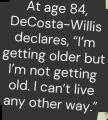
## <u>Blacks In</u> Excellence

"Get your education, because they can't take that away from you". That was a saying my great grandmother passed down to me. We always pursued education as the way to freedom."

# Miriam De Costa - Wills

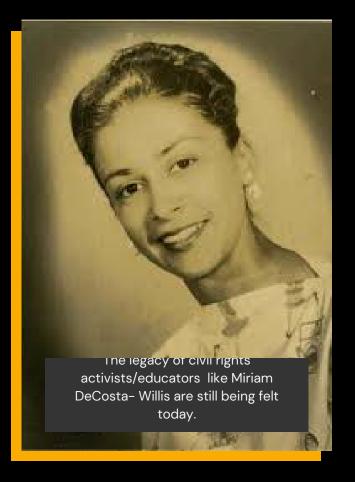
DeCosta-Willis has published 15 books, the most recent in January 2019, and she's written some







Miriam DeCosta-Sugarmon blazed trails in college. She was one of very few black students at the all-female Wellesley, one of very few black women at Hopkins, became the first African-American to graduate with a Ph.D. from Hopkins (earning that degree in only one year)



""What Goes Around, Comes Around." Was her favorite Quote



Educator Miriam DeCosta-Willis was born November 1, 1934 in Florence, Alabama to educators Beautine and Frank DeCosta. She grew up in the South but graduated from Westover School in Connecticut and received a B.A. degree, Phi Beta Kappa, from Wellesley College, as well as M.A. and Ph.D. degrees from the Johns Hopkins University.

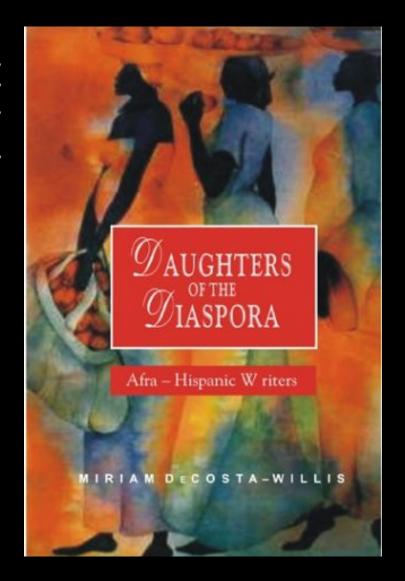
her forty-year in In career education, she has taught LeMoyne and Owen Colleges (later, at the merged institution for a decade), became the first Black faculty member at Memphis State University in 1966, chaired the Department of Romance Languages at Howard University. Commonwealth named was Professor of Spanish at George Mason University in 1989, and was Director of Graduate Studies in the Department of African American Studies at the University of Maryland, Baltimore County, from which she retired in 1999.

An activist throughout her life, she organized a student protest at Wilkinson High School, joined her mother in the Montgomery Bus Boycott, was jailed in Memphis for participating in civil rights demonstrations, campaigned for Black political candidates, led a boycott of Memphis public schools, and joined protest marches in Washington when she lived there in the 1990s.

Co-founder of the Memphis Black Writers' Workshop, DeCosta-Willis has published eight books. includina Blacks in Hispanic Literature. Erotique Noire. The Memphis Diary of Ida B. Wells, Daughters of the Diaspora and, **Black** recently. **Notable** Memphians. A columnist, lecturer, consultant, and visiting scholar, she was chair of the Tennessee Humanities Council. associate editor of Sage: A Scholarly Journal of Black Women, and editorial board member of the Afro-Hispanic Review.

In 1955, she married Russell Sugarmon, Jr., a civil rights attorney, and they had four children. Later, she married A. W. Willis, Jr., an attorney, businessman, and first Black elected to the Tennessee Legislature since Reconstruction.

DeCosta-Willis passed away on January 7, 2021.



FEBRUARY 2025

**VOL 4 ISSUE 6** 

# THE ROCK WEEKLY

#### FEBRUARY IS NATIONAL HEART MONTH



In 1964, President Lyndon B. Johnson issued the first proclamation declaring February American Heart Month. Each year, this is a time to spotlight heart disease, by bringing awareness and sharing how to take steps to prevent this deadly disease.

According to the American Heart Association, heart disease is a leading cause of death in the United States for both men and women. They also offer tips on action items you can take to prevent heart disease:

- Know your risk. Knowing your risk can help you make lifestyle changes.
- Eat a healthy diet. Start making healthy choices that include daily vegetables and less processed foods.
- Be physically active. Move more it's one of the best ways to stay healthy, prevent disease, and age well.
- Watch your weight. Stay at a healthy weight for you.
- Check your blood pressure and cholesterol. These are two main risk factors that could lead to heart disease.

FEBRUARY 2025 VOL 4 ISSUE 6

# THE ROCK WEEKLY

#### FEBRUARY IS NATIONAL HEART MONTH



Raising awareness is essential not only in the month of February but also year-round. It's the awareness that can ultimately save a life and on the first Friday of February, the nation celebrates National Wear Red Day to bring greater attention to heart disease as a leading cause of death for Americans.

It's also the perfect time to take training from the American Red Cross on how to perform Cardiopulmonary Resuscitation (CPR) and how to use an Automated External Defibrillator (AED) to help save lives. Cardiac arrest claims thousands of lives every year. Red Cross CPR/AED classes can help you save a life when every moment counts.



★ Join Us in Serving Our Community! ★
The Rock Christian Center invites you to be a blessing at our
Monthly Feeding the Homeless Ministry ♣

™ New Date: Saturday March 22, 2025

Time: 9:45 AM

Location: McPherson Square 15th & I NW, Washington, DC click here to join

Come share love, hope, and a warm meal with those in need. Together, we can make a difference!

