



# THE BEREAN BROADCASTER

WINTER 2021

**This is Black  
History -  
our fight for  
a better  
future.**

## INSIDE THIS ISSUE

Page 2

**Black History Month**

*Tribute to our Freedom Fighters  
(continued to page 9)*

Page 4

**The Nurses' Corner**

*& Tips for improving your body's immunity*

Page 5

**Celebrating our history differently**

*Separating purpose from personality*

Page 7

**Happy Birthday Dear Bereanites!!!**

*January & February Birthdays*

**“Life’s most  
persistent  
and urgent  
question is,  
‘What are  
you doing for  
others?’”  
– Dr. King**



### **THE DRUM MAJOR**

“....if you want to say that I was a drum major, say that I was a drum major for justice. Say that I was a drum major for peace. I was a drum major for righteousness. And all of the other shallow things will not matter. I won't have any money to leave behind. I won't have the fine and luxurious things of life to leave behind. But I just want to leave a committed life behind. And that's all I want to say.”



**“You can pray until you faint, but unless you get up and try to do something, God is not going to put it in your lap.”**  
**– Fannie Lou Hamer**





**“Treat yourself right. Your body is the Temple of the Holy Spirit.”**

## **BUILDING IMMUNITY**

Positive lifestyle habits that can help you stay healthy and boost your immune system, which is the body’s complex system that fights infection and disease.

- **Don't smoke** or vape.
- **Eat a balanced diet** high in fruits, vegetables, and whole grains. Vitamin A-rich foods assists with the health of your intestines and respiratory system: include carrots, sweet potato, spinach, broccoli, and red bell peppers. Vitamin C helps stimulate the formation of antibodies: citrus fruits, strawberries, red bell peppers, and kiwis. Foods full of vitamin E work as an antioxidant: include vegetable oils, nuts, seeds, and avocado. There are many zinc-dependent enzymes in our body and deficiency has been linked with immune dysfunction. Zinc-rich foods include beans, seeds, nuts, meat, poultry, and seafood. Add foods that are rich in probiotics to your diet, such as yogurt or fermented foods like kimchi, miso, and sauerkraut.
- **Exercise regularly.** Exercise improves cardiovascular health, lowers blood pressure, helps control body weight, and protects against a variety of diseases.
- **Control your stress** level because Cortisol, the stress hormone reduces the activity of the immune system.
- **Get enough sleep.** This is when the whole system of the body is revitalized.

Take steps to **avoid infection**, such as wear a mask, wash your hands frequently. Try not to touch your hands to your face, since harmful germs can enter through your eyes, nose, and mouth. Practice 6 feet physical distancing.

Integrating healthy habits that encompass the whole body — exercising, eating well, getting enough sleep, and reducing stress — really can help boost the immune system. Treat yourself right. Your body is the Temple of the Holy Spirit.

Respectfully Submitted,

**Rev. Bennetta Gipson-Carroll, RN**

Berean Nurses Ministry



**“The Black  
community must  
re-evaluate the  
way we celebrate  
our history.”**



## **PLEASE.....HOLD YOUR APPLAUSE**

---

The Black community must re-evaluate the way we “celebrate” our history.

Every February, a few dominant society-propped up blacks make their way onto mainstream media for a 25-second “celebratory” reel displaying what they did and why they should be loved. It took decades to get most of the nation’s states to honor Dr. Martin Luther King, Jr. with a day of observance, and while this seemed to have been a monumental step forward towards race-relations between blacks and whites, our community’s approach to how we celebrate our history must be reconsidered.

The dominant society is notorious for propping up a black figure and in a matter of time, exposing private or hidden personal information that may be scandalous in nature, in an effort to tarnish their reputations. Knowing that adulation of our leaders often rests in how much we favor them, white society uses this tactic to not only change our perception of the person we loved so much, but to also discredit their work and ideologies.

*The best way for us to combat this is to look at our history by examining the lessons that were produced vs. the teachers who produced those lessons.*

Chatter about Dr. King cheating on his wife Coretta, re-surfaced several years ago with the introduction of the Broadway play, *The Mountaintop*, that fictionally depicted the night before his death set in the famous Lorraine hotel. Whether Dr. King cheated on Mrs. King or not, the dominant society often exposes alleged personal improprieties to diminish the works and legacies of people the black community holds near and dear. While I do not condone or promote infidelity, I do believe that this matter should have remained personal to Dr. King and his wife.

*As a community, we have difficulties separating personality from purpose.*

When it comes to our leaders, we tend to buy into an image – one that particularly is cosigned and accepted by white society. The strange reality is that many blacks celebrate Dr. King – mostly because whites had eventually accepted him and in their own way, acknowledged the work that he did and the impact that it had on humanity.

