

Philip R Cousin AME Church of Mandarin Inc.



"The Praise Report" First Quarter Edition



Pastor's Message

We look forward to the end of this first quarter of the church year. Our officers and teams are in place. We completed our trainings and will be participating in our South District Conference at St. Paul AME Church, St. Augustine February 10-12, 2019. We pray for Sister Jacquelyn Johnson and Rev. Angela Scott who will be embarking on their ministerial journey in the AME Church as they meet with the South District Board of Examiners.

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our founders Bishop Richard Allen and Sarah Allen.

Thanks to Rev. Anita Shepherd, Rev Christopher Johnson Director of Christian Education. Bible Discovery Hour Team Bro. James McGill and Sister Jacquelyn Johnson, and our Lay Organization Leadership Sister Annie Lovett, Sister Sheron Ellison, and Sister Gail Morgan for assisting in our celebrating African Methodism this month. I participated in the Christian Education Leadership Institute. I am excited to share presentations on self care, discipleship and the Richard Allen Young Adult Council. We must continue to involve all of our members in our ministries, and as I said before succession planning is important. Therefore, let us train, and mentor the person who will carry on our work.

Luke 10 1. The Lord now chose seventy-two^a other disciples and sent them ahead in pairs to all the towns and places he planned to visit. ²These were his instructions to them: "The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields. (NLT)

Blessings

Rev. Roger Williams and Sister Elvia Williams

904-571-6451

rldw33@gmail.com



ASALH



Association for the Study of African American Life and History

February 1, 2019

Dear ASALH Members and Friends:

Happy Black History Month 2019! This year opens with the theme "Black Migrations." As the Founders of Black History Month, the Association for

title of the book *A Nation of Immigrants*, written by President John F. Kennedy, captures the centrality of migration to the makeup of the American people. However, for African Americans, the history of migration has a unique meaning, that of forced migration in the form of the African slave trade to America, which ended by law though not always in practice in 1808, and the domestic human trafficking that continued until the abolition of slavery by the Thirteenth Amendment in 1865. These are stories of families separated, of children taken from parents. Such pain was overwhelming and heartbreaking for families then, as it is in today's context of the family separations of Hispanic migrants seeking asylum in America. ASALH's founder Dr. Carter G. Woodson understood this meaning of migration, when he wrote *A Century of Negro Migration* (1918) and presented the "facts as to how the Negroes in the United States have struggled under adverse circumstances to flee from bondage and oppression in quest of a land offering asylum to the oppressed and opportunity to the unfortunate."

As ASALH calls attention to the many stories and forms of migration over the centuries and also in the present, we give special attention to the year 1619, when Africans arrived on two slave ships in the Virginia colony, the first permanent English settlement in North America. We applaud the legislation introduced by Congressman Bobby Scott of Virginia titled "The 400 Years of African American History Commission Act. H.R. 1242 – 115. (February 2018)." In many ways the year 1619 in Virginia epitomizes the moment of the unfolding problem of race and slavery in the American past and present. Virginia's lawmakers led the thirteen colonies in creating a legal process that gradually structured permanent racial servitude. Indeed, as a colony and later a state, Virginia's laws on race would serve as a model for defining the subordinate legal status of persons of African descent.

ASALH emphasizes "**400 Years of Perseverance**," in order to capture a history more expansive than enslavement, however. The four centuries bear witness to migration as countless stories of a past left behind and a future full of hope for a world free from racial discrimination. This longstanding, steady perseverance includes many actors: some escaping from slavery or emigrating to Africa, some moving from farm to city in the South or to the West after emancipation; others seeking employment in the North in the twentieth century or returning to the South in the twenty-first century; and not least of all those who came to the United States from the Caribbean, South America, Africa, and many other places.

Sincerely,

Evelyn Brooks Higginbotham
ASALH National President





Health Ministry

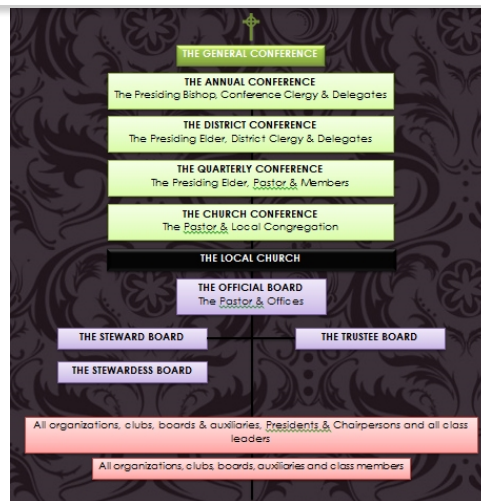
Sister Glenda Cooper and Sister Jennifred Douglas

