

# THE ROCK WEEKLY

JULY IS DISABILITY PRIDE MONTH

*July is Disability Pride Month*



July is the official Disability Pride Month in the United States. But we're here to pay tribute to the community daily by taking a deeper dive into the history of disability pride month. Why does it matter? How can you make a difference in the daily lives of people with disabilities?

Understanding the design and history of the disability pride flag also provides greater community insight into raising awareness for disability inclusion. Let us give you a deeper understanding of how disability pride evolved and how discrimination against the community of people with disabilities affects us all. Last but certainly not least, we'll discuss how technology supports digital accessibility and makes a difference in the lives of millions worldwide.

## **What is disability pride awareness month & why it matters?**

Over one billion people have disabilities worldwide, representing the most significant global minority and a wide range of generations, races, genders, sexual orientations, religions, and socio-economic backgrounds. Naturally, they seek and deserve to participate equally in society, including through digital experiences.

We all have a social responsibility to better our world and ensure inclusivity. We can all commit to celebrating the diverse backgrounds of people with disabilities and finding common ground. Start by creating fair play and equal grounds everywhere—off and online. That is the essence of Disability Pride Awareness Month.

We start with the story behind the disability pride flag and explain why it's a meaningful, globally recognized event.

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## Disability pride month: celebrate a universal cause

People with disabilities have faced social stigmas and judgment for centuries. Logically, the development and establishment of Disability Pride Month closely intertwines with the civil rights movement. Disability Pride Month parallels the ADA's 33rd anniversary, culminating decades of disability rights advocacy.

Disability Pride recognizes how society treats people with disabilities and other marginalized groups, including women, people from various ethnic and racial backgrounds, and members of the LGBTQ community. Within the disability pride flag, Disability Pride Month events, activities, representation, design, and colors advocate for community integration. And to us, above all, barrier-free digital accessibility for everyone.

## The disability pride flag: history & meaning

The disability pride flag's colors and symbols represent inclusion, similar to the LGBTQ pride flag. The original was designed by Ann Magill, featuring a brightly colored lightning bolt on a black background. After receiving feedback that the original colors could negatively impact people with epilepsy, Magill redesigned it with muted colors, symbolizing the diverse facets of daily life for people with disabilities.

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## What does the disability pride flag look like today?

- Charcoal gray background: In memory of the victims of ableist abuse and violence, including children or those killed, suicides, or individuals who suffered from negligence
- Diagonal band: Cutting across the barriers blocking people with disabilities from full participation, integration, and inclusion in society
- Red stripe: Physical disabilities (chronic pain/fatigue, mobility impairment, loss of limbs)
- Gold stripe: Neurodivergence (autism, ADHD, dyslexia)
- White stripe: Undiagnosed and invisible disabilities
- Blue stripe: Psychiatric disabilities (depression, PTSD, anxiety, etc.)
- Green stripe: Sensory disabilities (hearing loss, visual impairments, etc.)

The disability pride flag is now publicly available for celebrations and disability pride parades worldwide. As you'll learn from the insights that follow, disability pride is now on the world stage.

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## **History of disability pride month: now a global phenomenon**

The first Disability Pride Parade was in Boston on October 6, 1990. Over 400 people marched, wheeled, or drove to Boston Common, sparking the motivation for people to acknowledge that disability is part of the human experience. While the first disability pride parade was a success, it took a while for communities in other cities to host respective parades.

Chicago has the longest-running series of Disability Pride Parades, starting in 2004. Other major U.S. cities, including Philadelphia, New York, Los Angeles, and Buffalo, have organized at least two Disability Pride Parades since 2012. The movement has also spread across the Atlantic, with Brighton, England, hosting its first event in 2017.

Disability Pride Month is symbolic. People with disabilities are also people with abilities. They're proactive members of society, working tirelessly to break down all barriers to full inclusion. Fortunately, major U.S. cities will host 2024 celebrations that you can attend.

## **The ADA: impact on disability pride awareness month**

Our global population is gaining awareness and celebrating people with disabilities, diverse experiences, and societal integration. The signing of the ADA provided a rallying point for the community to demand full inclusion in society. The ADA outlines provisions for increased accessibility to physical infrastructure and encourages employers to ensure work environments accommodate individuals with disabilities—from wheelchair ramps and unique treatments to service animals.



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## **The ADA: impact on disability pride awareness month (cont'd)**

- The civil rights of people with disabilities are also protected within the ADA to prevent discrimination in the workplace and overall.
- With the dedication of activists advocating for people with disabilities, a public campaign forefronted critical rights of the community, leading to the establishment and implementation of the ADA and its laws.

The Capital Crawl was a catalytic event on March 12, 1990, uniting roughly 1,000 community members of people with disabilities. They made their way up the stairs of Capitol Hill, crawling or moving with mobility aids they depended on set aside, like wheelchairs, walkers, crutches, and others. It was a clear and dramatic statement demanding that the U.S. Congress pass the ADA, which it did in July of 1990.

