



# The Voice



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Hebrews 10:24-25 *And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.*



Members of The Mount, I congratulate you for your steadfastness and stewardship.

Although we have not been able to assemble in person as a congregation, we are strongly united by the love of God and being able to stay in touch by electronic means. Furthermore, our Deacons, Trustees and Financial Committee have been able to meet and greet you as you deliver your tithes and offerings to the storehouse. You have been responsible in fulfilling your obligations, and it shows, you do it with the love of Christ.

It is inspiring to see a body of believers who work so well together. In spite of the past, you are marching forward as Paul states in Philippians 3:14 and 15:

*I press toward the mark for the prize of the high calling of God in Christ Jesus. Let us therefore, as many as be perfect, be thus minded: and if in anything ye be otherwise minded, God shall reveal even this unto you.*

We do not know what the future holds, but certainly we know who holds the future. As brotherly love continues, we will be guided by the Holy Spirit, and we know that God will take care of us. I challenge you to stay encouraged by continuously reading your Bible, staying safe with practices outlined by the Governor of North Carolina, and more importantly your common sense, and to seek first the Kingdom of God, and all other things will be added to you.

Brig. Gen. Mark Quander's new rank is pinned to his uniform by his wife, retired Lt. Col. Melonie Quander, left, and his mother Gail at Joint Base Myer-Henderson Hall in Arlington, Virginia. Story on page 6 & 7



## 30<sup>th</sup> Anniversary John T and Deborah Baker March 31, 2020



It is a pleasure to congratulate a young couple who has been married 30 years.. Deborah and John Jr. faithfully work in ministries of the Church. He is an usher and a trustee. She works with ushers, missionary department, Sunday School officer and more.

They are a vital part of The Mount's work of the Church.



## SENATOR BEN CLARK ADMINISTRATORS OATH OF OFFICE DR. KAREN SMITH

He said, "It was my pleasure to administer the oath of office to Dr. Karen L. Smith as a new member of North Carolina Health

Care Information and Communications Alliance, Inc". Senator Clark and Dr. Smith are both on the forefront working for citizens in Hoke County. As their Church Body, we need to be consistent in prayer for them and for their families.

The North Carolina Healthcare Information & Communications Alliance, Inc. (NCHICA) is a nonprofit consortium dedicated to accelerating the transformation of the U.S. healthcare system through the effective use of information technology, informatics and analytics. NCHICA's focus areas are Collaboration, Engagement and Through Leadership.

## SELMA OH SELMA VISIT MARCH 2020



My son Joey and I went down to Selma the other day.

Our trip seemed plenty ominous from the start.

The Interstate had an Exit Zero. We passed over the Lost Highway, Hurtsboro, and Hard Labor Creek, just before the town of Newborn. The Biblically portentous rains often obscured even the big trucks that crowded us. I had to call the highway patrol about a driver who was careening from median to shoulder and back again at eighty miles an hour. The Alabama Welcome Center was closed to the public. We had lunch in a famous barbecue restaurant that wasn't serving any barbecue that day.

But we went on down to Selma. Our friends Jim and Mary, from Nashville, were there. We saw Pete Buttigieg, Elizabeth Warren, Tom Steyer, Joe Biden, Amy Klobuchar, and Mike Bloomberg there. Jesse Jackson and Al Sharpton were there. Stacey Abrams was there. John Lewis, despite his desperate battle with cancer, was there, as he had been fifty-five years ago. Masons and sororities and drummers and old people and babies and church groups and college professors and ordinary folks with memories and consciences were there. The ghosts of people who had suffered and died for freedom and democracy were there.

Of course, you *weren't* there, Mr. Trump. That huge cross-section of America wasn't doing a thing that might have interested you. But what *we* were doing was making sure that no one ever again in this country gets battered and bludgeoned, simply for crossing a bridge named for a Confederate general who had nothing better to do with his spare time than serve as a grand dragon of the Ku Klux Klan. That's not going to happen again — even with your blessing. You'll not do it, Mr. President. You'll not drag us back to that place.

And did I mention that the crowd looked bigger and certainly sounded more enthusiastic than yours did on Inauguration Day? Did I mention that you won't

be having a second one? A little girl stopped me in the midst of all those thousands of exuberantly determined people to say, "I love your nail polish!" So I thought, well -- if my nail polish was her primary interest at the moment, at least she didn't have your four shameful years of lies and hatred to contend with. At least she had been protected, so far, from the ugliness of your dishonorable tenure.