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, **[your organization]** is proudly participating in American Heart Month. Locally, **[fill in statistics]** are affected by heart disease.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.
-  [Heart Attack and Stroke Symptoms](#)
-  [Volunteer](#)

Philip R Cousin AME Church
Upcoming Events

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South District Conference February 10-12 2019. St. Paul AME Church, 85 M L King Ave, St. Augustine FL (904) 829-9884 Presiding Elder Eugene E. Moseley, Jr. Rev. Ron Rawls, Pastor Official Board Meeting February 23, 2019.

Black Heritage Weekend and FOUNDERS' DAY on the campus of Edward Waters College February 15-17 2019.



African Methodist Episcopal Churches worldwide convene each year in remembrance of our Founder and First Bishop of the AME Church- Bishop Richard Allen. These services commemorate Bishop Allen's birthday, February 14, 1760, as well as the founding of the A.M.E. denomination of April 9, 1816.

Richard Allen was a slave when he was born on February 14, 1760. While he was a slave, he went to church and learned about God. He became a Christian and also a preacher.

had enough, he used it to buy his freedom. God helped Richard Allen work hard so he could be free to help others. In 1794, Richard Allen helped to start a church where other black people could learn about God. They named the church Bethel. Because he was a good leader, Richard Allen became the first bishop of the African Methodist Episcopal Church.

Bethel Church is still open today. It is now called Mother Bethel African Methodist Episcopal Church. People from all over the world still go there to learn about God and about Richard Allen.

Richard Allen was the Moses of his day. Moses people, the children of Israel, were slaves and Richard Allen himself was a slave. They both wanted freedom for their sisters and brothers. Moses escaped Egypt, but he went back to tell Pharaoh that God said "Let My People Go".

Allen wanted the men and women of color to be free to worship God and to stand up for themselves. Only God can touch the hearts of men. God touched the hardened heart of

Pharaoh after the final plague of killing all of the first born. God touched the heart of young Allen's slave owner. God spoke through Richard Allen's preaching, and his slave owner accepted Christ as his Savior. When Richard Allen asked him if he could buy his and his brother's freedom, the slave owner did allow Allen to work on his own and buy his freedom.

Richard came to Philadelphia a free man and again through his preaching, many Africans were saved and joined him in attending at St George's Methodist Church. Just as the Israelites grew in numbers in Egypt and became a perceived threat to the Egyptians, the Africans at St. George's Church numbers grew and the members restricted them more and more in the worship service. Through the voice of God Moses and

Allen were chosen to lead the people. The Children of Israel wanted freedom to leave Egypt and worship the one and only true God. The children of Africans wanted freedom to worship God in dignity and respect. God led the Children of Israel and the children of Africans out of their restrictive situations. Moses and Allen were faithful to God. They led the people with the power of God on their side as they listened to the voice of God. These were men chosen by God to carry out His will.

By being a follower of God, they became leaders of men. As the Children of Israel were told to always remember the Passover, we as Christians should remember the day that Richard Allen and the Africans at St. George's

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African Methodist Episcopal Church. The first Church for Africans founded in America.

Mother Bethel African Methodist Episcopal Church

Mother Bethel was one of the first African- American churches in the United States, dedicated July 29, 1794, by Bishop Francis Asbury. On October 12, 1794, Reverend Robert Blackwell announced that the

congregation was received in full fellowship in the Methodist Episcopal Church.

In 1816 Rev Richard Allen brought together other black Methodist congregations from the region to organize the new African Methodist Episcopal Church denomination. He was elected bishop of this denomination. After the American Civil War, its missionaries went to the South to help freedmen and planted many new churches in the region.

Allen and his wife, Sarah Allen are both buried in the present church's crypt. The current church building was constructed in 1888-1890, and it has been designated a National Historic Landmark.

NOTABLE AMEs:

George Washington Carver (1860-1943)

Botanist | Inventor | Educator, Best known as the inventor of the Peanut Butter.

Rosa Louise McCauley Parks (1913-2005)

Seamstress | Civil Rights Activist, Best known for the Montgomery Bus Boycott.

Harriet Tubman (1821-1913)

Run-A-Way Slave | Abolitionist | Activist Best known as a Leader of the Underground Railroad.

