



Yolanda Adams & the Winans at Mt. Carmel? Perhaps "soon and very soon." Young Sis. Brianna Stallings and the Little David Singers (also known as Tavion Davis, Brandon Hall, Aquelo Davis and Dyson Coley) provide music for the Divine Worship Service on June 28.

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What's Happening in Junior Church?

By Brenda Payne Durrington

The Junior Church Saturday trips were a wonderful success. Our third outing was to the Smithsonian American Art Museum in April, which was Jazz Appreciation Month. We spent our time in the Kogod Courtyard enjoying the fantastic music of local jazz artists. The children learned about various kinds of instruments during the Hands on Jazz time. They made mobiles with cutouts of a variety of instruments, musical notes and symbols, then decorated them with colorful stickers. Some of our young people stood in line to actually play the musicians' horns, drums, and guitar. It was a joyful learning experience.

We skipped our May trip, which was scheduled on Minister Marquez Ball's graduation day. However, we rode the church bus in June to

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Usher Board Update

Doorkeepers Offer Heartfelt Thanks to Everybody

Once again the Mt. Carmel Baptist Church family answered the call to assist our young people. Most of my article in the June issue of the *Light* was a plea for monetary help to send our dedicated young doorkeepers to the 90th annual church ushers convention in Philadelphia.

Thank you for your money, time, hard work, food, and all the love that came with it. This is just a very special thank you to everyone who aided in any way that will make it possible for some members of the

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Graduates, Promotees Lauded

Class of 2009 Recognized

Members of the Class of 2009 were recognized during the morning worship service on June 28. Graduates included (from kindergarten) Micah Ball, Dyson Coley, Brandon Hall and Brianna Stallings;

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Annual Church Picnic Is This Saturday, July 11

Join the entire Mt. Carmel family on Saturday, July 11 from 10 a.m. to 4 p.m. for the annual Church Picnic at Rock Creek Park, Lot 13. See if Pastor Evans can finally be crowned King of Horseshoes. History could be made! Don't miss it. All are welcome.

Sunday School Celebrates Father's Day, Focuses on Family

By Karisse A. Carmack

Mt. Carmel's Sunday Church School celebrated Father's Day this year within the context of family.

Bro. Rufus Mayfield presided over the service. The students in his Class #9 participated in various segments of program; Sis. Teresa Carmack gave the opening prayer, asking the Lord to help families stay together and to "lead us and guide us."

Sis. Nancy Mayfield introduced the day's special Sunday School lesson. The purpose was to talk about the importance of fatherhood within the family. Sis. Mayfield encouraged the congregation to replace "fathers" with the word "families" in the hymn "Faith of Our Fathers," which was sung in between biblical lessons.

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Mt. Carmel's Class of 2009 includes (above, from left) Sis. Amanda Campbell, Sis. Erica Mimms, Sis. Karisse Carmack and Sis. Cynthia Johnson. In the photo below, Bro. Trevon Webster joins them to celebrate his graduation from High School.

GRADUATES, CONTINUED FROM PAGE 1
(from middle school/junior high) Erica Mimms; (from high school) Amanda Campbell and Trevon

Webster; (from college) Marquez Ball; and (from graduate school) Karisse Carmack and Cynthia Johnson. †



First Fish Fry Flourishes

The June 19 Fish Fry hosted by the Pastor's Aid Club was an overwhelming success—overwhelming being the operative word! Scheduled to last from noon to 7 p.m., the fundraiser—the first event coordinated by the re-energized PAC—had folks waiting to order at 11:30 a.m. By 1:30, the multitude (and orders) had grown so large that the committee called on the Pastor to locate a small boy carrying two fish and five barley loaves. No kidding. Okay, kidding. But still, the event was such a hit that the outside sign had to be taken down and walk-in/call-in orders had to be turned away by mid-day. By the way, there is no truth to the rumor that Deaconess Margaret Smith and Deacon Freddie Allen are opening a combination seafood stand/chicken shack on 3rd & Eye. That story is almost completely false.

Jokes aside, the committee was gratified by the level of support for this effort. Special thanks to all the volunteer helpers, advisors and overseers. †

FAMILIES, CONTINUED FROM PAGE 1

Sis. Gail Smith, Sis. Veronica Miles, Bro. Julius Smith, Sis. Betty Richardson, Min. Marquez Ball, Sis. Gloria Galloway and Sis. Marie Porter cited scriptures in Ephesians, Matthew and Acts to describe the role of the father within the institution of family.

