



The Trinity Tablet

The Trinity Tablet: Gepsie Cox, Co-Editor, Catina Evans, Co-Editor

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Volume 14 |
Issue 10

Dates to Remember:

- Let's Glow Crazy, Aug. 23rd
@7:30
- Women's Missionary Day,
Aug. 25th

Enjoy this month's issue

Dear Mt. Pisgah Family,

August is typically the hottest month of the year. It's a time when many of you are traveling or going on vacations to enjoy the last little bit of summer. It's a time when those of you who are parents to young children are making preparations to send your kids back to school. For me, whenever August rolls around, I am reminded that fall is on it's way, that cooler temperatures and special holidays are right around the corner, and that I am thankful for my son, Tray, whose birthday is August 28th.

Gratitude for his life, for mine, for my family, our church family, and for all that God has done is what keeps me going. According to the word, we ought to be grateful. Psalms 7:17 says, "I will give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High" (NIV).

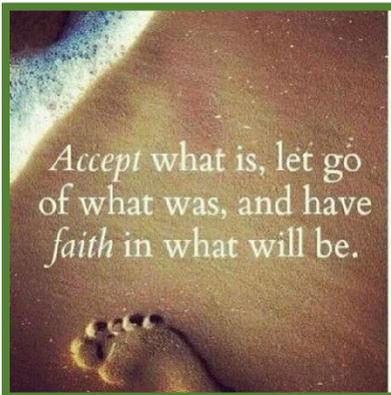
When you find yourself overwhelmed or consumed with life's circumstances, switch your mindset to gratitude and thankfulness. By giving thanks to God each day and showing your gratitude for His miracles, you reflect the God that is in you and the condition of your mind, body, and soul are improved. I'd like to leave you with a Prayer for Gratitude.

Dear God,

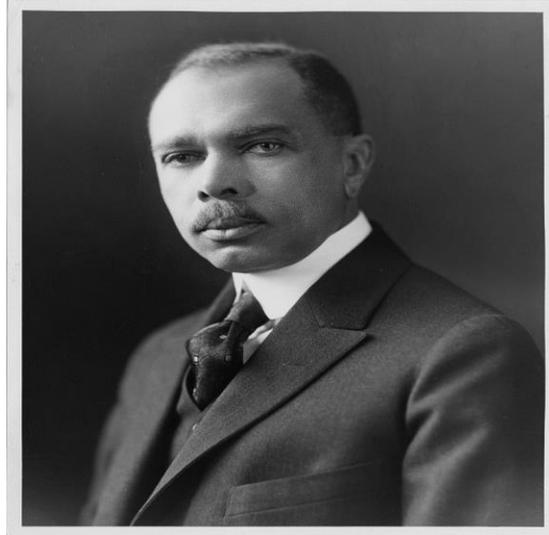
Thank you for your amazing power and work in our lives. Thank you for your goodness and for your blessings over us. Thank you that you are able to bring hope through even the toughest of times, strengthening us for your purposes. Thank you for your great love and care. Thank you for your mercy and grace. Thank you that you are always with us and will never leave us. Thank you for your incredible sacrifice so that we might have freedom and life. Forgive us for when we don't thank you enough, for who you are, for all that you do, and for all that you've given. Help us to set our eyes and our hearts on you afresh. Renew our spirits; fill us with your peace and joy. We love you and we need you, this day and every day. We give you praise and thanks, for You alone are worthy!

In Jesus' Name, Amen

Pastor C.M. Langston



SENIOR MINISTRY BLACK HISTORY QUIZ AUGUST 2019



1. President, _____, signed into law the Voting Rights Bill on August _____, 19_____. It was to outlaw literacy tests and poll taxes, and other practices commonly used to keep African Americans from voting.
2. _____ delivers his I Have A Dream speech at the _____ on August _____, 19____.
3. He was a man of many talents: teacher, lawyer, poet, editor, diplomat and Executive Secretary of the NAACP. His contributions to the cultural and social uplift of Black Americans were many and lasting. His now famous poem, _____, (1900) which was set to music by his equally talented brother, _____, was adopted by many depressed Blacks in the 1930's as their _____ and official song of the _____. We are indebted to _____, for inspiring generation after generation to continue to raise our voices in harmony as we sing with pride our _____.

The answers to this month's quiz can be found below.

Answers: 1) Lyndon B. Johnson/6th/65; 2) Martin Luther King, Jr./Lincoln Memorial/28th/63; 3) Lift Every Voice and Sing/J. Rosamond Johnson/National Anthem/NAACP/James Weldon Johnson/Negro National Anthem