



# TOUCHING TOMORROW TODAY



## Summer Edition

July 2020

Virgil Humes, D. Min., Pastor

## New Hope Church

Wayne, MI



Pastor and Velicia

## From Pastor's Desk

### “When Will New Hope Reopen?”

In short, no date is determined yet.

I reject the president's call to reopen churches or any function based on his self-serving motives over people's health and safety. Coupled with the racial inequities that African Americans face, we are still confronted with health, racial and economic pandemics; all of which we will fight to fix by wearing our masks, washing our hands, maintaining our social distance and praying for a vaccine.

A fellow pastor shared, "God has entrusted into my care this congregation. And through that influence, God has people who look to pastor for guidance and for leadership. And we have to be good stewards of that."

As Christians we must be careful about reopening.

I am committed to safety over expediency, and because African Americans tend to be disproportionately affected by COVID-19; my greatest act of love for my neighbor (members and friends) is to look out for our neighbor (church community) and put their safety above my own.

My position is to listen to the Spirit of God and be guided by science and the guidance of public health officials. We will make decisions in the best interest of God's people that we serve because the greatest act of love is to love our neighbor as ourselves.

There are many criteria to consider. COVID-19 is still active and only more than five percent of the U.S. population has been infected. Scientists say that viral transmission is most potent in places like churches where singing and loud talking occurs. So there are many factors to consider as we think about returning to in-person services.

We will resume in-person worship when it is prudent and in the best interest of everyone's safety. I will keep you updated of the decision-making process.

In the meantime, our team has created several ways to keep our family and friends connected: virtual worship, website, drive-bys on the first Saturday of each month, virtual Sunday school classes, weekly virtual Bible study, weekly meditations, and launching this weekend—our New Hope Church app available via your mobile app store. Once in the app store, simply search "new hope church wayne" to find and select the app and download to your phone or tablet.

I look forward to seeing you Saturday, August 1 at the church drive-by picnic taking place from 11 a.m. to noon. Come out and get some hot fish, hot dogs, chips and a drink.

Warmly,

Pastor Humes

*Happy Anniversary New Hope*

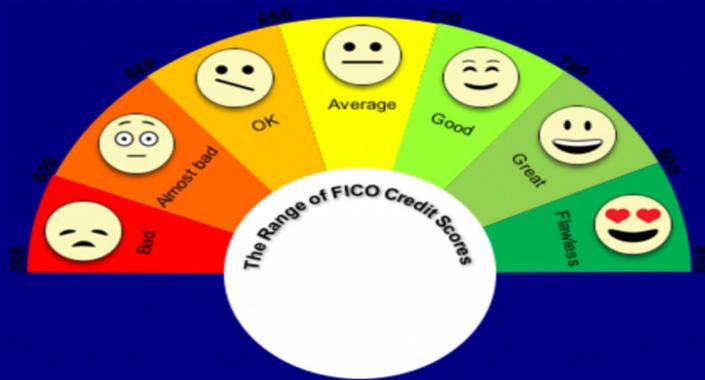


## New Hope Church — Taylor Campus



# How to Protect Your Credit Score During the COVID-19 Pandemic

Written By Wendy Kahill



This pandemic has millions of people scrambling to make ends meet. Whether it's because you've been laid off, furloughed, or maybe your hours or pay have been reduced, many people are finding it difficult to pay their bills. More than 3.4 million Americans are in a mortgage forbearance plan which allows them to pause payments for a month up to a year. Federal student loan payments have automatically been placed in administrative forbearance which allows a temporary stop of the monthly payment. Installment loans and credit card payments are also being pushed back to buy some time to help.

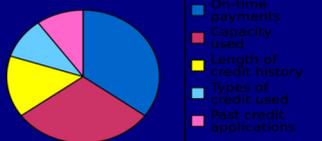
The Coronavirus Aid, Relief, and Economic Security (CARES) Act has made many of these services available. Under this Act, credit scores should not be affected when you take advantage of one of

the above services. This is a critical time to pay close attention to credit reports from Experian, TransUnion, and Equifax. Credit Karma allows you to see Transunion and Equifax reports without impacting your FICO score. Experian will allow you to see your credit report and score for free as well. It's imperative that you scrutinize the reports for errors. Recently, it was discovered that student loan forbearances were reporting negatively to the credit bureaus. In the midst of COVID-19, many things are falling through the cracks. Be sure to inspect what you expect! And if necessary, file a dispute immediately.