On the next day, we made a pilgrimage to the National Memorial for Peace and Justice, in Montgomery. I didn't want to go there because I'm a coward, but Joey was steadfast, so we went. The Memorial is a thoroughly distressing and heartbreaking place, dedicated to the thousands of American innocents who were hunted, tormented, and lynched in the shabby name of white supremacy. Fifty-five of the hundred counties in my home state of North Carolina had hanged these people from tree limbs as carelessly as they'd hung tobacco to dry in the barns. Some of them no doubt lynched their prey on a Saturday afternoon and were safely teaching Sunday school the next morning.



One man, or boy, had been lynched in 1948. In 1948! Scotland County, where I grew up, had rid itself of Duncan McPhatter in 1892. Somebody had brought this young man's father or grandfather to America in chains, given him a Scottish name in the interest of civilization and all that, yet still found it necessary to dispatch his descendant gruesomely, according to the method and culture of the times. I realize how silly and immature I sound, but I would stop in front of each North Carolina marker, read the victims' names, and say, "I'm sorry. I'm sorry." I owe the Memorial lots more visits.

**Submitted by Mary Tuley, Friend of Pam Shaw**

Mary S. Tuley, who grew up in Laurinburg and has lived in Raeford since 1983, is an English instructor at Fayetteville Technical Community College, where she met her dear friend Pam Shaw. For twelve years she was Executive Director of the Coalition on Services to the Homeless, and she's been a writer and editor her entire adult life.

## Food for Thought and Action

As a Christian, I feel like Revelations is unfolding before us. It shouldn't be shocking, either, given the state of immorality in our world. Every day, the boundaries of sin seem to be pushed further and further. The line between right and wrong has slowly been erased by society, television, and pop culture.

Witchcraft, spiritualism, "New Age" belief systems are being celebrated and exalted. We have been removed further from the world God created and intended.

We need to take this time to re-evaluate ourselves. We need to prepare and repent. Jesus will return like a thief in the night. People are dying left and right. Will I be one of them? Will you? Are we ready? This is a fantastic wake up call, and I am taking it so seriously. I want to go Home to my Father, when my time is up.

Until The Lord calls me away from this world to the next, I want to make it clear that I believe in Jesus Christ as the true Lord and Savior. I believe that Jesus is the Son of God, was sacrificed on the cross, died for our sins, and rose again. He loves us all dearly (far more than we deserve) and forgives our sins if we are in repentance. His Word says "whosoever believeth in Me, should not perish but have everlasting life".

Copied from Rev. Vermatine Williams Facebook Page.

## The Drake Family Makes a Garden

It's a family affair as the Drake Family attempts their first garden. Already small tomatoes are on the vines. Jeneral points out one, as he



and Joy point to the fruits of their labor. The family is spending more time outside and working in their garden.

### Proverbs 6:6-8

*6 Go to the ant, you sluggard; consider its ways and be wise!*

*7 It has no commander, no overseer or ruler,*

*8 yet it stores its provisions in summer and gathers its food at harvest.*

## Being Mindful of Your Mental Health During the COVID-19 Outbreak

Stress, anxiety, and fear about the spread of the novel coronavirus, coupled with increased social distancing and isolation recommendations, may be affecting your mental health more than you realize. Focusing on preparedness, staying calm, reaching out to check on the well-being of others, and self-care will help you through this challenging moment in history. Remind yourself that COVID-19 is a serious but temporary illness, and that life will return to normal in time. Here are some tips for making sure you're taking care of your mental health during the coronavirus disease outbreak.

- **Get a Grasp on Realty**

- Many people with and without anxiety disorders are feeling anxious.

- "We look to others to get cues of how we should behave," Thornton said. "While the coronavirus is a real threat, we all need to be in the gray: embrace uncertainty knowing we can't do everything and move on within in the confines of what the new normal is."

- **Be Angry, then Practical**

- While the situation is frustrating, only allow yourself 15 minutes of anger per day, and then move on.

- **Find Ways to Connect and Stay Busy**

- Keeping a routine is important for adults and kids who are confined to their home.

- **Assume Positive, Effective Non-Addictive Coping Mechanisms**

- Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. **Coping with stress will make you, the people you care about, and your community stronger.**

- **Ways to Cope with Stress:**

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.

- **Take care of your body.**

- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and drugs

**Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your mind in Christ Jesus.**



## ***Ministry and Talent Displayed During the COVID-19 Crisis***

***Reverend Betty Lou Kelly,  
Sister Willie Mae Artis and  
Sister Phyllis Wallace***

Health emergencies, social distancing and isolation due to the current pandemic have diminished many medical supplies, leaving medical staffs and members of the community scrambling for protection from contamination. Currently there is a recommendation that persons wear covering of the mouth and nose in order to prevent or spread the virus when in public areas. Personal protective equipment (PPE) is reserved for the medical community. Thankfully, Mt Pisgah Baptist Church has members with the heart for ministry and the talent to reach into the community.

