



## HIGHLIGHTS

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### Usher Board Update

## New ICUA Officers for a New Year

By Brenda Payne Durrington

The Interdenominational Church Ushers Association of Washington and Vicinity (ICUA) closes out the year bidding farewell to our illustrious leader Sarah Crawley. She served the organization well as our president for the

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### 'Best of Times, Worst of Times'

## Annual Missions Weekend

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to heaven, we were all going direct the other way...”—*A Tale of Two Cities* (1859) by Charles Dickens

Rev. Donald Sadler, pastor of New Morning Star Baptist Church, Washington, D.C. and guest preacher for Mt. Carmel’s Missions Sunday, used the opening quotation from *A Tale of Two Cities* to frame his sermon on Dec. 14.

Preaching from the church’s theme of refocusing and rebuilding faith and community, Rev. Sadler said we have to contrast problems we confront today with past struggles we have faced.

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### Sing Noel Is Family Affair

## Children, Families Star In Mt. Carmel’s Annual Christmas Musical

In its annual Christmas musical, Mt. Carmel’s Music Department, led by Director of Music Leona Lowery, presented *Sing Noel* on Dec. 14.

Children and families had starring roles in the choirs or as readers. Guest musicians included the Northwestern High School Gospel Choir, a string ensemble, trumpeters and percussionists who joined with our own Mass Choir and organist Dr. Michael Clarke to hail the birth of the Savior. A candlelight procession began the worship service. See more photos, page 2.

*“Peace on Earth, good will to men!”* At right, half of the Hall family—brothers Marcus (left) and Brandon, and mom Susan—read the Angels’ Song of Peace from *Sing Noel*, which uses traditional Christmas carols, poetry and verse to tell the story of Jesus’s birth.



## Annual Business Meeting Scheduled, Jan. 16

The Annual Business Meeting is set for Friday, Jan. 16 at 7 p.m. All members are encouraged to attend. Agenda items include election of officers and approval of the church calendar and budget. All department reports are due in the church office by Monday, Jan. 12. The church council will meet on Monday, Jan. 5 at 7 p.m.

## Wanted: Inauguration Day Memories

Jan. 20, 2009—Inauguration Day—will be a historic day. We would like to capture as much of the day as possible to include in the *Light’s* Black History issue. If you are planning to attend any inauguration events, please send us your photos and stories. For those planning to experience the event from the comfort of your homes, you can share your thoughts and insights too. Make written contributions brief—just a few sentences. All material is due by the last Sunday of the month, Jan. 25. Thanks.—eds.

# Music Ministry Presents Sing Noel, a Carol Service



***“The Whole World Sings Noel.”*** Clockwise, from bottom left: Northwestern High School Gospel Choir members stir up Joyful, Joyful; Sis. Leona Lowery directs several choirs and a mini orchestra; Sis. Tonya Majette lends her voice to the Mass Choir; and members of the Washington Strings await direction. Percussion, piano, organ and trumpets also offered instrumental praise.



Backed by the Mass Choir, the Cornerstone Mt. Carmel Christian Academy Youth Choir (with guest singer Dyson Coley, front) leads Silent Night. Hal Hopson’s Sing Noel features African, Basque, French, German and Scottish Christmas carols.



Readings tell the Christmas story, from the Annunciation to the Joy of the Shepherds to the final Blessing. Readers included (from left) Sis. India Breckenridge, Rev. Ronald W. Divers, Sis. Carolyn Jones, Sis. Tamyra Tillman and Sis. Andrea Campbell.

past 2 years. On a very sad note, we must also say goodbye to Sarah's husband, James Kelso Crawley, who passed away on Dec. 9. He was buried on the 19th. Our love and prayers are with Past President Crawley and her family.

On Dec. 5, ICUA members gathered at Friendship Baptist Church in Southwest D.C. to elect new officers for 2009-2010. Usher George Irick of Greater New Hope Baptist Church won the presidency. Bro. Irick served as vice president under Usher Crawley. He received enough votes to defeat challenger Usher Pansy Cooper of Miles Memorial

AME. Darrell Johnson of Mt. Sinai is our new vice president.

There were four vacancies on the Board of Trustees. These positions were filled by four hardworking members with easily recognizable names: Sandi Dotson, Brenda Gilliam, Jeannette Riddick and Juanita Prophet. Congratulations to all, good luck and much success in your efforts as our leaders.

Installation of the new officers will be Sunday, Jan. 4. The location of the ceremony will be announced soon. Let's come out to support this new slate of officers. †

## INAUGURATION DAY UNSCRAMBLE

1. DRAUIAITNOUNAGY (2 WORDS)
2. GDATILPOUIBNCLI (2 WORDS)
3. OUTIITCSNTON
4. EDNFDE
5. OEMPISR
6. DUUGALAIRSANDERS (2 WORDS)
7. UAAYNRJ
8. FTOIEOFCFAOH (3 WORDS)
9. ARDPEA
10. ENNPAIEYUESVANNLAV (2 WORDS)
11. EVREPSER
12. IDSEPTENR
13. KRMBCAOAABA (2 WORDS)
14. OTEPTCR
15. EINAWRNISG (2 WORDS)
16. CMCDOYERA
17. ESERDIPINCEVT (2 WORDS)
18. DNIOBEEJ (2 WORDS)
19. CTGHDNAIONWS (2 WORDS)
20. EHTEIOSWUH (2 WORDS)
21. AIRSLHTIOC
22. NTODTAIRI
23. ECPESH
24. RBLUAGAANLLIUS (2)
25. YLALFUHFTI
26. YENCOMRE
27. OSRSEPINCO
28. TSAILDFYR (2 WORDS)
29. MDAEEFRTSOIUTSENACITA (4 WORDS)
30. BLIEB

## MISSIONS, CONTINUED FROM PAGE 1

"We must trust and believe in the same God that our forefathers trusted and believed in," he said. "[God] is the same today and will remain the same tomorrow."