**We invite all men to come share in our Sons of Allen Fellowship
each 4th Sunday Golden Corral San Jose Blvd. at 8:00 a.m.**

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AFRICAN METHODIST EPISCOPAL CHURCH
ELEVENTH EPISCOPAL DISTRICT
CHRISTIAN EDUCATION DEPARTMENT

BRING A CHILD TO BIBLE DISCOVERY HOUR

"Church School"

A District-Wide Initiative



MATTHEW
19:14



SUNDAY, FEBRUARY 10, 2019
COME RE-IMAGINE CHURCH SCHOOL

FUN • BIBLE STORIES • SNACKS
AND MUCH MORE!

BISHOP ADAM JEFFERSON RICHARDSON, JR., PRESIDING PRELATE
MRS. CONNIE SPEIGHTS RICHARDSON, EPISCOPAL SUPERVISOR
THE REVEREND JAMES C. GIVENS, DIRECTOR OF CHRISTIAN EDUCATION
THE REVEREND REGINALD JOHNSON, BIBLE DISCOVERY SUPERINTENDENT

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February

| | |
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| Emani Stanley-Todd | 2 |
| Pearlie Burney | 5 |
| Elvia Williams | 6 |
| Tizianan Jackson | 9 |
| James McGill | 10 |
| Malachi McGill | 11 |
| Edward Ellison, Sr | 14 |
| Jacquelyn Johnson | 15 |
| Rev. Roger L.D Williams | 16 |
| Reatha Outlaw | 17 |
| Frank Hookfin, Sr | 19 |
| Catherine Kimbrough | 24 |

Welcome to
**Church
Security & Safety**



We are aware of Security and Safety Concerns facing many churches in our Country in light of recent events. In this area we will provide safety information each month. Bro. Calvin Burney has volunteered to serve as

security cameras as well as ensure all doors are locked. The Trustees will be continuing our review of the lighting in our parking areas, as well as our shrubbery and blind spots.

We are located the Jacksonville Sheriff's Office Zone 3, and we will invite one of their officers to make a presentation at an upcoming Church Conference.

Your safety and welfare is our concern and we want you to be able to worship and praise our Lord in a safe environment.

Community Hospice
4266 Sunbeam Rd, Jacksonville, Florida 32257
904.268.5200

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Understanding grief, loss and bereavement

Grief is a natural reaction to loss and can affect every part of our lives — physically, mentally, emotionally and socially. Grief reactions range from anger, guilt and anxiety to changes in appetite or behavior.

It's best not to think of grief as a series of stages. Instead, think of the grieving process as a roller coaster — full of ups and downs, highs and lows. Understanding what is "normal" in grief gives us the knowledge that others have gone through this process and have found healing.

Common reactions include:

- **Physical sensations:** hunger, nausea, and breathlessness
- **Behaviors:** sleep and appetite disturbances, crying, and social withdrawal
- **Feelings:** sadness, loneliness, increased irritability, guilt, fear and relief
- **Thoughts:** disbelief, confusion, obsessive thinking about the deceased
- **Spiritual reactions:** embracing religious rituals or questioning of faith

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[Contact Us Today](#)[904.268.5200](tel:904.268.5200)[CONTACT FORM](#)<https://www.communityhospice.com/services/grief-loss-support/>

Leadership

<http://11thdistrictame.org/>

Bishop: A. J. Richardson Jr.

Supervisor: Connie Speights-Richardson Ph.D.

Presiding Elder: Eugene E. Moseley Jr.

Sis. Evelyn Moseley, District Consultant

Pastor: Rev. Roger L. D. Williams

Assoc. Minister: Rev. Charles West

Assoc. Minister:

Rev. Christopher Johnson

Sister Sandra Platt, Steward Pro Tem

Brother Clemmie Anthony Trustee Pro Tem

Sister Cora Ross, Treasurer

Sister Veronica Anderson, Administrative Assistant.

Contacts

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**2601 Orange Picker Road,
Jacksonville Florida 32223**

904-262-3083 office

904-262-6007 Fax

Email: prcame@bellsouth.net

Web: <http://www.philiprcousiname.com/>

Facebook: Phillipr

Twitter: Philip R Cousin AME@PRCAMEC

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Our mailing address is:
2625 Orange Picker Road, Jacksonville, FL 32223
email: prcame@bellsouth.net
Website: <http://philiprcousiname.com>

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