The chart below explains how your FICO score is determined. Be sure to keep these areas in check, even during the pandemic.

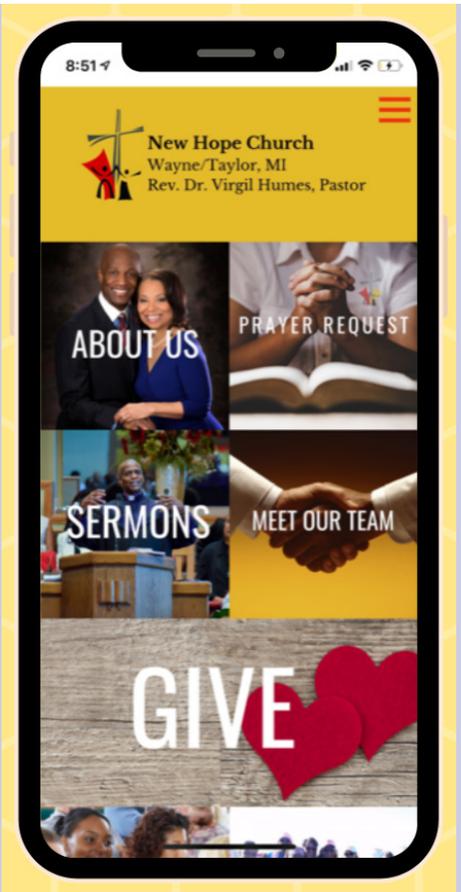
There is a bill currently in Congress called the Disaster Protection for Workers' Credit Act of 2020. If passed, it would prevent negative information from appearing

## CREDIT SCORE FACTORS



on credit reports that is the result of any inaction or action that occurred during the COVID-19 outbreak. For additional information about the bill, click the link below.

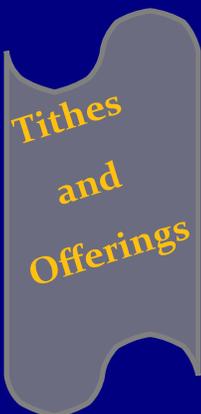
<https://www.congress.gov/bill/116th-congress/senate-bill/3508>  
<https://www.congress.gov/bill/116th-congress/senate-bill/3508>



## New Hope Church Has Gone Mobile

With the new app you can:

- Stay up to date with everything New Hope Church
- Watch Sunday sermons
- Sign up for small groups
- Register for events
- Get real-time notifications
- Give right from your phone
- Access weekly devotionals
- And much more!



SUPPORT THE MINISTRY

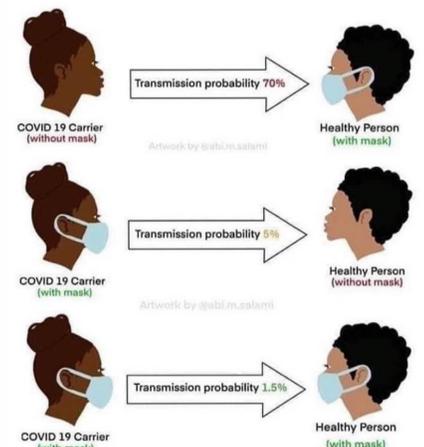
Send your gift via mail:  
33640 Michigan Ave. Wayne, MI 48184

Ways to GIVE

THANK YOU FOR YOUR GIFT!

GIVELIFY  
Send your gift via the GIVELIFY app:  
Download "GIVELIFY"

CREDIT CARD VIA OUR WEBSITE  
Send your gift via our website:  
newhopechurchwayne.com



# Men's Health

Written By Dontonio Thomas

The Young at Heart Sunday school class would like to encourage all of our men of New Hope, family and friends to make sure to get your checkups and screenings. Remember, it is important that we be proactive about our health to maintain a long healthy life.