Unfortunately, when the infidelity allegations re-surfaced, a number of black people – expressed their shock and the fact that these accusations tarnished the image of who and what Dr. King represented to them. This was to be expected, considering our community's irrational requirement that our leaders live picture-perfect, white-approved lives. While it is important that our celebrated leaders demonstrate integrity in both their personal and public lives – over the years – we have developed a habit of throwing away the entire person when we discover mistakes made in their personal affairs.

We must avoid this by slowing down on the celebrations of our leaders in the first place, and rather focus on the lessons we learned from the accomplishments they made. If we take a hard look at the current condition of the black community, we will realize that we are hanging by a thread in this survival game and our attention should be on replacing the system of racism with justice, rather than engage in symbolism.

We have pedestalized our leaders to the point of not being able to reach their work to continue the race they started – we turn them into icons, as opposed to living examples.

Over the years, we have discovered some of our most cherished leaders to have worked with the FBI and been involved in operations to undermine other leaders that were working in the name of black liberation. These folks that we eventually consider traitors, along with those we consider our heroes make up our collective history. The dominant society will continue to work to undermine achievements of all our historical players.

It is on us to digest our history differently – using it as a tool for teaching and admonishment that promotes achievement. We must constantly test our history, asking ourselves what we should do differently based on what worked and what did not. In this time, our celebration should come after we achieve liberation – not a minute sooner.

*-from The Liz Report*

**“[We are better served by taking a] look at our history by examining the lessons that were produced vs. the teachers who produced those lessons.”**