**Reverend Betty Lou Kelly** is an Associate Minister at Mt Pisgah and her gift for sewing is evident during this period of isolation. In early March, Rev. Kelly answered the call from JOANN Fabrics to participate in “Help Support our Country’s Medical Personnel” where the company has a goal of donating 100 million masks to help the medical community. The fabric store supplied packets to assist in making the masks as she is still searching for elastic. Rev. Kelly is also assisting friends and family by making face masks although the task is very time consuming and requires sitting for long periods of time. Rev. Kelly says this is a ministry and if she can give back, then this is what she is going to continue doing. Each mask that she gives to someone contains a scripture: **1 John 4:7-*Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.***

**Sister Willie Mae Artis** is the Usher Ministry Leader and also works diligently with the mission ministry at Mt Pisgah. Sister Artis has spent the last few weeks getting up early and working long days to sew and complete face masks in an almost 24/7 state of working. Her ministry during this pandemic has been to supply masks for family, friends, church members and other people in need. Sister Artis was compelled to make the masks, not for the money but because it is a blessing to be able to help others as she enjoys sewing. There was no advertisement for the mask, but instead people spread the news about her and requested masks which includes children masks with

the different fabric that they find delightful. When contacted, she was preparing to send counts of fifty masks to Greensboro and then New York. Sister Artis credits YouTube as she had never made a mask before, but with her love for sewing, the task has been enjoyable. Her sewing ministry includes teaching children to sew. She is doing all possible to help others even by delivering masks, as she says, “I love to do anything to help, and this time is a blessing to be able to do that”.

***“In Joppa there was a disciple named Dorcas; she was always doing good and helping the poor.” - Acts 9:36***

**Sister Phyllis Wallace** is a valued member of the finance team and health care ministry at Mt Pisgah, and revealed one of her many talents and a ministry during the pandemic by making face masks. Sister Wallace began making her first set of masks in early



March. Currently, she has made over 250 masks. Her sewing became a ministry and a blessing as she supplied the masks, not for profit but to ensure that

family and friends were covered. Phyllis was most excited when in March her cousin, (Aaron Thomas WRAL-Raleigh news reporter), wore one of her masks on television as he did the news report. Sister Wallace has provided mass groups of masks to persons residing in Texas, Georgia, Maryland, South Carolina, New York, Washington DC and several counties in North Carolina. The joy of receiving the masks was really high for sports fans such as Dallas Cowboys or Panthers and children were delighted as they received their favorite characters on the mask, making it an easier task for parents when teaching them to protect themselves. The shipment below is prepared by Sister Wallace.



### **Colossians 3:23-24**

***<sup>23</sup> Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, <sup>24</sup> since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.***



**Corey Thomas  
inducted into the  
National Honor  
Society @ NCCU.**

Corey Thomas was inducted into the Alpha Kappa Mu Chapter of the National Honors Society at North Carolina Central University. In order to

be accepted in this prestige organization, you must have at least a 3.5 GPA or above to be considered for this achievement. He is the owner of Barber Guruz located in Fuquay Varina, NC. He is also an Adjunct Barber Instructor at Wake Technical Community College in Raleigh, NC.

If you have a child pass them the baton. Don't make them start from the beginning. Position them to pick up where you left off. Armor them with values, wisdom & life principles. Allow those that come after you, to go further than you. Give them a good hand off 4 life.



**Father-Daughter Dance in Texas**



Jarius Johnson, father of Naomi and Jalen, had the pleasure of escorting them to their first dance. It appears he had to hold Jalen. Their mother is Candace, and they reside in Texas, as a part of the military community.

They are the children and grandchildren of Darryl and Pam Shaw. When in N.C. they attend Mount Pisgah. We look forward to your trips to North Carolina.