To the right is a checklist to help remind you of screening and checkup timeframes. In addition to screening and checkups, make sure you do something fun for yourself.

Pick up an old hobby or a start a new one such as walking, running, fishing, riding your bike, playing tennis or golf. A hobby can help elevate stress and even lower hypertension.

In addition to staying active, let's make sure we are eating healthy. Eating plenty of fruits and vegetables can also help us maintain and lose weight. So instead of grabbing that extra burger or steak for Father's Day, grab a bowl of fruit or corn on the cob fresh off the grill.

Remember, just because we are social distancing during this pandemic does not mean we cannot maintain healthy living.

## MEN... GET IT CHECKED!

**Men's Health Network provides this maintenance schedule for men as a reminder of your need to take responsibility for your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your healthcare provider to discuss if this screening schedule is appropriate for you. Also ask about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.**

Please note: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your healthcare provider. Check with your healthcare provider about your need for specific health screenings.

© Men's Health Network  
**MN Men's Health Network**  
BUILDING HEALTHY FAMILIES ONE MAN AT A TIME!  
P.O. Box 75972, Washington, DC 20019 • 202.843.4441  
info@mensthenetwork.org • www.mensthenetwork.org

### MEN'S HEALTH CHECKLIST

| CHECKUPS AND SCREENINGS                                                                                                                                                                                                                    | WHEN?                                        | AGES  |             |       |     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|-------|-------------|-------|-----|
|                                                                                                                                                                                                                                            |                                              | 20-29 | 30-39       | 40-49 | 50+ |
| <b>PHYSICAL EXAM:</b> Review overall health status, perform a thorough physical exam and discuss health related topics.                                                                                                                    | Every 3 years<br>Every 2 years<br>Every year | ✓     | ✓           | ✓     | ✓   |
| <b>BLOOD PRESSURE:</b> High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.                                                                                                                  | Every year                                   | ✓     | ✓           | ✓     | ✓   |
| <b>TB SKIN TEST:</b> Should be done on occasion of exposure or suggestive symptoms at direction of healthcare provider. Some occupations may require more frequent testing for public health indications.                                  | Every 5 years                                | ✓     | ✓           | ✓     | ✓   |
| <b>BLOOD TESTS &amp; URINALYSIS:</b> Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.                                                                      | Every 3 years<br>Every 2 years<br>Every year | ✓     | ✓           | ✓     | ✓   |
| <b>EKG:</b> Electrocardiogram screens for heart abnormalities.                                                                                                                                                                             | Baseline<br>Every 2 years<br>Every year      |       | Age 30<br>✓ | ✓     | ✓   |
| <b>TETANUS BOOSTER:</b> Prevents lockjaw.                                                                                                                                                                                                  | Every 10 years                               | ✓     | ✓           | ✓     | ✓   |
| <b>RECTAL EXAM:</b> Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.                                                                                                                                             | Every year                                   | ✓     | ✓           | ✓     | ✓   |
| <b>PSA BLOOD TEST:</b> Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your healthcare provider. | Every year                                   |       | *           | ✓     | ✓   |

\*African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

| CHECKUPS AND SCREENINGS                                                                                                                                                                                                                                                                         | WHEN?                       | AGES  |       |       |             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|-------|-------|-------|-------------|
|                                                                                                                                                                                                                                                                                                 |                             | 20-29 | 30-39 | 40-49 | 50+         |
| <b>HEMOCCULT:</b> Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.                                                                                                                                                                | Every year                  |       |       | ✓     | ✓           |
| <b>COLORECTAL HEALTH:</b> A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.                                                  | Every 3-4 years             |       |       | ✓     | ✓           |
| <b>CHEST X-RAY:</b> Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.                                                                                                                       | Discuss with a physician    |       |       | ✓     | ✓           |
| <b>SELF-EXAMS:</b> <b>Testicle:</b> To find lumps in their earliest stages. <b>Skin:</b> To look for signs of changing moles, freckles, or early skin cancer. <b>Oral:</b> To look for signs of cancerous lesions in the mouth. <b>Breast:</b> To find abnormal lumps in their earliest stages. | Monthly by self             | ✓     | ✓     | ✓     | ✓           |
| <b>BONE HEALTH:</b> Bone mineral density test. Testing is best done under the supervision of your healthcare provider.                                                                                                                                                                          | Discuss with a physician    |       |       |       | Age 60<br>✓ |
| <b>TESTOSTERONE SCREENING:</b> Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.                                                                              | Discuss with a physician    |       |       | ✓     | ✓           |
| <b>SEXUALLY TRANSMITTED DISEASES (STDs):</b> Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, gonorrhea, herpes and other STDs.                                                                                                      | Under physician supervision | ✓     |       |       | Discuss     |

