

New Nonconnah M.B. Church

4701 Tulane Road

Memphis TN 38109

**February 2014 Dr. Clennon Saulsberry Sr. Pastor 112nd Edition**

*The Good News Letter*

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**Black History Month Quick Facts**

Black History Month originated in 1926 by Carter Godwin Woodson. February was picked in honor of Frederick Douglass & Abraham Lincoln, who were both born in that month.

• The banjo originated in Africa and up until the 1800’s was considered an instrument only played by black people.

• Buffalo Soldiers was the name given to the all-black regiments of the U.S. Army started in 1866. The oldest Buffalo Soldier, Mark Matthews, died at the age of 111 in 2005.

• Harriet Tubman was a spy for the Union Army

• The first Africans arrived in America, between 1526 and 1539 in the company of Spanish and Portuguese explorers.

• Vermont was the first state to abolish slavery in 1777.

• The 13th Amendment to the Constitution abolished slavery in 1865.

• Violet Palmer was the first African American female to referee in a regular season NBA game in 1997.

• Wilt Chamberlin was the first basketball player to score 100 points in a single game and also the first to score 30,000 points in the NBA.

• Sheryl Swoopes was the first woman to have an athletic shoe named after them.



To Love and Be Loved

*By Stephen*

Once upon a time……A very poor man lived with his wife. One day, his wife, who had very long hair, asked him to buy her a comb for her hair to grow well and to be well-groomed.

The man felt very sorry and said no. He explained that he did not even have enough money to fix the strap of his watch he had just broken.

She did not insist on her request.

The man went to work and passed by a watch shop, sold his damaged watch at a low price and went to buy a comb for his wife.

He came home in the evening with the comb in his hand ready to give to his wife.

He was surprised when he saw his wife with a very short hair cut. She had sold her hair and was holding a new watch band.

Tears flowed simultaneously from their eyes, not for the futility of their actions, but for the reciprocity of their love.

Moral of the story: To love is nothing, to be loved is something but to love and to be loved by the one you love, that is everything.

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**Easy** [**Strawberry Shortcake**](http://allrecipes.com/video/1460/strawberry-shortcake/detail.aspx?prop24=RD_VideoTipsTricks)

* [](http://allrecipes.com/video/2909/red-white-and-blue-strawberry-shortcake/detail.aspx?prop24=RD_VideoTipsTricks)

Ingredients

2 pints ripe strawberries, hulled and chopped

2 tablespoons white sugar

1 cup sweetened condensed milk

5 prepared strawberry shortcake cups

1 cup whipping cream, whipped

**Directions**

1. Place the strawberries into a glass bowl and sprinkle with sugar. Stir condensed milk into strawberries and mash together with a fork until somewhat juicy. Cover and refrigerate 30 minutes to 1 hour.
2. Place each shortcake cup onto a dessert plate. Evenly divide the strawberries and their juice among the shortcake cups. Top with whipped cream to serve.

**February Heart Health Tip**

Walking is a great way to get some fresh air, work your leg muscles and improve your heart health. While there are benefits to going for a stroll, increasing your speed a bit may be much more beneficial to your heart. A new study found that exercise intensity, not duration, is what matters most in the battle against metabolic syndrome, a combination of risk factors—including high blood pressure, elevated blood sugar levels, abnormal blood fat levels and abdominal obesity—that increase the risk of heart disease, diabetes and stroke.

**February Member Spotlight**

Love is the greatest gift and more special when it is shared. We have a couple that are always sharing

the love. Their talents, time and finances are

readily available to our church family.

 There love is shown with each

other and others.

We salute **Lena**

**and**

**Thelton**

 **McCrackin**

**Young Adults Sunday School Class**

**Sunday School Class# 6**

All young adults (18-35) are invited to attend Class# 6 on Sundays at 9:30am. We have many instructors with the ability to not only educate you in the Word but Inspire and Entertain you. We meet in the vestibule area at the front of the church.

Please give us a try.

**The Mission Ministry A Year in Review**

Our Church was blessed in 2013 as we served our members and community. Our theme song emphasizes the importance of service and outreach. Bible Study, lead by our Pastor was and will continue to be our focus. We believe, however, that outreach helps us to be ‘doers of the Word and not hearers only.”

