

BLACK HISTORY MONTH

# THE ECHO

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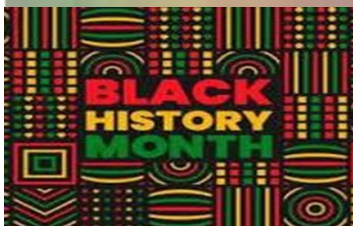
BLACK HISTORY MONTH

Saint Rebecca P. B. Church ☐ 330 Grimwood Road ☐ Hazel Green, AL ☐ 256.828.5304 ☐ February 2025



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## Pastor's Pen

### God Is Our Sustainer

Throughout Scripture, God is described as the one who sustains all things. To sustain something means to give it strength, protection, encouragement, and comfort. God's sustainment is a holding together with a power that surpasses that of any human.

When a person accepts the free gift of salvation through Jesus Christ, he or she becomes a child of God as one adopted into His family. God sustains His children through difficult times. He strengthens, protects, encourages, and comforts. Our strength will eventually fail us, and God is the only one who can shore up our strength to endure.

Humans are finite, meaning we only have so much strength and energy on our own. God is without limit, infinite, and that means His strength is without end.

Many psalmists recorded their dependency on God. They expressed a need for God to sustain them, often in times of weariness or distress. For example, in Psalm 63:1 David writes of his enemies trying to kill him "in a dry and parched land where there is no water," but he finds that the Lord sustains him: "I cling to you; your right hand upholds me" (verse 8). See also Psalm 18:35, Psalm 41:12, and Psalm 89:21.

We may try to gain strength from things in this world, but these things will always disappoint and leave us emptier and wearier than we started. Nothing created can sustain itself, let alone the rest of creation. Only the Creator can do that: "In Christ all things hold together"

When we feel we are falling apart or have nothing left to give, we must turn to the only source of unending, sustaining strength. God is the sustainer, and He wants us to come to Him for help. God does not give begrudgingly but lavishly.

Not only does God sustain us as individuals in times of distress, but He also sustains all things in the universe. The physical laws that hold matter together, keep planets in their positions, and bind people to the earth are all sustained in and through Jesus. The same God who keeps the planets aligned also holds you in His hands. When life is too much for you to take on by yourself, trust in the Lord. We are part of His creation, which means God knows exactly how to hold us together, too.

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## 70 Looks Great on You

**Sister Evelyn Drake** brought in the start of a new decade in a big way. Her daughter, Yolanda threw her a birthday party to bring in 70 on December 14, 2024, at Homewood Suites by Hilton. The 70's was the party theme, and everyone in attendance complied. There were some amazing outfits that included wigs, dashikis, head bands, large sunglasses, hats, etc. The dress was judged and her



brother, nephew, Marcus Crutcher won the best male costume and her sister-in-law, Teresa Rog-



ers won best female. Additionally, Yolanda hosted a trivia game inclusive of tv shows and personal and family details to which prizes were awarded to those who were most familiar with Evelyn and things that happened in her birth year and during her 70 years of life.

Evelyn thanks everyone who attended, and she is appreciative of the love and tokens of love she received. She is especially thankful to her daughter, Yolanda, for making the event possible. Her tireless efforts to make the afternoon special for her mom are priceless. May God bless you Yolanda and may He keep your mom to have many more birthdays. Happy birthday from your church family.

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## She Persevered

**Sister Gwen Graham** did it! She retired! Gwen had been an integral part of the Huntsville City Schools for 10 years – 8 of which she worked in the capacity of Child Nutrition Program Manager at Martin Luther King, Jr. She was responsible for overseeing the operations of the cafeteria. She ensured that Oprotocol was followed by the staff. Her position also gave her an opportunity to get acquainted and interact with the staff and most definitely the students. It takes a special person with a love for people, especially children, to do this job for such an extended period.

Gwen's last workday according to the school was December 20, 2024. She enjoyed her stint; however, she is now ready to see what the next chapter will hold for her. In her words, she is "ready to start a new journey."

Congratulations Gwen on this achievement. The church hopes you enjoy and make the most of every moment. We pray blessings upon your life and your new journey.



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## Amazing at 60

**Sister Phyllis Garner** celebrated her 60th birthday with vigor and finesse. She was treated to a surprise birthday dinner on December 21, 2024, at the Little Indian Creek Center that was indicative of the queen that she is. To get her to the event, she was told that there was a celebration for one of her friends. Upon entry, she wasn't totally surprised, however, her heart



overflowed with joy. She was met with so many hugs and so much love especially from her siblings. After being given time to "pull herself together," Phyllis received many tributes from her siblings, nieces, nephews, friend and others whose life she has touched. She is known by many as a great babysitter who has become a dependable, loving resource for those in need of good child-

care. She has spoiled and loved all of them.