**My Eyes are On You**

(Encouragement by Rev. Yulla Hines)

**O, our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do but our eyes are upon you.**  
*2 Chronicles 20: 12*

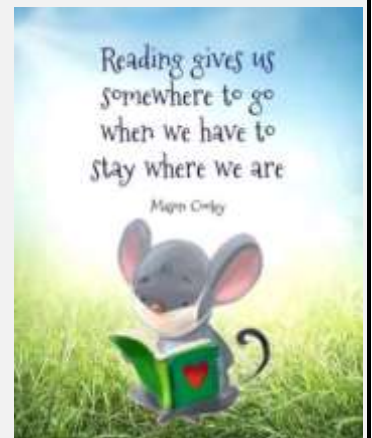
Let us pray. Oh Lord our God, how excellent is thy name in all the earth. We thank you for being the Lord of our lives. We thank you for your mercy and your love. It doesn't matter what is going on in the world you still love us and we love you. Lord these are some uncertain times, some very challenging times for all of us, but you promised your people that you would never leave us or forsake us and that you would be with us unto the end. You are with us even during this COVID-19 crisis. We haven't seen times like this, Lord, but we know nothing surprises you so we believe that if we are in you everything will be alright. In Jesus Name I Pray. Amen.

My Sisters and Brothers, we have no power over the conditions we are facing with this Pandemic disease that is affecting the world. Yes, the bacteria is attacking us, many feel defenseless and hopeless. Lord, we know you are still sitting on the throne. We don't know what to do but pray and keep our eyes on you. King Jehoshaphat of Judah was outnumbered and had no power to stop the vast armies of Ammon, Moab and Mount Seir Armies. King Jehoshaphat thought Judah would be wiped out. He knew he and his army couldn't defeat the vast armies without the Lord. He didn't know what to do, just like the world facing this disease. There is nowhere to run to and nowhere to hide. David Ho, a renowned researcher say it could be months before a cure is found. Be encouraged as God is still on the throne!

***"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."***

~ Philippians 4:6-7

***"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."*** ~ Psalm 23:4



## Chronicling the 2020 Shut-in

With five weeks of schools being closed, the kids with no homework because of Spring Break, I wanted my two grandchildren to do something other than watch TV or become Game Zombies. Being a history buff, I decided to have them chronicle their experiences of being shut-in for however long it lasts. This week, when they get up, they start the day off with a short journal entry, then at the end of the day, they record the day's experiences. They will not only write, but will take pictures and will video tape, as well. Being shut-in may not offer a

lot of things to write about, so we decided to let them get a view of what life was like way back when.



Once or twice a week, we'll cook a meal together like my mom would have cooked. One day, we did bread pudding which they thought was disgusting until they ate it. We also cooked

fried green tomatoes, and next Sunday's meal is going to be Chicken and Dumplings using the rolling pin, no Anne's Pastry Strips. I pulled out Mom's



sewing machine, and they're going to make masks to send their father while he's deployed. The majority of their work will be in planting and tending the vegetable



garden, learning about soil, hydration, and earthworm beds for enriching the soil.



They each got a box of earthworms for

making a worm bed, not only for the garden, but also if they get a chance to go fishing anytime soon, they don't have to buy their baits! I think this is going to work their grandfather and me the most, but hopefully, one day, this will have special meaning to them as how they survived the 2020 shut-in. Praying God's willing, this will soon pass and maybe at Christmas time, we can all gather around and watch some of their videos.

## Local Young Man Makes Military History



On February 14, 2020, Brig. Gen. Mark Quander, at the age of 46, made military history as the fourth in his family of African American men to achieve the rank of general. He, in fact, now also graces the pages of Black History with this distinction. Gen. Quander, Mark, as we knew him, grew up in the Wells Place Community near 71<sup>st</sup> High School. He is the son of late Lt. Colonel Francis Quander and son of his beloved mother, Gail. He is the middle son of three boys, Ralph, Mark, and Brian.

Mark, somewhat quieter than the other two, was always very studious and athletic. All of the Quander boys excelled at soccer. They lived here during a time when the community was more connected and when our backyard was the neighborhood playground. Although Gen. Quander achieved this honor at a fairly young age, he still remains the humble and kind man of faith who gives God credit for all that he has achieved.

*Continue on page 7*

## *Noon Community Bible Study Group Honors Pam Shaw*



The Community Bible Study Group was formed out of the need for more conscientious study of the Bible and to open Mount Pisgah's doors to the community. Members of the class do NOT have to be members of Mount Pisgah; everyone is welcome.

Over the months, several class instructors have been members of other churches. The goal is to learn more from actual Bible Study. Scriptures may be read from different versions of the Bible; however, it must be deeply rooted in the study of the life and teachings of Jesus Christ.

On the 4<sup>th</sup> of March, the group prepared a luncheon to honor Sister Shaw for her continuous support by providing lunch each Wednesday for about a year.



She made a commitment and stuck to it. Some weeks it was soup and sandwiches, spaghetti, Jettie, or salads. Always the "Chat n Chew" food was attractive and good. Most of the time, the meal was a pleasant and enjoyable surprise.