Everyone is welcome! Bring a friend and let's serve our community with joy. See you there!



#### Men of Strength Bible Study is Back! 6

Mark your calendars! The Men's Bible Study, Men of Strength, resumes on Tuesday, January 7th at 7 PM via The Rock Bible Study Zoom. Join us as we grow together in faith, wisdom, and fellowship. Don't miss this opportunity to strengthen your walk with God!

& Zoom: 840 8027 0538 Code: 123456





Bishop Denise Wilson Senior Pastor

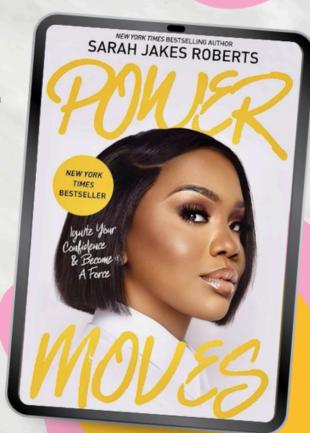
### **BOOK CLUB**

Do you enjoy reading books? Do you like the idea of being a part of community of likeminded women where you can share your ideas and thoughts? You are cordially invited to join The Rock Women's Ministry Book Club. We have resumed our Thursday Nights Book Club readings @ 7:00

Our first book is entitled Power Move by Sarah Jakes Roberts. The book can be purchased via Amazon. Get caught up and be ready to move in power in 2025!!

> Zoom Room: 840 8027 0538 Code: 123456

> > **Pastor Dee**



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

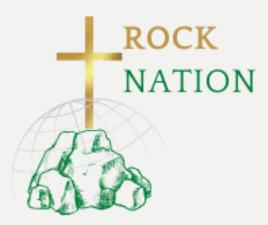


✓ Exciting News! Nighttime Devotionals Are Here!
 ✓ Looking for some peaceful, reflective time with God before you rest?
 ✓ The Rock Christian Center now has Nighttime Devotionals available on our YouTube channel!
 ✓ Tune in to refresh your spirit and draw closer to the Lord as we guide you through evening prayers and reflections to end your day on a powerful note.

Value of the listen here: The Rock Christian Center YouTube Channel Subscribe now and don't miss out on our weekly devotionals! \*\*

#NighttimeDevotional #TRCC #SpiritualGrowth

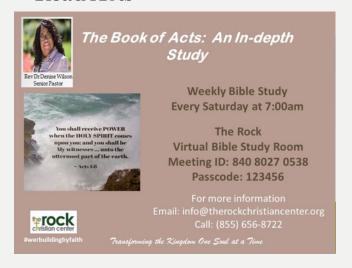
#EveningReflection #FaithJourney #SubscribeNow



#### SATURDAY MORNING BIBLE STUDY

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

#### \*Read Acts





WELCOME BACK!

### **Ministry Meeting**

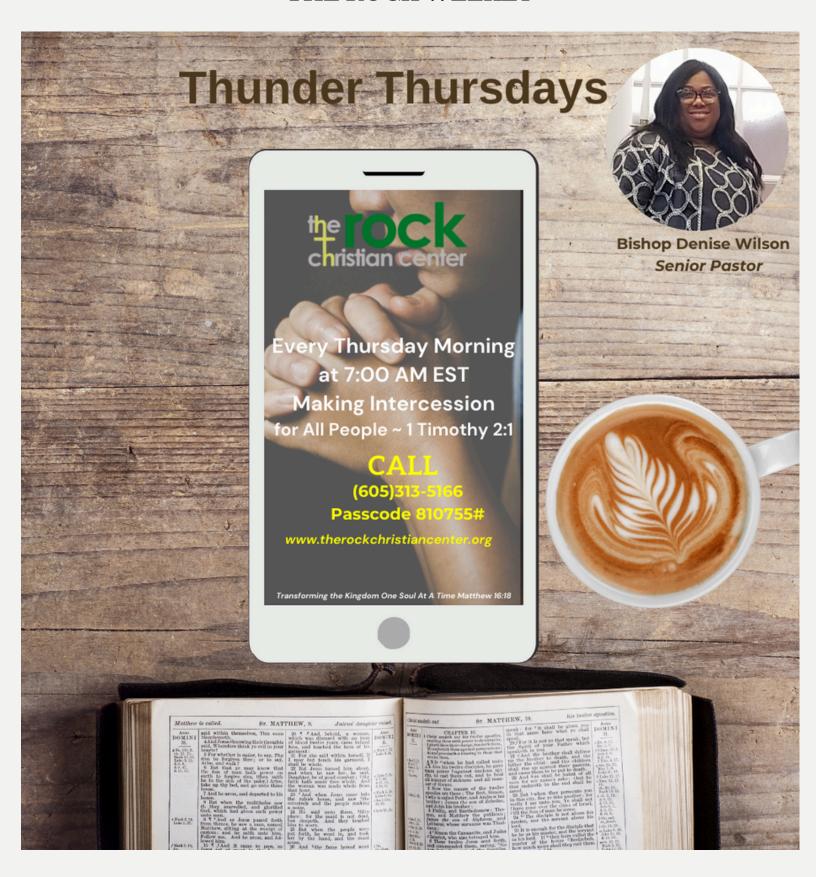


Are you a ministry leader here at The Rock? Have you scheduled a meeting for your ministry? Members are you apart of a ministry here at The Rock? If you are please be on the look out for ministry meetings where you can be apart of the planning for upcoming events.

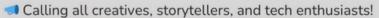


The youth department could use the help of our parents in the congregation. Please see Rev. Malika to see how you can be apart of a growing ministry in our church.

#### THE ROCK WEEKLY









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