

# THE GREETER



*Hillandale Baptist Church*



*"We never see strangers, just friends we've never met."*

*September 2020*  
Monthly Newsletter

## *Pastor's Page*

### OUR HELP IN THE MIDST OF ALL THAT'S GOING ON



#### **Psalm 121**

- 1 I will lift up mine eyes unto the hills, from whence cometh my help.
- 2 My help cometh from the Lord, which made heaven and earth.
- 3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.
- 4 Behold, he that keepeth Israel shall neither slumber nor sleep.
- 5 The Lord is thy keeper: the Lord is thy shade upon thy right hand.
- 6 The sun shall not smite thee by day, nor the moon by night.
- 7 The Lord shall preserve thee from all evil: he shall preserve thy soul.
- 8 The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.

May we continue to trust Him with all our heart, all our soul and all our strength.



Your servant in Christ,  
**Pastor Javon A. Voglezon, Sr**



## HBC GARDEN – The Taro Plant (Part 1)

This year, a particular plant grown in our garden by church member, Florence Kyeremateng has generated curiosity from some of the church members, primarily because of its big leaves and resemblance to the Elephant ears plant. What are those big leaf plants growing in the garden? Those big leaf plants are called **Taro** plants. The Taro plant is native to Southeast Asia and India and are also called by other names such as Eddo, Kaloi, Yautia, and Gabe; depending upon which part of the world you are from. It serves as a staple food in various cuisines as well as in Africa, China, Hawaii, and the Caribbean.

The root, stem and leaves of the Taro plant are full of flavor and are used for preparing tasty food items like Taro chips, crispy taro pancakes, taro cheesecakes, taro fries, and taro buns. It is also used for flavoring desserts, drinks, and chips. The leaves are used to wrap and serve food. The roots have a nutty flavor while the leaves taste like cabbage or spinach.



There are numerous health benefits from this plant. The root, leaves and stem contains various nutrients that people often don't get enough of, such as fiber, potassium, magnesium, vitamins C and E. Taro root is a great energy booster and the heated root is used in many warm compresses and plasters. Alopecia can be treated by consistently applying the juice of the taro roots at the hair roots.

In an article written by Dr. Firdous @ Lybrate.com, she wrote that by consuming the taro root you can control high blood sugar, improve digestive system, prevent cancer, delay the aging process, improve the skin, reduce fatigue, improve blood circulation and heart's health, improve vision, lose weight, and boost immunity. Below is a description of some of the benefits:

### **Taro Root Improves Blood circulation**

The powerful combination of iron and copper found in taro root does wonders for the blood's health. Iron helps to prevent **anemia**, and promotes **blood circulation**. Further, the taro root helps to fight the consequences of anemia like **fatigue**, lack of **concentration**, and **headaches**.

### **Taro Root Skin Benefits**

Vitamins A and E present in the Taro root have a great impact on the skin. These vitamins boost the formation of new and healthy skin cells and improve the life of degenerating skin cells. Taro root, can reduce the appearance of **blemishes** and **wrinkles** on the skin. Taro root promotes the skin healing process; hence this food does wonders for your skin.

### **Taro Root Reduces Fatigue**

Research indicates that taro root is beneficial for athletes. Its low glycemic index of 53, enables the athletes by keeping the energy level high for a longer time. Taro root also has the right amount of carbohydrate that boosts energy and reduces **fatigue**.

### **Taro Root is Good for Weight Loss**

Losing weight seems a difficult task due to poor diet and stressful lifestyle. For an effective **weight loss**, people must consume foods that are high in nutritional value but low in calories. Taro root is both, and is useful for weight loss, as one cup of cooked taro root contains some amazing nutrients and only 187 calories.

### **Taro Root Delays the Aging Process**

Taro root is one food rich in antioxidants, which keeps the body youthful for a longer duration. Antioxidants in taro root have certain properties that help in fighting against **various diseases** and delaying the **aging process**. This root is cholesterol-free, low in sodium, gluten-free and comprises of protein.

### **Taro Root Promotes Muscle Health**

Magnesium and vitamin E are responsible for maintaining healthy muscles. Taro root is rich in magnesium and vitamin E, which is vital for healthy **muscle, bone, and nerve**. It also helps to maintain your **blood pressure** and is useful for fluid regulation.

### **Taro Root for Healthy Heart**

Taro root is rich in potassium that helps in controlling the heart pulse rate and relieves **stress** in the arteries. Also, potassium helps to regulate the **blood pressure** as it decreases the sodium's effect on the body.