## Top 5

Written By Derron Murray

Hello New Hope family, I pray that all is well with you and your families. So far, the year 2020 has definitely presented us with some trying times. But through God's grace and wisdom, this too shall pass! While being quarantined at home during the COVID-19 pandemic I found myself with a lot of time on my hands. My social media activity picked up tremendously and I stumbled across a post from a friend of mine that piqued my interest. The post asked followers to list their top 5 all-time favorite people in each of the following categories: hip-hop, R&B, basketball and football. You should have seen some the posts and replies! There were strong debates about who was the best between Prince and Michael Jackson, Jim Brown and Barry Sanders, Michael Jordan and LeBron James, and Tupac Shakur and The Notorious B.I.G.

As I sat and pondered my lists, I thought about something that I felt would be different and a bit more challenging to my friends and followers on social media. How about listing your top 5 most influential figures from the Bible? This can be a fun way to discuss spirituality as well as educate those who may not know. But

before I try it out on social media, I'm asking you New Hope family to think about your top 5. There aren't any right or wrong answers because this will be your list based upon your life experiences and how each has touched your spiritual journey. I have comprised my list below for your enjoyment.

**#5. Eve:** Created by God from the rib of Adam, Eve was to be Adam's companion and ended up being Adam's partner in crime by disobeying God's commandment. The mother of humanity and the reason we are all here on this earth!

**#4. Abraham:** Known as the patriarch of the Twelve Tribes of Israel through his son Isaac. God called him to found a new nation in an undesignated land that he later learned was Canaan. He obeyed unquestioningly the commands of God, from whom he received repeated promises and a covenant that his "seed" would inherit the land. This is why he is also known as "the father of many nations."

**#3. Moses:** Best known from the story in the Book of Exodus and the Quran as the lawgiver who met God face-to-face on

Mount Sinai to receive the Ten Commandments after leading his people, the Hebrews, out of bondage in Egypt and to the "promised land" of Canaan. After 40 years of wandering in the desert, Moses died within sight of the Promised Land on Mount Nebo.

**#2. David:** The young shepherd who gains fame first as a musician and later by killing the enemy champion Goliath. He becomes a favorite of King Saul and a close friend of Saul's son Jonathan. Worried that David is trying to take his throne, Saul turns on David. After Saul and Jonathan are killed in battle, David is anointed as King. David conquers Jerusalem, taking the Ark of the Covenant into the city, and establishing the kingdom founded by Saul.

**#1. Jesus:** Formerly known as Jesus of Nazareth but also known as Jesus Christ. He was conceived by the Holy Spirit, was born of a virgin named Mary, performed miracles, founded the Christian Church, died by crucifixion as a sacrifice to achieve atonement for sin, rose from the dead, and ascended into heaven, from where he will return. The son of God, the King of all Kings! The true meaning of *Christmas!*

# Ways to Get Involved With the Movement

Across the country, communities find themselves facing an onslaught of incarceration, racial discrimination, police brutality, unjust bail, and systemic injustices that have brutalized communities, stolen lives, and shattered families. The Movement Voter Project (MVP) website lists Black-led organizations in which it funds and invests. This is a good resource to research organizations you may want to support.

<https://movement.vote/funds/black-led-fund/>

Demand the protection and justice Black people need to survive COVID-19, and thrive in its aftermath.

<https://theblackresponse.org/>

Let your U.S. Senators know that you need them to pass an improved HEROES Act to help municipalities, public schools and colleges.

<https://actionnetwork.org/letters/support-and-improve-the-heroes-act>

National Urban League

<https://nul.org/>

Hold your local prosecutor accountable. Take action on campaigns that are forcing prosecutors to end money bail, stop unnecessary prosecutions and end the secrecy by sharing information about their offices.