Based on the scriptures, family is “the most important link in society,” said Sis. Smith. The duties of the parents are to “articulate the rules and regulations of the household,” Miles said. Members of Class #9 also said that fathers should have a biblically based spousal relationship, and that their love for the church should reflect the love that they have for their spouses. It should set a good example for the children.

Min. Ball said the church is still important in shaping families and that the father is to love his children. If people continue to stray from the biblical roles of a family, “society as we know it will fall,” Sis. Galloway said.

Bro. Mayfield led the congregation during the Period of Witnessing. In closing, SCS Superintendent Yolanda Williams recalled her own upbringing, when her parents strove to provide her a Christian home. She encouraged the attendees to “stay on your knees and pray.”

Before giving the ending prayer, Pastor Joseph N. Evans expressed his approval of the lesson. He said he doesn't think most fathers would mind sharing their special day celebrating the importance of families.

“A real father can't be measured without his family,” Dr. Evans said. Fathers are responsible for “making sure our children become what the Lord intended them to be.” †

JUNIOR CHURCH, CONTINUED FROM PAGE 1
King's Dominion. What a great time we had!

Trustee Aaron Mabry drove the bus, and his wife Sis. Patricia Mabry prepared a delicious bag lunch for everyone.

At the park, the little people drove the turnpike cars and bumper cars, soared on the big swings, ran through the water sprays, and won a bunch of stuffed animals playing games that required a lot of skill. They enjoyed pizza, hot dogs and drinks. The older boys went on as many rides as they could. We had the best fun together and Sis. Mabry took many pictures to show our smiling faces. Sponsors of this trip were Bro. and Sis. Mabry, Sis. Arlene Robinson and Sis. Brenda Durrington. We really appreciate all the support for our outings.

The Junior Church workers enjoyed planning these Saturday adventures for our children and the young people certainly seemed to have a special day each time. We

are looking forward to many, many more. In fact, Sis. Gloria Galloway who works at the United States Capitol, promised to plan a trip for us to visit her workplace. Perhaps other members of the Mt. Carmel family will do the same. †

The Long View
Are We Discouraged?

By Margaret M. Long

*Are we discouraged and discontent?
Take time out and just think for a moment.*

Having problems at work, church, with neighbors or at home.

Have no fear, you are not alone.

People will be who they are and they will do what they do.

What we sneak and do in the dark

Will surely come to light and that's true.

Don't give up and run away.

Sometimes things are not as bad as they seem.

Everything happens for a reason.

For where there is a will, there is a way.

We must remember God never fails.

Just keep praying, we will prevail.

Prayer changes things no matter how bad and that's a fact.

Because we know God has our back.

Hallelujah!

D.C. Tourist Attractions Unscramble

1. UOALCHSTOUSEMMU (2 WORDS)
2. APADSMNIASRUECEUM (4 WORDS)
3. MOSNOWTANGUHMINTTE (2 WORDS)
4. COATLPI
5. EHWUTOHEIS (2 WORDS)
6. LATGNBIRADCOAESN (2 WORDS)
7. AOLLIANQNAUTARUM (2 WORDS)
8. OAONOTILNZA (2 WORDS)
9. EAMMVMLNOITREIA (2 WORDS)
10. LNMLMOEINROCLAI (2 WORDS)
11. SMERJEFOMENAIIFOLR (2 WORDS)
12. 2MWRDALWEOMORAIL (3 WORDS)
13. TINRGOEPCOFLLE (2 WORDS)
14. FNAOLAIGANOYLRLALTETR (4 WORDS)
15. HINPASOTIN (2 WORDS)
16. MYUSMESPU (2 WORDS)
17. FNOUMMNAIAAOLUTSEMEORIHITCASNRY (5 WORDS)
18. GFNIIBDLIUB (2 WORDS)
19. ATNMUEOINLASUNFMOAYTURRAOHLIST (5 WORDS)
20. USOEDKROCUFGILDAESRHSE (3 WORDS)

USHERS, CONTINUED FROM PAGE 1

Junior & Young People's Board and the Intermediate Board to participate in this year's NUCUAA Convention.

The Ushers Ministry is truly grateful for your support. We appreciate all of you who purchased flowers on Mother's Day in support of our effort. The Mt. Carmel family made that venture a success.

We also extend our heartfelt thanks and acknowledge those who came out to the "Everybody's Birthday Celebration." It was a wonderful occasion and a terrific way to raise money. It was a winning day for everyone.

