

First Baptist Church, Georgetown

2624 Dumbarton Street, NW

Washington, DC 20007

Rev. Robert K. Pines, Pastor

Weekly Bulletin

The week of January 15, 2023 to January 21, 2023

ORDER OF SERVICE

9:45 AM General Service

INVOCATION

Deacon Richard Lonon

SUNDAY SCHOOL LESSON

Deacon Tim Barr

PRAYER REQUEST

Deacon Richard Lonon

INSPIRATIONAL MUSIC

Deacon Lonon

PASTORAL REFLECTIONS

CHURCH ANNOUNCEMENTS

INTRODUCTION OF GUEST SPEAKER

Deacon Lonon

SUNDAY SCHOOL—MLK OBSERVANCE

Brother Xavier Swann

WORDS OF INSPIRATION/SERMON

Rev. Roderick Moore

Associate Minister

Mt. Airy Baptist Church

Rev. Moore

BENEDICTION

Quarterly Church Meeting:

The next Quarterly Church Meeting will be Saturday, January 21, 2023 at, 10:00 am. This will be a Virtual Church Meeting. Please log in on our regular Church Worship Service Zoom link. Please plan to attend.



Sunday School Lesson for

1-22-2023

Here is your reading assignment

Subject:

God Promises Light

Devotional Reading:

Ephesians 5: 11-20

Background Scripture:

Isaiah 58: 1-14

Next Sunday's Scripture:

Isaiah 58: 6-10



MLK

Long ere he climbed the mountaintop, he spoke.
And throngs witnessed the wisdom of his word.
Indeed the masses of the world awoke
Such righteousness, alas, had to be heard.
There in the shadow of Abe Lincoln's throne,
He eloquently said, "I have a dream..."
That we would one day wretched sins atone,
And the true brotherhood of man redeem."
The gates of heaven must have opened wide,
For angels touched each of those earnest souls,
To fill their hearts with love and hope and pride,
And give them strength to e'er fight for these goals.
Oh, though we long ago lost this great King,
The faith he did exude is enduring.

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Written By, Brother Bernard Quarterman, Jr.

Our Known Sick and Shut-in

Sister Bernice Fleming

Brother Ronald Minor

Sister Shirley Minor

Sister June Small

Brother Charles White

Please keep them in your thoughts and prayers.



Brother James Branch 3rd

Trustee Linda Walker 4th

Sister Khyla Anderson 10th

Sister Phyllis Green 29th

**"Life's most persistent
and urgent question is:
'What are you doing for others?'"**

-Martin Luther King, Jr.



This Week's Calendar

Mon., January 16:	MLK Day
Tues., January 17:	12:00 Noon Intercessory Prayer Call
Wed., January 18:	7:00 PM Prayer Meeting and Bible Study
Sat., January 21:	10:00 AM Quarterly Church Meeting—on Zoom
Sunday, January 22:	9:45 AM General Sunday School Lesson— Deacon Tim Barr, Instructor 10:45 AM Sermon— Pastor Pines



"Together We Can Be The Dream," 2023 Theme for the MLK March

Martin Luther King Day is a federal holiday held on the third Monday of January. It celebrates the life and achievements of Martin Luther King Jr., an influential American civil rights leader. He is most well-known for his campaigns to end racial segregation on public transport and for racial equality in the United States.

The 2023 Martin Luther King Jr. March is on, and it's happening in-person for the first time in two years. The theme of the event is "Together We Can Be The Dream," which was announced Friday by the MLK Commission. Organizers said the march is scheduled for January 16, 2023.

On January 16, 2023, the Dr. Martin Luther King, Jr. holiday will mark the 28th anniversary of the national day of service. This day was established to honor the life and legacy of Dr. King, and to encourage all Americans to volunteer to improve their communities.

Americans celebrated the first official Martin Luther King Day, which is the only federal holiday commemorating an African American, on Monday, January 20, 1986. In 1994, Congress designated the holiday as a national day of service and marking the third Monday in January every year as the Martin Luther King, Jr. Day of Service - a "Day On, Not a Day Off."

Dr. King advocated for nonviolent resistance to overcome injustice as a means of lifting racial oppression. He created change with organized sit-ins, marches, and peaceful demonstrations that highlighted issues of inequality. Dr. King received the Nobel Peace Prize in 1964; he was the youngest person to ever receive this high honor. He followed in the footsteps of his grandfather and father by entering the ministry to become a Baptist minister. On April 4, 1968, at the age of 39, he was assassinated in Memphis, Tennessee as he stood on the balcony of his hotel. Dr. King traveled to Memphis, Tennessee to lead a march in support of striking sanitation workers.

We remember Dr. King as a husband, father, friend, and fierce advocate for the betterment of all people. Honor his memory by organizing, volunteering, and spreading the word. Remember to MAKE IT A DAY ON, NOT A DAY OFF, for you and those around you.

Submitted by the Sunday School Ministry

Kid's Corner



CULTURAL
AWARENESS

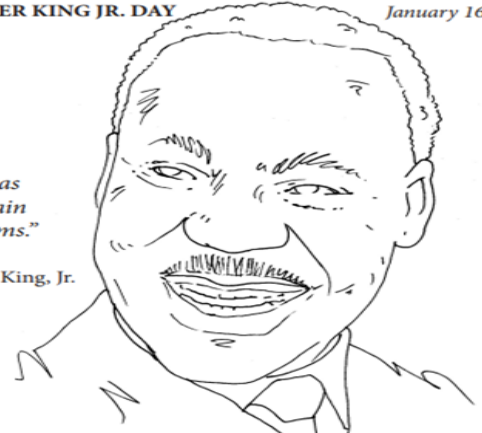
OBSERVANCE

MARTIN LUTHER KING JR. DAY

January 16th

*"No person has
the right to rain
on your dreams."*

- Martin Luther King, Jr.