<https://www.winningjustice.org/directory>

Support the release of 16,000 Michiganders many of whom are black that are currently in jail due to traffic violations u\such as driving without a license and cannot afford bail. Visit the Bail Project-Detroit Justice Center at <https://www.detroitjustice.org/the-bail-project>

NAACP Detroit Chapter---- Follow them on Instagram @detnaacp. Become a member or donate at

<http://detroitnaacp.org/donate/>

Southern Poverty Law Center---- Follow them on Instagram @splcenter.

Accepting donations at <https://donate.splcenter.org/>

Black Lives Matter---- Follow them on Instagram @blklivesmatter. Sign the demands petition, join the movement and donate at

<https://blacklivesmatter.com/>

“How to Get Involved in Local Politics”

<https://www.wikihow.com/Get-Involved-in-Local-Politics>



## Remembering John Lewis

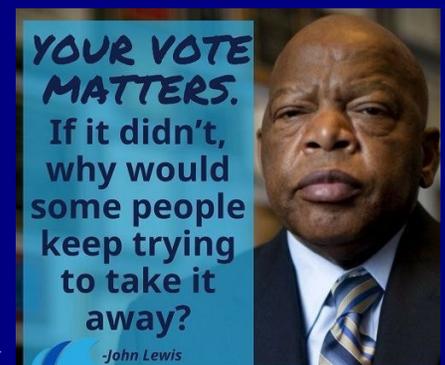
Written By Mackenzie Williams

John Robert Lewis grew up in a small rural area about one hour from Alabama's state capitol, Montgomery. His parents, former sharecroppers, purchased 110 acres of farmland in 1940 that the Lewis family still owns today. Lewis grew up with nine siblings.

Most know Lewis because of the beating that he took during what would be known as “Bloody Sunday” on March 7, 1965. Lewis, along with Hosea Williams from the SCLC (Southern Christian Leadership Conference) led the march from Selma to Montgomery to commemorate the fatal shooting of Jimmie Lee Jackson, a 26-year-old church deacon.

However, Lewis first expressed concerns for equality at age 18, when he reached out to Dr. Martin Luther King Jr. to consider challenging segregation at Troy State College, which denied admission to Lewis. He went on to attend American Baptist Theological Seminary and Fisk University in Nashville, Tennessee. In college, Lewis started his iconic role in the civil rights movement, helping organize sit-ins and demonstrations and participating in the Freedom Rides of 1961.

His first elected position was to the Atlanta City Council in 1981. In 1986, Lewis was elected to the House of Representatives and represented Georgia's 5th District until his death.



*"I say to people today, 'You must be prepared if you believe in something. If you believe in something, you have to go for it. As individuals, we may not live to see the end.'"*  
~John R. Lewis



Mackenzie Williams is a rising senior at Marion High School

# Parenting Through the Pandemic: A Challenge to Avoid “Summer Brain Mediocrity”



Greetings, Family,

Praying you all are healthy and safe. While the world is spinning, the WORD of God reminds us to focus on HIM who is able to still the waters and bring peace to the hearts of His children. God is not surprised by the challenges our households are experiencing. The blessing is HE is constantly providing messages to get us through the storms of life. Including parenting through a pandemic.

I am a college graduate and mother of three college graduates, which means I have experienced kindergarten through 12th grade four times and always passed. At the end of every school year, all of our children's teachers (well, most of them) received big thank yous and huge hugs for all they did to help our children advance academically. I don't envy you pandemic parents, grandparents and others raising children. Have you been home with your student children since April

Fool's Day? If so, you might want to send a virtual hug to each of their teachers! Teaching is hard work, no joke.

Nobody knew families would be spending this much time together. Most of us have had to make some significant adjustments just to manage. Unfortunately, as our TV anchor daughter might say, here's breaking news: managing this situation is not enough.