Phyllis' actual birthday was December 23<sup>rd</sup>. She is grateful to her family for arranging her celebration. She thanks them for preparing and serving a wonderful meal for her and her guests. You are the matriarch/queen of the family and the love and admiration they have for you is immeasurable. Happy birthday from your church family as well. God is smiling on you and showering you with His love and peace. It is our hope that you will be blessed with many more birthdays.



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## Old Zion Fellowship

The church enjoyed a spiritual high on the fourth Sunday in January with Pastor Robert Peavy and Old Zion UPB Church from Pulaski, Tennessee. Pastor Peavy and his congregation had one thing in mind, and that was worship. Pastor Peavy brought an awe-inspiring message from John 14:2 and the text topic was "And One of them Belong to Me." He lifted up that the Father loves us and He saved us. This should be comforting to us for He said "Let not your heart be troubled". He was saying to us, don't worry about a thing. We are assured that we have a better place when we leave here. Our home is in glory and the price of the home has been paid for by God and we can never be evicted. Sooner or later this earthly building will deteriorate. The home on high, Jesus is our Landlord, and He takes care of our provisions. He watches over us day and night and one day we will be with Jesus.



Following worship, both churches were served a great meal. Thanks to all who prepared and served in the kitchen. Saint Rebecca is always excited to worship with Old Zion. Our fellowship is long standing and we look forward to many more years together.

## Black History Moment

Black History Month, or National African American History Month, is an annual celebration of achievements made by Black Americans and a time to reflect on the central roles of African Americans in U.S. history. The celebration can be felt nationally as many organizations, cities, and states host events to raise awareness of Black culture, and honor prominent Black individuals who have shaped the course of American history. It is imperative that their accomplishments and struggles are remembered and celebrated.

Below are some trivia questions just to test your Black History Knowledge. The answers are in the box below.

1. Where did Martin Luther King, Jr. deliver his famous I Have A Dream Speech?  
A. Memphis, Tennessee B. Atlanta, Georgia C. Washington, DC
2. Who was the first African American and Native American woman to hold a pilot license?  
A. Bessie Coleman b. Mary McLeod Bethune C. Barbara Smith
3. Which of the following is Maya Angelou's first body of work?  
A. I Know Why The Caged Birds Sing B. The Heart Of A Woman C. A Song Flung Up To Heaven
4. What is the name of Michelle Obama's debut memoir?  
A. Dreams From My Father B. Becoming C. Just As I Am
5. Madam C.J. Walker is known as the first Black self-made millionaire. What product led to her success?  
A. Hair grower B. The ironing board C. Caller ID
6. Soul Train was created and hosted by which TV presenter?  
A. Montel Williams B. Arsenio Hall C. Don Cornelius
7. Who was the first African American model to be featured on the cover of GQ magazine?  
A. Tyra Banks B. Naomi Campbell C. Iman
8. What state was Barack Obama senator of before his presidency?  
A. Hawaii B. Illinois C. Michigan
9. At what age did Serena Williams win her first U.S. Open?  
A. 17 B. 20 C. 22
10. How many times did Kobe Bryant win the NBA Championship?  
A. 3 B. 5 C. 7
11. What was Muhammad Ali's nickname?  
A. The Greatest B. The Fridge C. Mookie
12. What is Tiger Woods' given name?  
A. Eldrick B. Clarence C. Malachi

**Trivia Answers: (1)C (2)A (3)A (4)B (5)A (6)C (7)A (8)B (9)A (10)B (11)A (12)A**

## How Do You Show Love?

As Valentine's Day rapidly approaches, take a moment to think about the three love languages mentioned below. Of course, there are others, but these seemed right for the occasion.

### Quality Time

For those of you who light up when your partner suggests spending time with you and always seems down for hanging out, you're looking at Quality Time as your love language. As the name suggests, this love language means you desire to spend meaningful time with your partner, not to mention active listening and consistent eye contact.

Those with this love language put a strong value on being in the same space as their partner—physically, emotionally, and mentally. So whether that's starting a new TV series together on Netflix or taking a vacation together, it's all about being actively engaged and present in the moment as a couple.

### Acts of Service

For those who identify with this love language, this means you firmly believe actions speak louder than words. Forget empty promises—you need someone to come through for you and show you that you can rely on them. Here it's all about showing, not telling. This could range from doing the dishes to picking them up from the airport. It needn't be grand, either—remember that your partner just wants to feel appreciated and helped.

It's also worth mentioning that Acts of Service doesn't mean that you are literally serving your partner. If you feel that your partner expects too much from you or that you simply don't have the bandwidth in your daily schedule to "speak" this language, talk to them about it. An open dialogue is key to any healthy relationship.