Projects in 2013 included:

* Monthly donations to Seek-for-the Old Path Shelter – A shelter for abused women.
* Contributions to the Mid-South Food Bank
* Monthly Visitations to Sick and Shut-in with care packages
* Christmas Angel Project – provided gifts to 40 children
* Whitehaven Nursing Home – Fruit bags for all patients and large fruit baskets for Staff.

We are looking forward to a New Year with bigger opportunities in mission. We invite you to join us each Wednesday at noon. You will be BLESSED as you BLESS others.

**President – Mother Julia Clinton**

**Vice President – Sis. Lucille Covington**

**Instructor – Rev. Clennon Saulsberry, Sr.**

**Just for Laughs**

**What NOT To Give Her For**

**Valentine’s Day**

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1. Any food item with the words "diet", "light", or "high fiber" on the label.

2. Flowers from a hospital's gift shop--or worse, a mortuary's.

3. Any household appliance, power tool or other items.

4. Anything you could have bought at the gas station mini-mart on the way, even if you didn't.

5. An apologetic look and the words "That was today?"



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| **Happy Birthday** February Birthday Babies**Birthdate & Member** |
| 2nd | Jearlene Franklin  | 17th | David Scott |
| 2nd | Alexis Price  | 20th | Louiza McCrackin |
| 3rd | Laura Faulkner | 20th | Destiny Fleming  |
| 9th | Augustine Cole  | 21st | Reecie Richardson  |
| 10th | Kendrick Galloway  | 21st | DarNeicy Clark |
| 10th | Everett Alexander  | 22nd  | Daryl Faulkner  |
| 10th | Telan Hodges | 23rd | James Toles, Jr.  |
| 11th | Bernice Henderson | 23rd | Mona Brandon  |
| 11th | Sonya Jackson  | 24th | Willie Jefferson |
| 13th | Dorothy Jefferson  | 25th | Stephanie Tolston |
| 14th | Melvin Alexander | 26th | Shirley Dandridge |
| 14th | Valerie Covington  | 26th | Dale Young  |
| 15th | Dr. Helen Pratt | 26th | Yvette Owens  |
| 16th | Madison Carpton | 26th  | Erica Phillips  |
| 17th | Daryl Alexander |  |  |

**Quotable Quote**

The most treasured gift we can give to God is one that He can never force us to give

OUR LOVE

**Black History**

**Word Search**

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**Equality Lincoln Powell**

**Rice Heritage Oppression**

**Prejudice Slavery King**

**Parks Racism Tubman**

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The Good Newsletter is published monthly by NNMBC. All articles and other information are subject to editing by the staff for purpose clarity and length. The deadline to submit articles is the 4th Sunday of each month.

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**901-789-1642 – Fax**

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**Announcements**

Each Wednesday

**Mission Meeting** – 12 Noon

**Teacher’s Meeting** – 6:30 - 7:15 pm

AWANA – 6:15 pm

**Bible Study** 7:15 – 8:15 pm

~~Sunday December 9~~~~th~~ ~~–~~ **~~Grandparent’s Day~~**

~~Thursday December 20~~~~th~~ ~~–~~ **~~40 + Bible Study~~**

~~Sunday December 23~~~~rd~~ ~~–~~ **~~Sunday School Promotion Sunday~~**

~~Monday December 24~~~~th~~ ~~–~~ **~~Christian Board of Education~~** ~~– 7:00 pm~~

~~Tuesday September 25~~~~th~~ ~~–~~ **~~Deacon Board Meeting~~** ~~– 7:00 pm~~

~~Sunday December 30~~~~th~~ ~~–~~ **~~5~~~~th~~ ~~Sunday Night Service~~** ~~– Mt. Pisgah~~

~~Monday 1~~~~st~~ ~~–~~ **~~Church Business Meeting~~** ~~– 7:00 pm~~

~~Saturday October 6~~~~th~~~~-~~ **~~Women’s Ministry~~** ~~– 8:00 am~~

~~Sunday October 7~~~~th~~ ~~–~~ **~~Annual Women’s Day~~** ~~- 11:00 am~~

~~Saturday October 13~~~~th~~ ~~–~~ **~~Men’s Fellowship~~** ~~– 8:30 am~~

~~Each Saturday -~~ **~~Boy Scouts Meeting~~** ~~– 10am – 2:00 pm~~

**Television Broadcast – Tuesday @ 4 p.m. – Channel 17**

**Bus Ministry – Pick-up @ 8:30 a.m. and 10:00 a.m. Call 901-789-2360**