### **Taro Root Benefits Immune System**

Taro root is an incredible source of Vitamin C - an excellent immunity booster. It strengthens our body's immunity against illnesses like common **cold and flu**.



### **Taro Root Good for Eye Vision**

Antioxidants like beta-carotene and cryptoxanthin present in taro root strengthens eyesight and promotes general eye health. These antioxidants slow down the ageing of cells present in the eyes that may cause **macular degeneration** and **cataract**.

### **Controls Blood Sugar**

Dietary fiber found in Taro root lower the risks of developing **diabetes** by controlling the insulin production in the body. It also slows down the digestion and absorption of other carbs, preventing large sugar spikes. Its low glycemic index of 53 makes it an alternative source for a diabetic diet.

### **Taro Root Improves Digestive Health**

Taro root is an excellent source of dietary fiber, as it adds bulk and passes quickly through the digestive system. It gives you a feeling of being full for a longer time even after a small meal. It promotes a healthy gastrointestinal tract hence Taro root intake in your diet reduce the chances of **indigestion, bloating, cramping, and constipation**.

**Please note:** Every vegetable has its benefits and side effects and the Taro is no exception, in its raw state, it is toxic and therefore both the leaves and the root must be eaten when **thoroughly cooked**.

Always consult with a medical professional before using a plant medicinally.

**ENJOY Your TARO - Let your food be your medicine!**

## *Brief History of Hillandale Baptist Church*

On February 18, 1951, a new Baptist chapel was established to serve the Hillandale Adelphi, Oak View and Burnt Mills neighborhoods. The chapel's temporary location was at the Seventh Day Adventist Church on Riggs Road and it was sponsored by the Brookland Baptist Church of Northwest Washington.

On January 24, 1952, the chapel purchased a five-acre tract of land on Riggs and Powder Mill road. In June a proposal was made to consider a new name for the chapel and on September 4, the name Hillandale Baptist Church was formally accepted. The chapel was constituted a church and affiliated with the DC Baptist Convention on November 9, 1952. The following year, on June 7, 1953, Hillandale Baptist Church held its ground breaking ceremony and the dedication service of the church was held on May 2, 1954. The building was officially turned over to the church on April 15, 1956.

In July 1956, the church acquired the adjacent property which included the "Mother Jones Rest Home" (a farmhouse which is now the parking lot.) The farmhouse was named after Mary Harris Jones (Mother Jones). This vigorous advocate of labor was known as the Grand Old Champion of Labor.

On November 24, 1960, which happened to be Thanksgiving Day, the church dedicated the Recreation Hall (now the Putman Fellowship Hall) to be used for Sunday school, recreation and general purposes. The children's Sunday school activities were held at the Adventist Church and later at the Naval Reserve Training Center located opposite the church on Powder Mill Road.

In June 1965, a proposal was made for the church to build an Educational Building, adjoining the church. The project began in April 1967 and was dedicated on April 28, 1968.

On May 8, 1979, the church published the first issue of its newsletter, the Greeter.

On December 11, 1988, the church celebrated the "burning of the mortgage" for the property.

### **MINISTERS/PASTORS**

In 1951, Rev. Walter Butts was the first interim minister at the new Baptist Chapel and served until his resignation on February 18, 1952. Following his resignation, various ministers preached at the chapel until May 1952.

In June 1952, Rev. James O. Duncan became the first official Pastor of Hillandale Baptist Church and served until his resignation in 1959. However, he continued to serve as the interim pastor until 1960.

From 1960 to 2017, Hillandale Baptist Church was led by the following pastors who were very instrumental to the growth and development of the church: Rev. Wilfred Cholerton (1960 – 1968); Rev. Stuart Kersey (1968 – 1974); interim pastor Rev. James Duncan (1974); Rev. Dr. Allen Oliver (1974 – 1978); interim pastor Rev. Don Cowherd followed by interim pastor Howard Rees (1978 – 1979); Rev. Dr. James Moore (1979 – 1984); interim pastor Rev. Dr. Roy Godwin (1984 – 1985); Rev. William A. Moyer III (1985 – 2006); interim pastor Rev. Israel "Benny" Singleton, (2007 – 2009); associate pastor Walter Jarvis (2007 – 2009); Rev Wyndell Banks (2009 – 2010); associate pastor Walter Jarvis (2010 – 2013); Rev Jediah Blake (2013 – 2015); and interim pastor Louis Jenkins (2015 – 2016).