Each year, on the third Monday in January, the nation honors the life and legacy of **Dr. Martin Luther King Jr.**

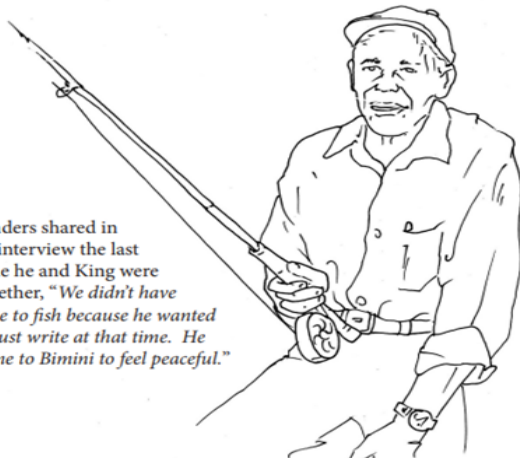
He is remembered as America's well-known advocate of nonviolence and a leader of the Civil Rights Movement. While others were fighting for equality by "any means necessary," he used the power of words and acts of nonviolent resistance.

Dr. King's achievements are well documented. However, few people know of the history and connection he had with the island of Bimini in the Bahamas.

B I M I N I

Dr. King's days were long and demanding. They took a toll on him physically and mentally. Dr. King spent time in Bimini to "get away" and be in the midst of nature. Taking this time allowed him to recover from stress and hardship. Bimini was the place where he wrote two of his most famous speeches.

Many times, he was hosted by renowned bone fisherman Ansil Saunders.



Saunders shared in an interview the last time he and King were together, "We didn't have time to fish because he wanted to just write at that time. He came to Bimini to feel peaceful."

WHERE IS YOUR BIMINI?



Dr. King went to Bimini to find his "tranquil space" and practice self-care. Where do you go to find your "tranquil space"? Is it your bedroom to read? Do you snuggle your pet? Go for a walk or ride your bike?

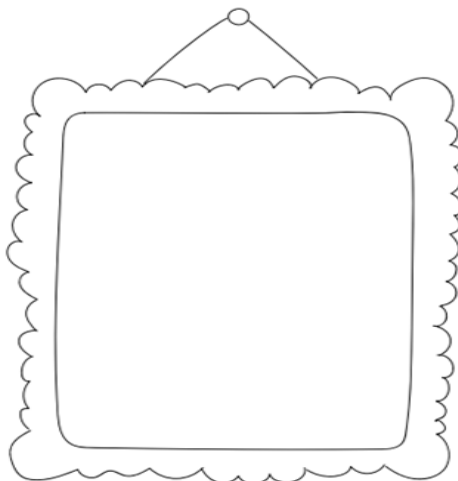
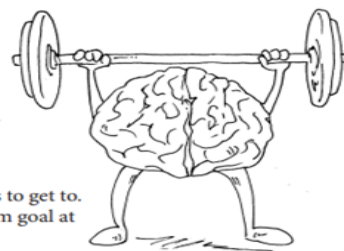
List five places you go to practice self-care.

1. _____
2. _____
3. _____
4. _____
5. _____

Dr. King was a master at reframing negative situations, which allowed him to maintain a positive outlook. He knew that staying stuck in negativity and hatred would erode his resilience and lead to bitterness. In his famous “*I Have a Dream*” speech, he reframed the civil rights movement from a struggle of mighty proportions to an inspiring dream embraced by many.

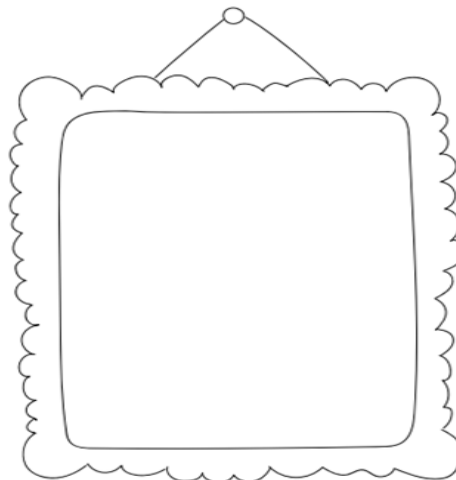
However, staying positive isn't always easy.

Mental resilience can be making goals and pushing to achieve them, even when they are difficult at times to get to. Short-term goals are goals that are smaller, and take less time, but are like steps toward a bigger, long-term goal at the top of the stairs.



Draw a picture of one of your short-term goals (ex: complete my homework every day after school-like MLK writing his speech.)

4



Draw a picture of one of your long-term goals (ex: to become a dancer, or to write a book about dogs-like MLK fighting for equality.)

5



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ALTRUISM

Altruism (noun)

al-tru-ism

1: unselfish regard for or devotion to the welfare of others, charitable acts motivated purely by altruism

Dr. King believed strongly in helping others. When sanitation workers went on strike in Memphis, he gave his support because he wanted to help others in need. Dr. King was tempted not to go to the church to give his Mountaintop speech because it was pouring rain, and he was tired. He went anyway because he wanted to support the striking workers. In this speech, he explained that the question he asked himself was not, “If I stop to help this man in need, what will happen to me?” The question was, “If I do not stop to help the sanitation workers, what will happen to them?”

Here are some things you can do to help others:

- Donate old books or toys
- Visit a nursing home to sing, dance, or put on a show
- Donate food to a local food pantry
- Send a thank you note to someone who has helped you

What ideas do **YOU** have to help others?

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