Yes, the Governor's stay-at-home order was extended repeatedly, and no, it wasn't on your original summer calendar, somewhere between vacation and school shopping. Now summer is here and the fall academic calendar is around the corner. You and your children already have two months together. What do your children have to show for it? Don't make the mistake of allowing your children to fall into a mindset of “Extended Summer Vacation (or Staycation)” or the trap of “Summer Brain Mediocrity.”

What will be your children's answer when asked by their teachers “What did you learn when you were home with your parents?” You have the opportunity to equip your children with an honest, good news response. Right now, you

can narrow any knowledge gaps, help your children earn an advantage and not allow idle minds to create mischief and steal their future.

For starters, here's one suggested challenge for the students in your family:

“No Excuses Challenge”

**Step #1:** Have them memorize Hebrews 12:11 (NLT).

**Step #2:** Ask them to view this video clip-- # [https://www.instagram.com/tv/B\\_bfhHzJn4M/?igshid=130302ebpacah](https://www.instagram.com/tv/B_bfhHzJn4M/?igshid=130302ebpacah) -- then record them as they tell you what they learned. Send your children's response videos to Pastor Humes.

**Step #3:** Select three financial terms and have them write three or more paragraphs for each, describing how it relates to the Bible and affects your family's life. Then send it to someone to review their writing skills.

They have fifteen days to complete the challenge.

Teach them something now that they will remember and use in their future.

Educating to Empower,  
Miss Marnise<sup>®</sup>  
Parent Coach

Author of: *Friendly Not Friends: How To Do The Hard Work of Parenting and Still Make Your Home Fun*

Nayanna Hollins is a graduating senior from Salem High School. She is enrolled at Howard University where she plans to study Theatre Arts and English.



# Graduation, Quarantine and Gen Z

Written By Nayanna Hollins

Graduating during 2020 has definitely been an unusual experience. I spent four years anticipating events that never happened: my prom, showcases, skip day, and graduation—gone. Nothing has happened the way I expected, and because of that it feels like my transition to adulthood was painfully abrupt.

In addition to that, being quarantined at home has forced me to sit back and look at the world, and it's burning. Our country continues to lose lives on two fronts, COVID-19 and racism. And while the tragedies that have struck George Floyd, Breonna Taylor, and countless others aren't anything new, their situations are now more visible due to social media.

All of these factors combined make going off to college in another state seem pretty terrifying. Sometimes I wonder if I'm crazy for not being scared. But being quarantined at home has given me a lot of time to work on my relationships with my loved ones. Time I wouldn't have had if I was physically at school. And my family has been surrounding me with so much faith and love that I can't help but feel confident for college.

This year and its progressive insanity have also reminded me that I am not in control—God is. I've always been a really independent person, to the point where I sometimes forget I need God to carry me though, and I think He's using these circumstances to teach me that I can be independent from people, but not from Him. My family and I have had a lot of conversations about how to derive our strength from God, and it makes me feel more prepared to go out into the world on my own.

Speaking of strength, I think Gen Z is proving to be a new force for change, and I love it. Given all of the chaos we've experienced within the last six months, it's nearly impossible to ignore the voices of our youth. I've seen so many people my age using their extra time to advocate and educate people on how to change our world for the better. It makes me feel so proud to be a member of the class of 2020.

Overall, I think the unusual circumstances of 2020 have helped make me stronger spiritually and mentally in a way that a normal senior year wouldn't have. I'm excited to continue my education at Howard University in the fall, where I believe I can cultivate my creativity to influence positive change within my community.

I couldn't be more thankful for the blessings God has given me and the family He has provided me.



## Sunday School 9:30 a.m.

### Instructions for Conference Calls

- Dial the conference call number
- When prompted, enter the access code followed by the pound sign

### Leaning on Faith - Mrs. Johnson

Call: 978-990-5000

Code: 537796#

### Young Adult-Khadijah Richardson 10:00 A.M.

Zoom:

<https://uso2web.zoom.us/j/85132235038>

Meeting ID: 851 3223 5038

### Young at Heart - Dantonio Thompson

Zoom:

<https://uso2web.zoom.us/j/732488687?>

Password: 072788

### Inspired Spirits - Mary Lewis

Call: 978-990-5000

Code: 664537#

### Growing in Christ - Min Shelby Wilson

Zoom:

<https://uso2web.zoom.us/j/83551540496?>

Code: 374829

OR

Call: 312-626-6799

Meeting ID: 835 5154 0496#

Code: 374829

### New Birth - Ramona Parker-Muhammad

Zoom:

<https://uso2web.zoom.us/j/88269336378?>

Password: 106969

### Monday Night Bible Study

5:45 p.m. - 7:00 p.m.