More recently, the ADA interpretation includes digital accessibility, a critical element of user experience that ensures the inclusion of anyone engaging with online environments and digital assets.

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## **What is Ableism & why is it important in the history of disability pride month?**

Historically, Disability Pride Month celebrates humanity, the community of people with disabilities, and their contribution to society. Ableism, on the other hand, is a systematic means to dehumanize people with disabilities. It's a movement and thought system creating stigmas that define community members as inferior or less capable than anyone else.

An increasing number of organizations are expanding their labor force to include people with disabilities and impairments. Many companies embrace advocacy for disability rights and DEI (Diversity, Equity, and Inclusion), while other organizations still pass judgment and may not recruit individuals from the community.

Sadly, people often compare ableism to ideologies like nazism or adversity faced by the LGBTQ community. As an ideology, ableism frequently crosses over various forms of oppression, including sexism, racism, homophobia, and more. Using words and language that pass judgment on people with disabilities is a significant part of ableism, from emphatic expressions like "You retard!" to "I'm talking to you; what are you deaf?" These are both extreme but common colloquialisms that intentionally or unintentionally drive ableism.

Being aware of how we speak verbally and with our body language is a critical means to fight ableism and advocate for the inclusion of all people with disabilities.

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## Honoring disability awareness pride month & the people it celebrates

### 1. Educate Yourself About Ableism

As discussed, Ableism is a belief system that assumes people with disabilities need fixing. As a result, it devalues and discriminates against this critical population group.

Learn the appropriate terminology: two phrases often describe people in the disability community: disabled people and people with disabilities. So, which one should you use? Always use “people with disabilities” because they’re people first. By contrast, the phrase “disabled people” identifies a person by their disability, which may be considered impolite and demoralizing. In other words, a person isn’t a disability—they have a disability.

Read up on the subject: Disability pride awareness and education aren’t possible without research, and reading books is a crucial way to understand disability pride better. See the recommended reading below.

- “Unbroken: 13 Stories Starring Disabled Teens” (edited by Marieke Nijkamp)
- “Disability Visibility: First-Person Stories From the Twenty-First Century” (edited by Alice Wong)
- “Haben: The Deafblind Woman who Conquered Harvard Law” by Haben Girma
- “Sitting Pretty: The View From My Ordinary Resilient Disabled Body” (by Rebekah Taussig)
- “We Are Never Meeting in Real Life” (by Samantha Irby)
- “The Pretty One” (by Keah Brown)
- “The Silence Between Us” (by Alison Gervais)



ATTENTION!!!

the rock  
christian center

# School Supplies

Please provide your  
child's school supply  
list to the youth dept.

Asap!!!



Bishop Denise Wilson  
Senior Pastor



Waterproof  
Material



Folders

Locking  
Zipper





# 2024

## FAITH, FAMILY, FINANCE

### YOUTH VBS WEEK 15-19 JULY

via The Rock Zoom  
Room 7 pm

Meeting Room: 840 8027 0538  
Passcode: 123456

[www.therockchristiancenter.org](http://www.therockchristiancenter.org)



# Bible Study

## SATURDAY MORNING BIBLE STUDY

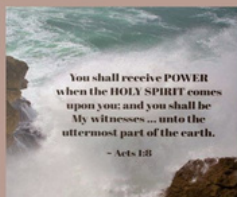
Join us for our Saturday morning bible study at 7:00am for an in-depth study of The Book of Acts. This book provides a bridge for the writings of the Old Testament to what Jesus "began to do and to teach" as told in the Gospels with what he continued to do and teach through the apostles, teaching and the establishment of the church. It is also a bridge that ties the church in its beginning with each succeeding age.

### \*Read Acts



Rev. Dr. Denise Wilson  
Senior Pastor

### *The Book of Acts: An In-depth Study*



Weekly Bible Study  
Every Saturday at 7:00am

The Rock  
Virtual Bible Study Room  
Meeting ID: 840 8027 0538  
Passcode: 123456

For more information  
Email: [info@therockchristiancenter.org](mailto:info@therockchristiancenter.org)  
Call: (855) 656-8722



#werbuildingbyfaith

*Transforming the Kingdom One Soul at a Time*



We will have evangelism training tonight in place of our **Thursday night bible at 7 pm.** We look forward to you joining us. Please check your email for information that you will need for tonight.

This takes place in **The Rock Zoom Bible Study Meeting Room, Meeting ID: 840 8027 0538 Passcode 123456.**

# Groupme



Are you apart of the Groupme? If you're not, then you are missing out on our vital communication app.

We are no longer using our previous text threads.

They were creating duplicate threads that were confusing. We have different chat groups on the app for our different ministries. Please download the app and look for The Rock Christian Center.



# *I Heard A Word*



Did you come away with a word from this past Sunday or any Sunday recently? I have a question for you, did you happen to capture some key pointers in your notes and share those points with family, friends and the like? Well if you hadn't here is your chance. For the month of July, we are asking you to share with us and others what your take aways are for the sermon each week.