In June 2016, Deacon Javon Voglezon Sr. was ordained as minister by Hillandale Baptist Church. He was the third member to be ordained

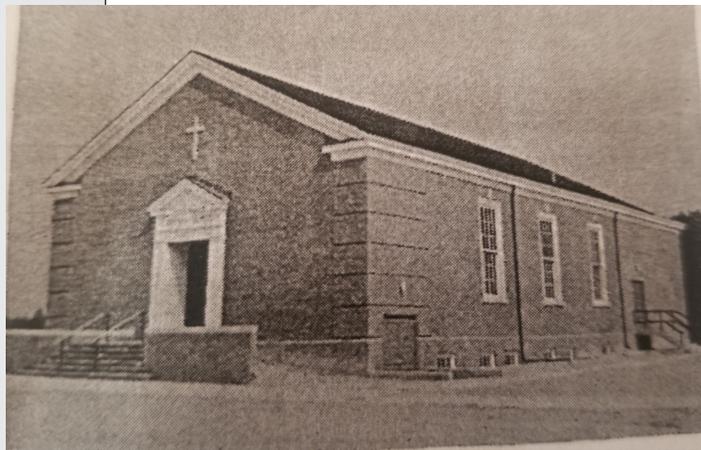
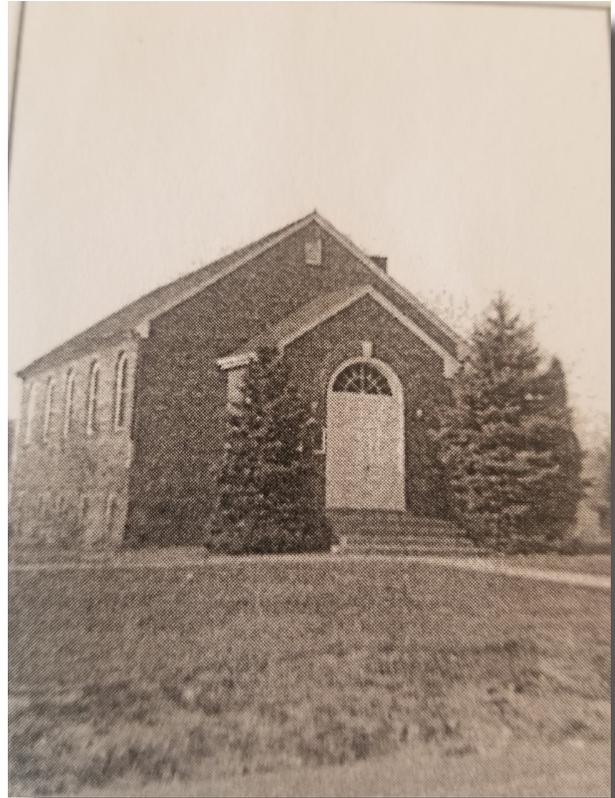
as a minister by the church; the others were Bruce Romoser (December 16, 1962) and Robert Cohen (February 20, 1983).

In 2018, Minister Javon Voglezon became the current pastor at Hillandale Baptist Church. It is important to note that Pastor Voglezon is a “Home Grown Product” of the church. He grew up in the church, attended children’s Sunday school and was later involved in various ministries; including the Youth Ministry, Deacon Ministry and eventually becoming the Pastor. He is a welcomed source of dignity, as he shepherds those he served at Hillandale Baptist Church.

### DEMOGRAPHICS

Over the years, the change in the community demographics has considerably impacted Hillandale Baptist Church ethnically and culturally. The transition of the church to a multicultural, multiracial congregation was triggered on April 4th, 1976, when the first African American members, the Dobbins family, transferred to the church and were voted into membership on April 15 of that same year; Jean Dobbins and her daughter Kim Holland are still active members of the church. Then, during the 1990s, as several older members moved away, people of various ethnicities moved into the area. In addition to African Americans, many of the new members came from Africa, Asia, Latin America and the Caribbean. Gradually the neighborhood became multicultural and because of the influx of Hispanics in the area, the church has established and continues to work with the Hispanic Ministry in the church.

Hillandale Baptist Church continues to welcome everyone who seeks to worship the Lord and join in the fellowship as we continue leading others to Christ. As our slogan states, “*We never see strangers, just friends we’ve never met.*” ❧



*Hillandale Baptist Church, circa 1956*

# *Ministry Teams*

*All members/non-members are welcome to participate, or join in any of these ministries.*

**Children's Church Ministry:** Assists the Sunday school Director with recruiting teachers/assistants and educates children on how to live Christian lives.