Zoom:

<https://uso2web.zoom.us/j/7485994616?>

Meeting ID: 748 599 4616

Password: 277234

Call-In Number: 646-876-9923

# 2020 Soul Food

Written By Minister Harvey Hollins

As Africans began to assimilate into the American slave society, they made do with the meager ingredients at hand. The word meager means skimpy, not enough. The fresh vegetables found in Africa were replaced by throwaway foods from the plantation house.

From the smokehouse, slaves were given weekly rations of corn meal, a few pounds of meat and black molasses. The women would use these ingredients, with onions, garlic, thyme and bay leaf, to create a variety of dishes. The cornmeal was turned into a bread. The meat (pig's feet, ham hocks, chitterlings, pig ears, hog jowl, tripe, and crackling) became the main dish with generous portions of greens, and the molasses and cornmeal would be mixed to become a dessert.

The slave diet began to evolve when slaves entered the plantation house as cooks. Suddenly southern cooking took on new meaning. Fried chicken began to appear on the tables, sweet potatoes (which had replaced the African yam) sat next to the boiled white potato. Nothing was ever wasted in the black kitchen. Leftover fish became croquettes. Stale bread became bread pudding, and each part of the pig had its own special dish—from the rooter to the tooter. Even the liquid from the boiled vegetables was turned into "pot likker" which was used as a type of gravy or as a drink itself.

In the mid-1960s, when the Civil

Rights Movement was just beginning, terms like "soul man," "soulful" and just "soul" were used in connection with blacks. It was during this period that the term "soul food" became a trend.

Today when most people think of soul food, they think of a table heavy with ribs, candied sweet potatoes or yams, greens and fried chicken, crab cakes, carrot and raisin salad, fried corn, hush puppies, corn pone, onions, lima beans with ham hocks, stewed okra and tomatoes, neckbones, gumbo, breaded fried pork chops, and black-eyed peas. From meager ingredients, African Americans have learned how to make meals fit for royalty— food so good that it'll curl your toes and give you a great night of sleep.

Over the years, God has shown us how to create success from scraps. God places all the ingredients that we need around us, and within our reach. We have the ingredients to build the homes, communities, state, nation and world that we desire. The same God who called the light out of darkness; spoke into existence the plants, trees, animals, water and the air we breathe; flung so many stars in what we call and understand as the universe that they outnumber all the grains of sand on this planet; and created us in His image, is the same God that encourages us to live up to our potential to be the creators that He designed us to be.

If we want an economy to benefit our community, we can create businesses and make the choice to patronize our own industries. If we want policies and laws that gives us a level playing field, we can vote an exercise our political power to place people in office who will have our backs. If we want better policing, we can root up the people who are in the business of maintaining status quo and the "Old Boys" network. We succeed in this life, climb our mountains, and go through the valleys not on the resources of our individual might, nor by our individual power, but by God's Spirit and with each other.

I am proud to witness the activism of this new generation. A generation who is took the meager ingredients found in a cell phone, social media and a slogan, "Black Lives Matter." Coupled with the meager ingredients of walking and protesting, while staring down the hate passed on through the generations and institutionalized by certain descendants whose mothers, fathers, and grandparents stood posing in photo opts next to black and brown people hanging from trees. This generation seems to be taking those meager ingredients of activism that my generation ignored to create a meal that will better feed, strengthen and equip the generations to come.

They say hindsight is 20/20, however, the 2020 soul food that's on the stove today smells so good.

## One Church/Two Locations New Hope Church

Wayne Campus:  
33640 Michigan Ave. 48184

Church Telephone: 734-728-2180  
Fax: 734-728-5904  
Email: [newhopewayne@comcast.net](mailto:newhopewayne@comcast.net)

Taylor Campus:  
8900 Pardee Road 48180