January's  
BIRTHSTONE:  
GARNET



E  
A  
C  
H  
O  
F  
Y  
O  
U  
A  
R  
E  
O  
N  
E  
O  
F  
G  
O  
D  
S  
J  
E  
W  
E  
L  
S

JANUARY 1

Terry Bonnett,  
Alicia Wheatle-Hyde

JANUARY 4

Billie Barnes

JANUARY 5

Zetorea Jenkins

JANUARY 6

Melissa Barnes  
Debra Jones  
Andrea Lyons  
Tremaine Price

JANUARY 7

Floretta Dundee

JANUARY 8

Leary Bonnett  
Louise Callendar  
Gabrielle Holman

JANUARY 9

Patricia Edwards

JANUARY 10

Virginia Ford

JANUARY 12

Arlene Jones

JANUARY 13

Kim Lisa Hampton  
Cora Hutto  
Sharon Leneau-Jones

JANUARY 14

Sandra Walker

JANUARY 15

Jose Hines  
Melinda Hunt

JANUARY 16

Tammie Currie  
Barbara Pitts

JANUARY 17

Harun Bonnett  
Althea Clemetson  
Mamie Lloyd

JANUARY 18

Terril Lesane  
Roxann McDade

JANUARY 19

Lorraine Pearson

JANUARY 20

Cielo Hunte

JANUARY 21

Rosalyn Craig-  
Fullard  
ERNESTINE MCRAE

JANUARY 22

Sarah Cherry  
Percel Jones

JANUARY 25

Elaine Powe  
Wayne Reynolds

JANUARY 26

Hazel Foster  
Sandra Kittles  
Allen Mason  
Kevin Singletary

JANUARY 29

Alice Dieudonne  
Lorraine  
Richardson

JANUARY 31

Bettina Parker  
Selma Tatum



# HAPPY BIRTHDAY FEBRUARY BABIES

February 3 - Lillian Allen, Joshua Cannon

February 4 - Lisa Alleyne

February 5 - Carl Green, William Green

February 6 - Nicole Haigler, Curtis Harbison, Hazell Quammie

February 7 - Free Ali

February 8 - Doris Green

February 9 - Jeffrey Ahay, Alicia Fabre, Vanessa Harris

February 10 - Doila Phillip, Taisha Hylor

February 11- Willie Lane, Nora Murray

February 12 – Ronald Bridges, Tyrell Joshua

February 13 – Lakeisha Lewis

February 14 - Hazel O. Worley

February 15 – Lateisha Boone-Morris, James Hunter

February 16 – Jeffrey Reeves, Cecil Stokes, Stephanie Rouse

February 18 –Tyre Pearson

February 19 – Mary Jamerson, Patricia Montanez

February 20 - Tonya Fuller, Joseph Jones,

February 21 –Vivian Minter

February 22 –Annie Hickson, Karen Tatum-Hodnett,

February 24 –Jerry Boone, Ashley Hampton

February 25 –George Thom

February 26 - Wilbur Ford, Sr., Shavonne Jones

February 27 – Johnathan Gore, Marva Roberts, Elden Williams

February 28 – Lamont Davis, Dauval Jones, Eria Jones,

February 29 – Darwin Gordon

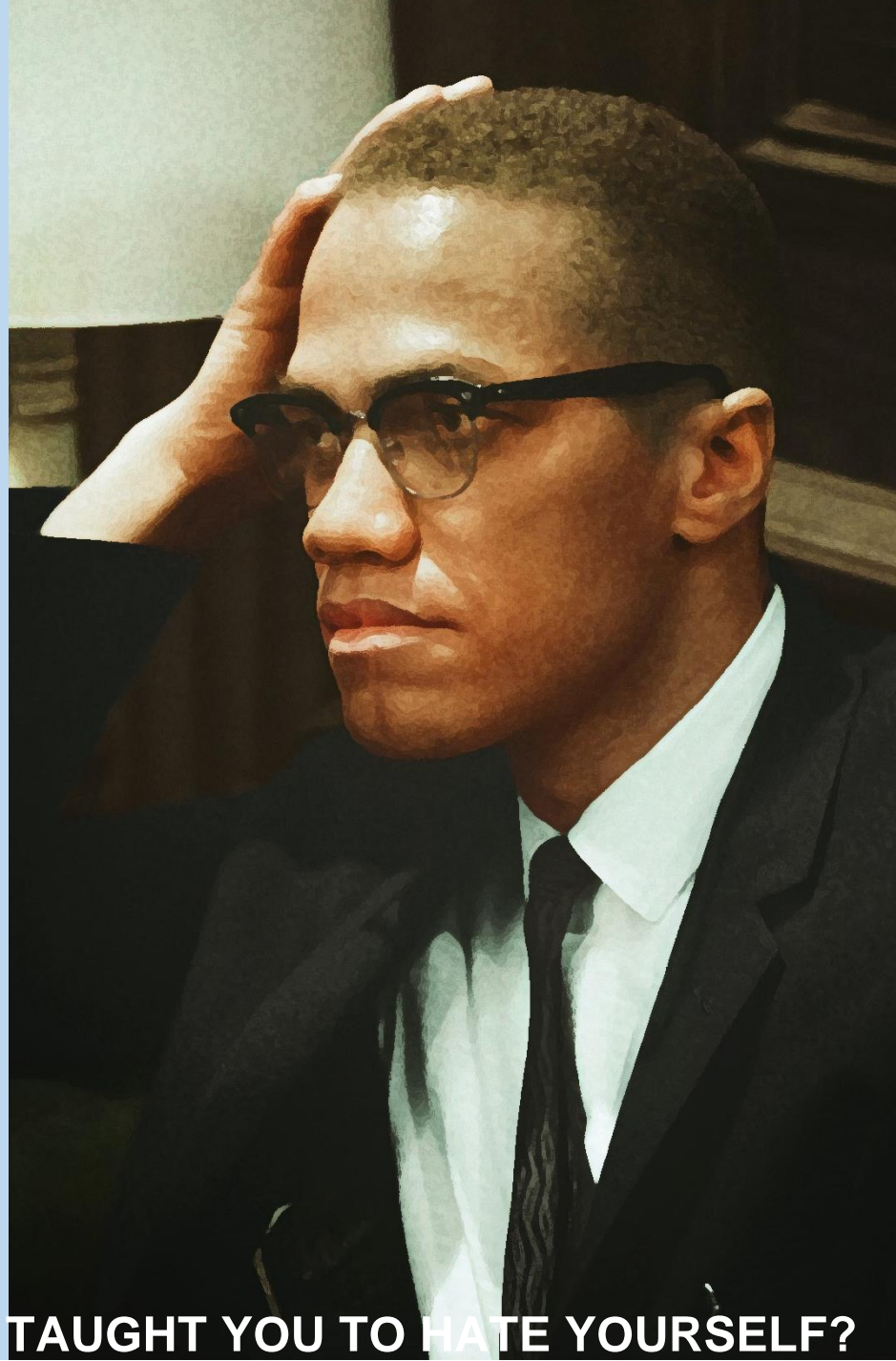


February  
*Amethyst*





**“America’s  
greatest crime  
against the black  
man was not  
slavery or  
lynching, but that  
he was taught to  
wear a mask of  
self-hate and  
self-doubt.” –  
Malcolm X**



### **WHO TAUGHT YOU TO HATE YOURSELF?**

“Who taught you to hate the texture of your hair? Who taught you to hate the color of your skin? To such extent you bleach, to get like the white man. Who taught you to hate the shape of your nose and the shape of your lips? Who taught you to hate yourself from the top of your head to the soles of your feet? Who taught you to hate your own kind? Who taught you to hate the race that you belong to so much so that you don't want to be around each other? No... Before you come asking Mr. Muhammad does he teach hate, you should ask yourself who taught you to hate being what God made you.”

# BEREAN BAPTIST CHURCH

**Dr. Arlee Griffin Jr., Senior Pastor**  
**Trevor Hyde Jr., Pastor**



## Contact Information:

**1635-49 Dr. Hylton L. James Blvd, Brooklyn NY 11213**

**718-774-0466**

**[bereanbaptist.org](http://bereanbaptist.org)**