

EUMC LENTEN PRAYER BREAKFAST

MARCH 14, 9:30 AM TO 12:00 PM

Organized by The Prayer Ministry

Join us for a morning of fellowship
and prayer as we reflect on

The Garden of Gethsemane
From Agony to Victory

(with a display of the Stations of the Cross)



Keynote Speaker:
Rev. Roberta S. White
Expressive Arts Activity:
Rev. Dr. Martina E. Efodzi

Enjoy a light breakfast while uplifting your spirit
with inspiring messages, heartfelt prayer and an
expressive art activity. All are welcome! Bring a
friend and let's grow in faith together.
For more information and to RSVP contact
judydavies@eumclairel.org



Emmanuel United Methodist Church | 10755 Scaggsville Road, Laurel MD 20723
There is no charge for attending the breakfast, love offering accepted.

EUMC Lenten Prayer Breakfast



Rev. Roberta S. White *Keynote Speaker*

home due to the end of her father's battle with cancer. Rather than growing bitter because of the hand dealt her in life, she embraces a spirit where she allows these transitions to transform her. In the words of Chaplain White, "I praise God for every struggle, every blessing, and every discriminatory act done unto me. In them, I get to know God on a more personal level. And I have grown to know that God always makes a way."

Fearless, focused, authentic, caring, generous, joyful, humorous, wise, perceptive, creative, and organized are a few words to describe Chaplain Roberta Sonsaray White, a Poet, Author, Motivational Speaker, Grief Specialist, Life Consultant, Educator & Spinning Instructor.

Rev. Dr. Martina E. Efodzi is a Board-Certified, Registered art therapist and professional counselor, licensed in both Washington, DC, and Maryland. The two-time Howard University graduate and George Washington University alumna is an ordained Deacon in the United Methodist Church, currently serving in an appointment beyond the local church as a full-time art psychotherapist. Through her practice, *Aya Healing Arts*, she offers individual counseling and art therapy services for adults and specializes in providing culturally responsive care for marginalized communities.

In addition to her clinical work, Rev. Martina has facilitated countless expressive arts workshops for people of all ages and abilities at various schools, government agencies, community organizations, universities, and churches along the East Coast. To consolidate her prior learning, she completed a Doctor of Ministry in Soul Care from Wesley Theological Seminary in 2024. Rev. Martina currently serves on the faculty for the *Common Threads Project*, which is an International organization that uses the expressive arts to equip survivors of sexual and gender-based violence with trauma-informed tools for recovery and healing. She is also an adjunct faculty member in the Department of Art Therapy at George Washington University.

Rev. Dr. Martina E. Efodzi *Expressive Arts Facilitator*