Some of the regular members had to be absent, and of course, they were missed. It is impossible to get everyone together on a date that has no conflicts in schedules. For fear of missing one of our Class Members, we will not name any of them in the pictures or call out those who were absent for various reasons. However, it is important for everyone to know that they are a vital part of the group and their contributions to the class is what makes it a success.

*Ellen McNeill, Class Facilitator*

## **HAPPY MOTHERS' DAY**

How to best honor your mother? Love God and follow His Commandments. Most mothers want the best for their children. They will sacrifice to ensure their children have a better life. They do the best they know how.

3 John 1:4 **I have no greater joy than this, to hear about my children walking in truth.**



## **HAPPY FATHERS' DAY**

**Deuteronomy 11:19**  
**Teach them to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.**



### **General Quander, continued from Page 6**

One fond memory of Mark was when our older son, Robert, Jr. injured his foot in junior high school and was on crutches for a while. He'd tell us how Mark would always make it a point to try to come help him at school to move from class to class. This was amazing because Mark was two years older than Rob. The community was sad when Col. Quander was transferred to the Pentagon when Mark was a junior. Although they moved, he never lost his love for 71<sup>st</sup> H.S. and Fayetteville, and upon retirement, the family moved back but everyone was grown by then. We congratulate Gen. Quander and his family as he gives God all glory for what He has allowed him to achieve.

Min. Mary C. Owens, CED

## Recognizing Our Children's Mental Health Needs During this Pandemic

During this time of COVID-19, it is our duty to help make our children feel safe, loved, and secure. As parents & grandparents, we are assuming many roles, such as Mommy, Daddy, Teacher, PE Coach, Gymnastics Instructor, and Piano Teacher, just to name a few of the roles that the Monroe adults are filling, in our home, during the pandemic. I'm sure other households could add to this list of responsibilities as well. And being transparent, I can admit, wearing these different hats is not easy, convenient, fun, or tireless...they are, however, necessary! We must keep in mind that as adults, the Coronavirus can become overwhelming and extremely stressful from a variety of perspectives which I will elaborate on in another article, but as for now, we must understand that what is overwhelming and stressful to us, may likely cause even greater feelings of sadness, fear, stress, loneliness, etc. for our kids. In addition to our needs, it is dually important to remain cognizant of the mental wellness of the children for whom God has given us charge.

Children are resilient, but being young does not exclude them from anxiety, depression, and stress. Our kids are also experiencing this pandemic, and we therefore must remember to check the status of their mental wellness, as we address our own. So often we ascribe an "adults only" entitlement to feelings such as despair, disheartenment, and desperation. However, please don't mistake their inability to "label or name" the feeling, with their inability to "feel the feelings" that adults have. They simply do not have the vast reservoir of words adults have, and therefore identifying their emotions is often limited to the following: happy, sad, angry, and hungry.

Think about it, they often mislabel something as primitive as "sleepiness," so how well are they able to say something as meaningful as: "It devastates me that I'm not able to walk across the stage and accept my diploma, like each and every high school graduate leading up to the Class of 2020." That's a mouthful! But if you happen to live with a high school senior, as I am, I can assure you, devastation is *at least* what they are feeling right now because of the Coronavirus.

So, as I close, please let us not become so Heavenly-minded that we are of no earthly-good, as my Grandma Lillie Mae used to say. I'm simply saying, yes of course, there is always a reason to show gratitude to the Lord that we are here, we are healthy, we have food, shelter,

and clothing; but also show human compassion that extends to our children, because they too, are going through in this season of pandemic.

And just a last word of caution & encouragement...If you present a "holier than thou" attitude with children, the same children that are watching and listening, then they will shut down. Let us stay in contact, connection, and communication as much as possible with each other, as we practice social distancing, but let us also remain in contact, in connection, and in communication with our children. Allow their feelings to matter to us.

**Dr. Adrienne Owens Monroe**

### Graduates Do Not Despair



We know you are disappointed about the cancelling of proms, graduation ceremonies and all of the gifts and other things that come with reaching an achievement. Be encouraged in knowing that you are not alone. We are sad for you, but our hope is in Christ Jesus. God will make a way somehow. Those who planned to give you a gift from the heart will do so; others wanted an excuse and found one. Your Church Family loves you and desires the best for you. Trust in Jesus, He loves you.



### Unknown about Annual Banquets

Normally we would be advertising the Shaw University and Hoke County Missionary Union Banquets; however, we do not know if they will be held this year. If you had planned to purchase tickets and/or advertisements, donate the money to the organizations. Both will probably still give scholarships this year, and they will need the money.

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