### Receiving Gifts

Although the name itself might suggest someone who is overly materialistic, people with this love language see gifts as representations of love. For them, receiving a gift demonstrates that they are seen, cared for, and ultimately prized by their partner.

Here, the price tag doesn't matter so much—it's more the level of thoughtfulness behind it. A handcrafted card means way more than a Hallmark card, for example. If your partner values the gift-giving process, they'll be the first to say, "It's the thought that counts." The gifts you give them serve as objects to help them remember you were thinking of them, which immediately fills them with joy and love. The gifts you give them serve as objects to help them remember you were thinking of them, which immediately fills them with joy and love.

## Notice

- ◆ Year-end Contribution Statements are available for pick up in the front office
- ◆ In celebration of Black History Month, Silver Jewel #508 will host a Heritage Tea starting on February 22, 2025 at 2:00 p.m. at the Huntsville Board of Realtors located on Monroe Street. Rev. C. Jermain Turner will be the guest speaker.
- ◆ On February 23, 2025, the church will celebrate Black History Month during morning worship. Madison County Commissioner, Violet Edward, from District 6 will be our guest speaker. This year's theme is: The Continuing Importance of Black History in Changing Times.
- ◆ Quarterly Church Conference will be held on Wednesday, February 26, 2025 at 7:00 p.m. All members are encouraged to attend
- ◆ Members are asked to consider making a donation for Mallard Creek Pink Tea Scholarship fundraiser in the amount of your waist size. See Sister Kay Miller for additional information.
- ◆ It's Cookie Time!. See Merisha and girls to purchase you favorites. They will be in the front parking area after worship.

## Birthday/Anniversary

The church wishes each of you celebrating this month a blessed day in the Lord.

Tremain Hampton 1st  
Chris Garner 2nd  
Corey Garner 2nd  
Shemika Wynn 4th  
Malleya Jones 7th  
Courtney Otey 7th  
Jalen Henderson 8th  
Nicarla Friend 8th  
Barry Graham 10th  
Tiffani Osborne 10th  
Krishaun Caldwell 11th  
Kylene A. Humphrey 13th  
Mother Gail Graham 14th  
Felicia Crutcher 14th  
Dea. Roosevelt Hersey 15th  
Jasmine Townsend 16th  
Gladys Rogers 18th  
Angela Graham 19th  
Mother Barbara Parker 21st  
Ella Hampton 24th  
Ashley Graham 25th  
La'Niya M. Horton 25th  
Tramaine Crutcher 28th  
Caleb Crutcher 28th



## Happy Anniversary

A wedding anniversary represents another year of togetherness for a married couple. The church wishes each of the following couples a happy anniversary.

Deacon B. J. and Mother Dorothy Latham 14th  
Deacon J. L. and Mother Gail Graham 26th  
Darren and Lawanda McClendon 26th  
Yumond and Trina Edwards 27th

## Christian Humor

Little Emily was at her first wedding and gaped at the entire ceremony. When it was over, she asked her mother, "Why did the lady change her mind?" Her mother asked, "What do you mean?" Well, she went down the aisle with one man and came back with another one."

Me: " What do you want for Valentine's Day?"

Wife: " Give me a ring, that's enough."

Me: " From the landline or mobile?"

Grandpa Jones was celebrating his 100th birthday and everybody complimented him on how athletic and well-preserved he appeared. "Gentlemen, I will tell you the secret of my success," he cackled. "I have been in the open air day after day for some 75 years now." The celebrants were impressed and asked how he managed to keep up his rigorous fitness regime. "Well, you see my wife and I were married 75 years ago. On our wedding night, we made a solemn pledge. Whenever we had a fight, the one who was proved wrong would go outside and take a walk."

Two fellas were watching an old cowboy movie and it came to the part when the cowboy, on his horse, at full gallop, was headed right towards a cliff. One of the guys said to the other, "Hey, I'll bet you 10 bucks that he rides over the cliff." The other said, "You're on!" Well the cowboy and the horse went right over the cliff. The fella that lost the bet paid up. A while later, the guy who won said, "Hey, I'm feeling a little guilty about our bet and need to make a confession ... I already have seen the movie." The other fella replied, "Well, I have also seen the movie before... but I didn't think he'd do it again!"

An optometrist examining an elderly patient asked, "Can you read the 5<sup>th</sup> line of the chart?" "no". How about the 4<sup>th</sup> line? "no." Try the 2<sup>nd</sup> line. "I can't read that one either. Surely you can read the 1<sup>st</sup> line. Truth is I've never learned to read."

Wife: Do you love me just because my father left me a fortune?

Husband: Not at all, darling, I would love you no matter who left you the money.