**Deacon's Ministry:** Assists the pastor in providing spiritual guidance to church members. Also provides other services that ensure proper administration of church activities.

**Deaconess Ministry:** Facilitates the resources necessary for church services and orients new members to the church. Also assists the Deacons in church activities that support the pastor.

**Event Coordinator Ministry:** Plans, schedules and coordinates all special events at the church properties. Also ensures that all required resources for the events are in place in a timely manner.

**Fellowship Ministry:** Assists the Director of Food Services in coordinating, planning and preparing for fellowship and social activities of the Church. Also assists in the supervision of supplies, maintenance and use of the kitchen facilities.

**Hillandale Women of God Ministry (HWOG):** Implements a women's Christian ministry program that empowers/encourages women to be spiritually motivated. This practice will occur at fellowship meetings where bible readings, prayers, singing/music and heartfelt discussions are incorporated.

**Hillandale Men's Fellowship Ministry:** Implements a men's Christian ministry program that empowers/encourages men to be spiritually motivated. This practice will occur at fellowship meetings where bible readings, prayers, singing/music and heartfelt discussions are incorporated.

**Library Services Ministry:** Maintains and administers all physical resources (books, computers and other equipment) owned by the church. Also ensures that they are accessible in a timely manner.

**Missions/Community Outreach Ministry (M/COM):** Develops community outreach projects and represents the church in providing support to local, national, and foreign missions. Also participates in approved disaster relief projects.

**Publicity Ministry:** Develops and publishes all church related activities/events through various media, including the internet.

**Safety and Security Ministry:** Provides safety and security for the church properties and its members. Also ensures that an emergency evacuation action plan is in place and periodically tested.

**Stewardship Ministry:** Educates members about the role of stewardship, budgeting and fundraising; and encourages members to support the church financially through tithing. Also ensures that the Orientation Program for new church members is current and effective.

**Usher Ministry:** Administers program to provide comfortable and convenient seating for church attendees. Also provides reasonable assistance to church attendees during church service.

**Vacation Bible School Ministry (VBS):** Plans and administers the VBS summer program which includes recruiting volunteers, scheduling meetings; and ensuring that all resources (supplies and equipment) are available in a timely manner.

**Website and Technology Ministry:** Designs, updates and maintains the church website and provide technological assistance to the church.

**Youth Ministry:** Provides bible teachings, Christian activities, and fellowship enrichment programs for the youths. ☺

## Ministry Reports

**Finance Committee:** The Finance Committee will be hosting financial planning presentations and sessions, in the near future for all who are interested.

**Trustee Committee:** There are ongoing projects such as the expansion of the Putnam Hall bathrooms and raising funds to complete other building improvement projects.

**Usher Committee:** The Usher Committee is pleased to welcome Joan Brown and Dereke Williams as Ushers. The Usher Committee continues to seek dedicated members to participate as Ushers. Psalm 84:10 *“For a Day in Your Courts is better than a Thousand. I would rather be a doorkeeper in the House of my God than dwell in the Tents of Wickedness.”*

**Youth/Young Adult Ministry:** The Youth/Young Adult will be meeting on Fridays for Bible Study and preparing for upcoming retreats/events. In addition, the Youth/Young Adult Ministry is proud to be leading the Hillandale Baptist Church service every 3rd Sunday of the month. **Due to the coronavirus (COVID-19), the service will be postponed until further notice.**



## Community Update

### CORONAVIRUS DISEASE (COVID-19)

Coronavirus Disease 2019 or COVID-19 is the infectious disease caused by a newly discovered Coronavirus called Severe Active Respiratory Syndrome CoronaVirus-2 or SARS-COV-2. This virus is one of many viruses within the Coronavirus family.

#### STAY SAFE by following the 3 Ws' Rule:

**WASH** your hands often, for at least 20 seconds, with soap and water; especially before eating or if you must touch your face - If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

**WEAR** your mask whenever you are around someone who is sick, or you are around people in public places.

**WATCH** the distance between you and someone who is sick or when you are around people in public places – Stay at least 6 ft away from them.



*But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life. —Titus 3:4-7*



## Special/Upcoming Events



### HILLANDALE WOMEN OF GOD MINISTRY

The Women of God Ministry of Hillandale Baptist Church held their third food drive “Grab and Go” donation of grocery items for the community on **Saturday, September 05, 2020**. There were **122** bags of grocery items passed out to residents who drove by the church for



assistance. This makes a total of **426** bags that were passed out to the community thus far.