Acknowledging troubling economic conditions, Rev. Sadler nevertheless stressed the need for hope and optimism in the days ahead.

"In a few days we will see our political system has not failed us, because God never left us," he concluded. "We must be able to rebuild our communities. We must be truthful to the cause."

The worship service also included a special tribute to Sis. Gloria E. Ford, former director of Mt. Carmel's Missions Department.

On Saturday, the weekend was launched with a prayer brunch and a play, *Reminiscing with Sojourner*. Angel Tree gifts were also distributed. †

## The Long View Prisoners in Our Own Home

By Margaret M. Long

*It may sound strange but it's true.  
One step out our door and things begin  
to happen right out of the blue.  
People sitting in bunches talking about  
one another.  
Talking about their own sisters and  
brothers.  
Killing off their family members.  
Walking to the store and back, you never  
know if you will be attacked.  
Daytime—we used to think it was safe.  
Not anymore. It's worse than before.  
No matter where we go there's trouble  
in the air.  
Riding in a car, bus or train.  
Violence is there just the same.  
Churches aren't even safe anymore.  
They are robbing them and have no  
respect and have no remorse.  
What's worse, they never get caught.  
What makes this so sad, how much  
longer will we be safe,  
Being prisoners in our own homes.  
Believe it or not, things have really gotten  
that bad.  
Pray!*

## SOLUTION TO DECEMBER'S CHRISTMAS WORD FIND:

CHRISHTRIBNIGRIVMAHE  
TMAMIRACLECHRIRSTIAT  
SCHRISTIMASWISEMENRO  
SFELLOWSSHIPUFGRHNKG  
HWRHEALWOSLSLENICSGN  
EEARALFELLEOASASTMOT  
PHWDOSHIPJPMEAMARYTS  
HNALDOCEACEONEARTREI  
EATRHLPEHTGINYLOHOLI  
RTROKAIENOELCAEPHLLS  
DPEWNTENEWBORNKINGPR  
SACEWBHPGTIVAULLIEB  
EONHORLEOSNETMNIITTAO  
EARTNKPIHSWOLLEFOOCH  
TRHOINOPVEELOEHTNNER  
CAKTGHELCHRISTMASTOC  
HTIYESTEHELEAHVEELHNU  
RSNOOBEMETHELMHOVEES  
IHAJULELLAHPODEELMAS  
STGPOPNTFPPCORLOYORJ  
TRSSGRIOCROPNEHVLUTE  
MOKINLCORSILENTNIGHT  
ANGELSSINGOEPOEIMNTA  
PACENDIESTDANPBCAAIT  
WETHREEKINGSDDCHFNSH  
EOEONEARTSLERISBOILT  
GNILORACSTISTOGNRELO



## BE HEALTHWISE

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

### *Cold Fingers and Toes?*

### It Might Be Raynaud’s

**W**hen the temperature drops this winter, it’s normal to feel it most in your fingers, toes, ears and nose. But if your fingers and toes regularly turn bluish or white when the temperature dips even slightly, or if they often feel numb or painful or turn red and tingle when you’re stressed or cold, it may be a sign you have something called Raynaud’s disease.

Raynaud’s (pronounced ray-NOSE) disease involves blood vessels. Estimates vary, but most studies suggest that it affects about 3-5% of the population, especially women. It can arise at any age, although it typically appears during teenage years or later.

In people with Raynaud’s disease, blood vessels have an extreme response to cold tem-



of hormones that can also cause blood vessels to narrow in your extremities.

But in people with Raynaud’s, the response to cold and stress is far more rapid and severe. Just taking something out of the freezer

or sitting in an air-conditioned room can trigger an attack, which may last for less than a minute or as long as a few hours.

During a Raynaud’s attack, the blood vessels quickly narrow and reduce the flow of blood, causing the

#### Wise Choices

#### Avoid Raynaud’s Attacks

You can take some simple steps to prevent or reduce the severity of Raynaud’s attacks:

Keep warm. Wear a hat, gloves, scarf and coat when it’s cold. Soak your hands in warm water at the first sign of an attack.

Control stress. Steer clear of stressful situations. Relaxation techniques may help.

peratures and stress. The body’s normal response to prolonged cold temperatures is to tighten blood vessels and reduce blood flow to the fingers, toes and other extremities. This helps to slow heat loss and keep warm blood flowing to your brain and other vital organs. Likewise, stressful situations normally trigger the release

skin to temporarily turn white, then bluish. When blood flow later returns, the skin turns red. Your fingers and toes may throb or feel numb and tingly.

Most cases of Raynaud’s have no known cause—a condition called primary Raynaud’s disease. Primary Raynaud’s is typically more of a bother than a serious illness. It can

often be managed with minor lifestyle changes, like wearing warm socks around the house or wearing gloves when removing things from the freezer.

When Raynaud’s disease can be linked to an underlying medical condition, it’s called secondary Raynaud’s or Raynaud’s phenomenon. Secondary Raynaud’s is a more complex and typically more serious condition. It is most often caused by connective tissue disease, like scleroderma or lupus. Some of these diseases reduce blood flow to the fingers and toes. Secondary Raynaud’s can also be caused by some medications that reduce blood flow, including certain blood pressure and migraine headache drugs.

Physicians usually recommend non-drug treatments for patients with primary Raynaud’s, because they’re not at risk for tissue damage. Secondary Raynaud’s may require prescription medications that help to improve blood flow and heal skin sores on fingers and toes. Be sure to talk with your doctor if you think you may have Raynaud’s disease. —*NIH News in Health*



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

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