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## Recipe Corner

### Creamy Chicken Wild Rice Soup

#### Ingredients

3 tablespoons butter  
1 yellow onion, diced  
1 cup sliced carrots  
1 cup sliced celery  
6 cloves garlic, minced  
2 teaspoons Italian seasoning  
1/2 teaspoon ground sage  
1/2 teaspoon dried thyme  
1/4 cup all-purpose flour  
4 cups chicken stock (or chicken broth)  
1 teaspoon Better Than Bouillon Roasted Chicken Base, optional  
1 cup wild rice blend, uncooked  
2 cups shredded rotisserie chicken  
1.5 cups heavy cream  
1 teaspoon balsamic vinegar  
Kosher salt fresh cracked pepper  
fresh chopped parsley for garnish



#### Directions

Heat 3 tablespoons butter over medium-high heat in a large pot. Add 1 diced onion, 1 cup sliced carrot, 1 cup sliced celery, along with a couple pinches of salt and pepper. Cook, stirring frequently, for about 5 minutes.

Turn down heat to medium-low. Add 6 cloves minced garlic, 2 teaspoons Italian seasoning, 1/2 teaspoon ground sage, 1/2 teaspoon dried thyme, 1/4 cup flour, and a couple pinches of salt and pepper. Cook for 2 minutes, stirring frequently.

Add a couple splashes of chicken stock to the pot until it cleans the bottom of the pan. Add the remaining chicken stock, 1 teaspoon Better Than Bouillon, 1 cup uncooked wild rice blend, and a couple pinches of salt and pepper. Turn heat to medium-high, cover the pot, and bring to a simmer. Reduce heat, cover, and simmer over low heat for about 50-60 minutes or until the rice is cooked. Stir in 2 cups shredded rotisserie chicken, 1.5 cups heavy cream, and 1 teaspoon of balsamic vinegar. Cook for another couple minutes until the chicken is warmed through. Season to taste with salt and pepper. Garnish with fresh chopped parsley and enjoy!

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## Love Thought for the Month

According to the Bible, God encourages married couples to love each other deeply, be patient, forgive one another, and work together as one unit, with the core message being that marriage is a sacred covenant where both partners should strive to serve and prioritize the other, mirroring Christ's love for the church. It's a love that will always be there and will never leave us or forsake us. When a man and woman love one another unconditionally, contentment and joy follow.

Love in marriage can be deeper and more selfless than in any other relationship. It is this type of love that Jesus expects of His followers, and it is the virtue that couples need the most.

## Our Sincerest Apology

The first three articles in this issue were omitted from the January issue. Due to a publishing error, Sister Evelyn Drake, Sister Gwen Graham and Sister Phyllis Garner were left out. The Newsletter Committee has humbly apologized to them individually and we are now apologizing publicly. The milestones in their lives are so important and they are blessed by the Best. Their understanding of the error is appreciated. May each of you continue to be blessed.

The Newsletter Committee

## PUZZLE FUN

Below is a puzzle that includes Valentine's Day and Black History Words. Good luck!

L N N T U Z C U B R O Y G K L H O E O X  
T O D O R P O U J Q W M I X S E P C Q S  
N B V I N A S G K U E T J E T R G I A L  
E Y C E D V E U O D F P R M H I H T G I  
M B T K B P I H S T R U O C G T A S P B  
E E B I F I I O T K Y A K X I A R U S R  
V T M S L S R C L E Q T M M R G L J D E  
O R F O C A T D N E E D P P L E E J R R  
M O O G D P U A S X N W H M I M M H A I  
L T N X L E M Q M U T C S I V F R M O M  
A H Z H O O E L E E L D E S I X E E H D  
I E U I R O O R F U E C T S C W N D U A  
C D U E S C X P F W N B P I Q O A P F X  
O E D O L W Y C B E U N R E Q U I T E D  
S C Q A B O L I T I I O N I S T S R Z Q  
G K M M N O I T A P I C N A M E S G H Q  
B L A C K L I V E S M A T T E R A Q X W  
I E G B Z M Z U R D X B E K S Z N L Y Y  
O F H H S C E H G Y Z R G U B J C P D M  
N O I T A R T S N O M E D T X Z E I P K

## WORD LIST

ABOLITIONIST

ADMIRER

BETROTHED

BLACK LIVES MATTER

CIVIL RIGHTS

COURTSHIP

DEMONSTRATION

EMANCIPATION

ENAMORED

EQUALITY

FREEDOM

HARLEM RENAISSANCE

HERITAGE

JUSTICE

LOVEBIRDS

MALCOLM X

NONVIOLENCE

SMITTEN

SOCIAL MOVEMENT

SWEETHEART

UNREQUITED