We would like to thank all the volunteers, church members/friends and those who made donations of non-perishables for this important event for those in need. We appreciate your compassion and faithfulness to make a difference to those less fortunate during the time of this pandemic in our country.

*May God continue to bless each one of you and your family members.*

Prayerfully,

**Hillandale  
Women of God  
September 2020**



The Men and Women of God breakfast will be held every 2nd Sunday of every month downstairs in the Dale Reed Welcome Center from **9am to 10am**. **Due to the coronavirus (COVID-19), the service will be postponed until further notice.**



The Brotherhood Ministry will be having their **Men’s Brunch** every 3rd Saturday of every month from **11am to 1pm** in the “Dale Reed” Welcome Center. **Due to the coronavirus (COVID-19), the gathering will be held via Zoom.**

Hillandale Women of God will be having their **Women’s Brunch** every last Saturday of every month from **11am to 1pm** in the “Dale Reed” Welcome Center. **Due to the coronavirus (COVID-19), the gathering will be held via Zoom.**

**Every 3rd Sunday of the month at 10am**, we will have service at Hillhaven Assisted Living, Nursing and Rehabilitation Center on Powder Mill Road. **Due to the coronavirus (COVID-19), the service will be postponed until further notice.**

The **Women’s Retreat** to the Museum of the Bible in Washington, DC **has been postponed until a later date.**



## *Roman Road to Salvation*

“For all have sinned, and come short of the glory of God.”

— **Romans 3:23**

“For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.”

— **Romans 6:23**

“But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.”

— **Romans 5:8**

“that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved.”

— **Romans 10:9**

“Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ.”

— **Romans 5:1**

“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

— **Romans 8:38-39**



## *Prayer Corner*

### **PRAYER CHANGES THINGS....**

*“Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”*—Mark 11:24.

Please intercede for those listed here as you go before the Lord in prayer...

#### ***Healing***

Mother Olu

Susie Dudley

Gloria Voglezon

Walter Jarvis

Julian and Dee White

Avis Harris

Flora Rice (Angela Beemer’s mother)

Sam Simmons

Peter Poakwa

Yanick Sainvilier

Jean Dobbins

John Adams

Eddie Brown

Joan Brown

Helena Laryea

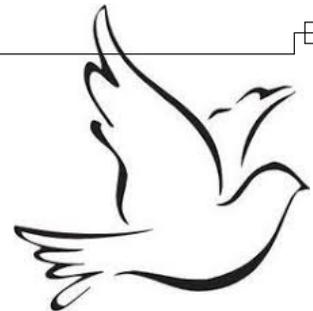
Prayers for those suffering from  
Coronavirus (COVID-19)

#### ***Employment***

Members and friends  
who are seeking work

#### ***Comfort***

Prayers of peace and comfort  
for all who lost loved ones this past year



## *Shoutouts to the Graduates*



Congratulations to Idaresit Udoumoh for completion of her undergraduate degree (BS in Nutritional Sciences) from Howard University (HU) class of 2020.

Congratulations to Charang Bendu, who graduated from The Modern High School on April 25, 2020, met all requirements and received her Letter of Acceptance to the Howard Community College for this Fall of 2020.

**Congratulations on your achievement!**

## *Birthdays*



### **SEPTEMBER**

Edward Brooks	1
Carl Harding	4
Marc Jerome	8
Tanisha Abegley	9
Jean Dobbins	10
Elizabeth Brooks	22
Helena Laryea	25
Dennis Beemer	29

### **OCTOBER**

Martin Abegley	7
Joy Akum	8
Vincent Barrett	11
Aaron Oke	17
Idaraesit Udoumoh	20
Nick Sainvilier	25
Nancy Yilla	25
Bessie Udoumoh	27

## *Contact Us*

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Web: [www.hillandalebc.org](http://www.hillandalebc.org)

## *Weekly Schedule*

Sunday School/Bible Study 10 AM

Sunday Worship Service 11 AM  
301-715-8592 (ID-926201454# PW-011746#)

Monday Online Prayer 6 AM & 6 PM  
515-606-5187 (code-664971#)

Tuesday Women's Prayer Group 11 AM  
301-715-8592 (ID-428341589# PW-003518#)

Tuesday Night Bible Study 7 PM  
301-715-8592 (ID-568075346# PW-000883#)

Wednesday Night Choir Practice 6:30 PM

Thursday Night Prayer Meeting 6 PM  
515-606-5187 (code-664971#)





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