the mammogram showing a lump, Thomas said she was sent to see a specialist, who scheduled her the next day for another mammogram, a sonogram, followed by an ultrasound-guided fine needle biopsy.

“This ultrasound-guided needle test was extremely painful,” she said. “I saw every stars in the

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constellation without missing any. After all my tests, I was diagnosed with breast cancer at age 54.”

Thomas said a lumpectomy/partial mastectomy was done on her left breast on June 4, 2007.

She said she wanted to do a full mastectomy, but her doctor recommended a lumpectomy and removal of a lymph node to test for cancer.

“Fortunately, I was diagnosed early, and the cancer had not spread to any node,” said Thomas, adding that treatment consisted of a year of chemotherapy, through port placement, and six weeks of radiation at Mount Sinai Hospital, followed by the taking of Arimidex (oral tablets) for five years.

She said chemotherapy treatment was “no walk in the park,” disclosing that she was given three types, in stages: Taxotere, Carboplatin and Herceptin.

“I started with all three at the same time — Taxotere for three months, Carboplatin for six months and continued with Herceptin to complete the year,” said Thomas, stating that all treatment and surgery were done at Beth Israel/Mount Sinai Hospital. “I lost what little hair I had after my second treatment. Taxotere was the harshest of all three drugs.”

She said she had some side effects from chemotherapy treatment — fainting spells, port blockage, swelling of limbs and loss of nails — with port blockage being the worst.

Thomas said she “got a scare” in June 2010 during a routine mammogram, when some calcifications were found.

She said the mammogram was redone, “and they still could not determine what they saw.”

But after a biopsy was conducted, she said the results showed no cancer was found.

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However, Thomas said she had to do a mammogram every six months thereafter.

“When I was diagnosed, I felt that I was given a death sentence,” she said, revealing that her mother, Gwendolyn Jackson, died in Jamaica from breast cancer at 54 – the same age when Thomas was diagnosed with the disease – six months after diagnosis.

“My whole world became topsy turvy,” added Thomas about her diagnosis. “I internalized my fears and went into a ‘poor me’ situation.”

She said she has “come to realize” that not only her mother was afflicted with breast cancer but some aunts, as well.

Thomas also said that, since her diagnosis in 2007, her niece, Jody Jackson, who resides in, Toronto, Canada, was diagnosed with breast cancer at 31.

She said Jody had a double mastectomy and reconstructive surgery.

Throughout her treatment, Thomas said her immediate family, friends, co-workers and church family supported her through prayers, cards and phone calls.

She said one of her close church sisters, whose name she preferred not to mention ensured that she had her Sunday Dinner.

In addition, Thomas said her co-workers at Barst Mukamal & Kleiner LLP, a law firm in midtown Manhattan, where she worked as a paralegal, “covered” her during her absence for treatment.

“My health is good; I do my yearly mammogram; and, because of my history, every precautionary measure is taken by my oncologist at Mount Sinai Hospital,” she said. “Though I had fears, great fears,

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I faced breast cancer with a positive attitude.

“Cancer may always be a part of my life, but I wouldn’t make it the center of my life,” assured Thomas, stating that she participates in breast cancer walks in Prospect Park in Brooklyn.

She noted that breast cancer treatment is not the same as when her mother was diagnosed in 1981.

“Today, the survival rate is much higher, with varied options and advanced treatments,” Thomas said. “Take care of yourself, listen to advice but make your own careful personal decision regarding your treatment.”

She said since retiring from Barst Mukamal & Kleiner LLP in 2020, she occupies her time by volunteering every Thursday at Bethel United Methodist Church, corner of Pacific and Bedford Avenues in Brooklyn, with helping to provide breakfast for the men, across the street, at the Bedford Armory.

Thomas said she also completes a four-mile walk, on alternate mornings, at Seaview Park in Canarsie, Brooklyn, and “binges” on Netflix series and Turner Classic Movies (TCM).

“I wish I have the funds to travel the globe, but will certainly do what I can,” she mused.



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Brooklyn’s Dorothy Providence Breast Cancer-Free For 34 Years

By Nelson A. King



Bedford-Stuyvesant, Brooklyn resident Dorothy Providence thanks God for being breast cancer-free for 34 years.

“I thank God for His grace and mercy for where He has brought me from and the strength He gives me to continue doing the volunteer work at Fenimore Street United Methodist Church and elsewhere,” Providence, whose late husband, Randolph Providence, was a native of St. Vincent and the Grenadines, told *Caribbean Life* on Tuesday.

“I have been cancer-free for 34 years,” added Providence, who was born and raised in Port Hudson, Louisiana, the eldest of four children. “However; since the time I was diagnosed to present, every three months, blood work is done.”

Providence said, after she was diagnosed with breast cancer in 1989, she retired from the United States Postal Service in New York, where she worked in various positions in the Human Resources Department.

She said, after having surgery in July 1989, she received no treatments or medications.

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“However; the cancer returned in 1997,” she said. “I then had a second surgery, where I received six weeks of radiation and three sessions of chemotherapy.

“I had surgery for the third time for breast cancer; and, though it was not cancerous, I needed no treatments but was given medications for five years,” added Providence, a long-standing member of Fenimore Street United Methodist Church, at the corner of Rogers Avenue, in Brooklyn, where she is the financial secretary, a communion steward, and sings with the church’s Gospel Chorus Choir.

She also serves as treasurer for the Fenimore Senior Center, Inc. In her community in Bedford Stuyvesant, she held the position of president of the Decatur Patchen Ralph Block Association for many years.

Providence is also a member of Central Brooklyn Lions Club, Inc., where she held many positions, including president.

She has three children, three stepchildren, 11 grandchildren and three great grandchildren.



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