# Sermon Notes

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Preacher:

Scripture:

Date:

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the **rock**  
christian center

# Summer Worship



Bishop Denise Wilson  
Senior Pastor

We are worshipping in the  
The Falls Church Episcopal  
**Historic Church Building**

Time: 10:45 am

S. Washington St. Entrance  
Falls Church, Va. 22046



*Transforming the Kingdom One Soul at a Time Matthew 16:18*



**Bishop Denise Wilson**  
Senior Pastor

## AS YOU TRAVEL REMEMBER THE ROCK

Join Us in Spreading Kindness!

Traveling anytime soon? Pack an extra dose of love in your suitcase! We're collecting toiletries for our Homeless Ministry and we need YOUR help!

From shampoo to toothpaste, every donation makes a difference in the lives of those in need. Let's come together to provide comfort, dignity, and a fresh start to those facing homelessness in our community.

For drop information, please call 855-656-8722. You can also reach out to a Rock member or email us at [info@therockchristiancenter.org](mailto:info@therockchristiancenter.org).

Together, let's make a positive impact, one toiletry at a time!

☀️🌿 #SpreadKindness #HomelessMinistry  
#DonateToiletries

[www.therockchristiancenter.org](http://www.therockchristiancenter.org)



*Transforming the Kingdom One Soul at a Time*



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Bishop Denise Wilson  
Senior Pastor

NEW

Youth Worship

SOON!

Transforming the Kingdom One Soul at a Time

Youth Worship starting in June will be 1st and 3rd Sundays of the month -Worship will begin at 10:45 am for youth ages 6 and older -Ages 5 and under will be escorted down to worship during ANNOUNCEMENTS with Ms. P. This change is taking place in order to ensure that youth of ALL ages are being trained up in PARTNERSHIP with our Rock Nation parents!



MULTIMEDIA MINISTRY

# VOLUNTEERS NEEDED

Join the Team and Make a Difference Today!

📢 Calling all creatives, storytellers, and tech enthusiasts! 🎨

★ Ready to make a difference and unleash your creativity? Join us at The Rock Christian Center's Multimedia Ministry! 🚀

🎵 Use your talents to inspire, uplift, and connect with our community! 💡 Gain new skills, and be part of something truly special!

👉 Volunteer today and let's grow together! Message us to learn more or sign up now! ⭐⭐



**CONTACT :**  
Rev. Ferguson



# Ministry Meeting



Are you a ministry leader here at The Rock? Have you scheduled a meeting for your ministry? Members are you apart of a ministry here at The Rock? If you are please be on the look out for ministry meetings where you can be apart of the planning for upcoming events.



# Rock Business Ministry



Do you have a business, want to start a business, have an idea for a business? We know that what we are in need of has already been provided.

If you could forward the name of your business, what you offer in your business, a website, a business card , SMS, etc. to Rev. Yolanda. Those of you who would like to start a business and may not know where to begin can also contact her.

Contact: [ygantt@therockchristiancenter.org](mailto:ygantt@therockchristiancenter.org)



## THE ROCK WEEKLY

### VOLUNTEER NEEDED

We need parents who are  
available to help in the youth  
department at least once a month.  
Please see Rev. Malika



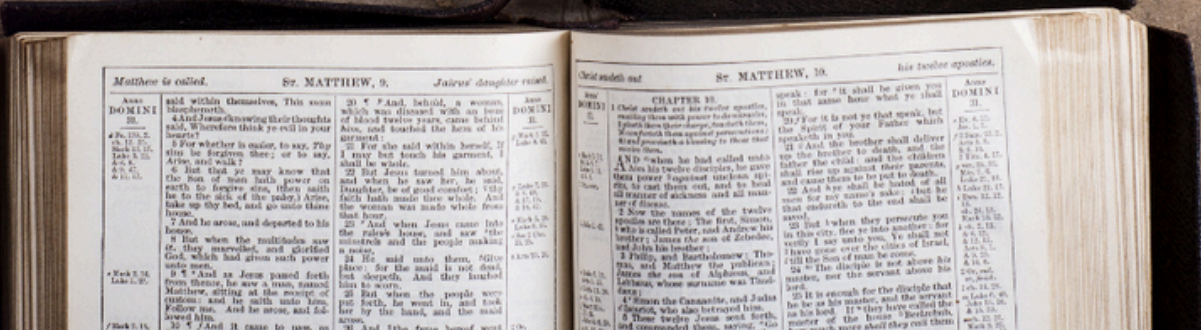
The youth department could use the help of our parents in the congregation. Please see Rev. Malika to see how you can be apart of a growing ministry in our church.



# Thunder Thursdays



**Bishop Denise Wilson**  
Senior Pastor





## THE ROCK WEEKLY

# Men's Talk



The Men's ministry will have a men's talk to check in and be in touch more with each other monthly. Look out for the next meeting date and time.

Join Zoom Meeting:  
Meeting ID: 840 8027 0538  
Passcode: 123456