Your Ushers Ministry will continue to work hard and make you proud. Thank you for making this trip happen.—**Brenda Payne Durrington** †

SOLUTION TO JUNE'S BIBLICAL FATHERS WORDFIND:

UNASHONORZEHAGODS
ZEREPSJOLOELIAKIMO
ZMAENRAMSOLOMENIAL
IHZENKCAHJHEZHETO
AEAEIOOKIOUSACHHTM
HZEDREBZETDHAKIAHO
HELIZUEOKHIEAAHHA
JZEVEEBKAAIAABCHNE
UHEAZEKBIMALHRHEZA
DEZDUHIBAZETAHAZB
AAEKIAZHERKIAHSMII
HEZEKIAHSAREAAHTJJ
ADAQLADSDALSMITOA
ISDARLOLSADNOMLASH
NAASEBKSMNDALLSAIS
QALSESAOSIAZLLASAD
CSSDALMSAMANASSEHA
EESOMESEOMESMOOSET
JEHOSHAPHATDANBRIV
HPESOJORAMJORMOSES



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

Breaks, Tears and Strains

Preventing Sports Injuries

You’ve heard about the many health benefits of physical activity. On top of improving your fitness, exercising and playing sports can also help boost self-esteem, coordination and self-discipline—particularly for children. But these benefits can come at a price: sports injuries. Fortunately, you can prevent many sports injuries by taking some simple precautions.

Contact sports like football put athletes at obvious risk. Of special concern are severe injuries to the neck, spinal cord and, for young athletes, growth plates—the areas of developing cartilage where bone growth occurs.

“The highest rates of injuries occur in sports that involve contacts and collisions,” says Dr. Lynne Haverkos, a pediatrician at NIH. “Head injuries are the most serious of the sports-related injuries, and although fatal head injuries are rare, they are the leading cause of death from a sports-related injury.” Haverkos says that about 21% of traumatic brain injuries in kids are related to sports and recreational activities. Many of those are bicycling, skateboarding and skating injuries.

That’s why the first thing you need to do is make sure you’re using the right helmet or other protective gear for your sport. And be sure it fits properly.

But virtually any part of your body can be injured during sports or exercise. Many injuries involve the musculoskeletal system: muscles, bones



and associated tissues like cartilage. “Sprains and strains are among the most common injuries people get,” Haverkos says, adding, “Knees, ankles and wrists are commonly injured joints.”

Equipment can play a role in these types of injuries as well. From shoes to bicycles to ice skates, whatever your

sport, good equipment that fits your body properly can help you prevent all kinds of problems.

Different people tend to get different types of injuries. The bones, muscles, tendons and ligaments of young athletes, for example, are still growing and more prone to injury.

Their growth plates are weaker than the nearby ligaments and tendons.

Children who are just learning a sport are at a higher risk for injury. They may be more prone to falls or collisions because their bodies aren’t trained to move a certain way. If your child participates in sports, look for programs with certified athletic trainers. If you’re supervising a sport, make sure children know and follow the rules of the game and learn proper form. Learning to stroke properly from a swimming coach, for example, can help prevent shoulder problems.

Make sure equipment fits properly, and that the kids are using it safely. And provide a safe environment. A poorly maintained playing field or unsecured soccer goal can cause serious injury.

Haverkos says that, ideally, children should be grouped according to skill level and size, not by age. If that’s not possible, design the activities to accommodate children with varying skill levels.

One mistake parents often make is pushing kids into sports or competition levels that they’re not prepared for, Haverkos says. “Competition should be less important than having fun and socializing,” she explains. “Sports provide valuable ways to be physically active, learn skills, socialize and have fun.”

Kids aren’t the only ones who get sports injuries. More adults than ever are participating in sports. Less agile and resilient than they once were, adults can be more prone to injury than they think.

You’re more likely to hurt yourself if you haven’t been keeping fit. People who take the winter off and start rigorous activity as soon as the weather improves are prone to injury. —NIH

News in Health

Summer Job, Health Fair To Be Held at Mt. Carmel

The Perry School Community Services Center will hold a Summer Job and Health Screening Expo at Mt. Carmel on Wednesday, July 15 from 10 a.m. to 2 p.m. Lunch will be provided. For more information, call Robert T. Mann III, Perry director of economic empowerment, 202-312-7154 or email rmann@perryschool.org.



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

<p>Coeditors Shannon E. Garnett Carla R. Garnett</p> <p>Correspondents Brenda P. Durrington Ushers</p> <p>Margaret M. Long The Long View</p>	<p>Staff Writer Karisse A. Carmack</p> <p>Melvin L. Smith, Jr. Brotherhood</p> <p>Yolanda A. Williams SCS Scoop</p>
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Mount Carmel Baptist Church
901 Third Street, NW
Washington, DC 20001
(202) 842-3411 www.themcbc.org
Reverend Dr. Joseph N. Evans, Senior Pastor