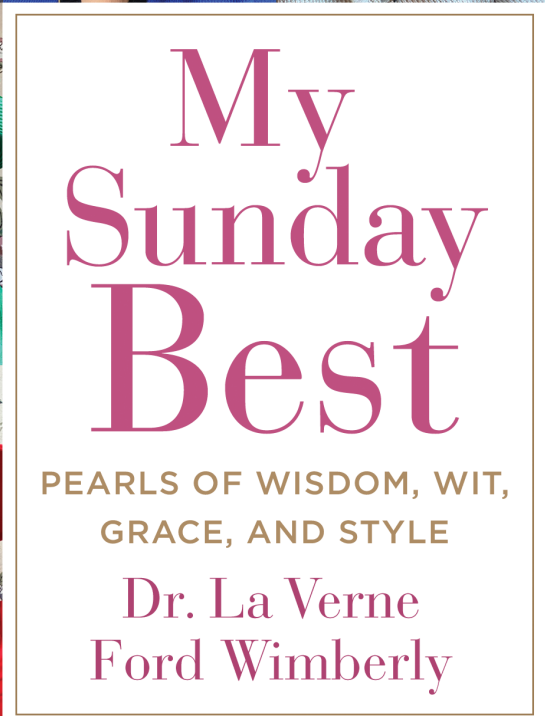




A PDF COMPANION TO THE AUDIOBOOK

My Sunday Best

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SELFIE 1

MARCH 29, 2020



MY SUNDAY BEST: For my first selfie I put on a wide-brim, frilly white hat; a simple white blouse with eyelet inserts; a turquoise skirt; and matching turquoise jewelry.

Introduction



Here are some of the wonderful
presents I received!



Jen Hager, from New Jersey, painted my selfies on several jean
jackets. She did a marvelous job! Thanks again, Jen!



A retailer called Especially Yours sent me this lovely yellow suit and hat.



I was delighted to receive this hat and purple suit from the Ashro Company.



I got this lovely hat from the Meshugenah Hat Company in Troy, New Hampshire.



An unidentified person from Illinois sent me this stunning hat.



A teacher named S. Mason from Mitchellville, Maryland, made me this unique memory game.



Someone even created a puzzle!
This is the cover.



This is one of six 8x10 acrylic paintings that I received from Kerry Maeder in Albuquerque, New Mexico. All six paintings are displayed proudly on my hearth!



SELFIE 2

APRIL 5, 2020



MY SUNDAY BEST: I would never wear a casual top like this to an in-person Sunday service, so I paired it with a wide-brim, off-the-rack, frilly, over-the-top hat and several necklaces to create a dressier look!



My childhood silhouette.

Home



My baby photo.



My parents.



With my big sister, Jewell.

Greenwood District, Black Wall Street

SELFIE 3

APRIL 12, 2020



MY SUNDAY BEST: Since it was Easter Sunday, I thought I needed to look spiffier than I had the previous two weeks, so I donned my pink suit with the sequin trim and topped off the look with my pink floral hat.



The streets where I grew up in the Black Wall Street district.



I'm inspired by these centenarians—the three known survivors of the Tulsa Race Massacre, 1921: Viola Fletcher (108), Hughes Van Ellis (101) and Lessie Benningfield Randle (107).



Upper left: Booker T. Washington high school parade on Greenwood Avenue, 1930s or 1940s. (Courtesy of the Greenwood Cultural Center.)

Upper right: Circa early twentieth century. A cinema and stage theater, the Dreamland, was destroyed during the Tulsa Race Massacre, in 1921. (Courtesy of the Greenwood Cultural Center.)

Lower left: Greenwood Avenue in the 1940s, when I was a little girl. (Courtesy of the Greenwood Cultural Center.)

Lower right: The Harris Prescription Laboratory in the 1940s or 1950s. I worked there in the late 1950s and early 1960s. (Courtesy of the Greenwood Cultural Center.)

Worship

SELFIE 4

APRIL 19, 2020



MY SUNDAY BEST: By week four, I started to get back into my formal church fashion, so I put on a suit that I love. I have about sixty hats but this one is my second favorite. I love the way the material swirls around the brim. Isn't it stunning?



Standing in front of my usual spot, the last row in section two, seat one.



Kneeling in Israel.

SELFIE 5

APRIL 26, 2020



MY SUNDAY BEST: This is my all-time favorite hat, because I designed it at a milliner's shop in Louisiana about thirty years ago. I cherish my hats so much! I keep them in huge hat boxes with tissue, so this hat still looks new!

Teaching



A photo from my teaching days in the 1960s.

Elegant

SELFIE 6

MAY 3, 2020



MY SUNDAY BEST: About ten years ago, I was shopping for church hats when I saw this one. I *had* to have it because it was covered with bling, plus I needed a blue-and-white hat to match an outfit.



My beloved mother.



Favorite shots from now and then.

Crown

SELFIE 7

MAY 10, 2020



MY SUNDAY BEST: This is my third favorite hat. I love black-and-white hats for summer, and this one has a bit of yellow to make it pop!



I was the featured guest at the Women's Missionary Luncheon, and this is what I wore. I just love this hat!



In my closet, note the hat boxes above.

SELFIE 8

MAY 17, 2020



MY SUNDAY BEST: I like this suit because of the variation in the black and white stripes; some stripes are horizontal, and some are diagonal. When I saw this hat, I had to purchase it, because I knew it would go perfectly with this outfit!

Love and Marriage



My handsome husband, James, in his police uniform.



A night out with hubby.

SELFIE 9

MAY 24, 2020



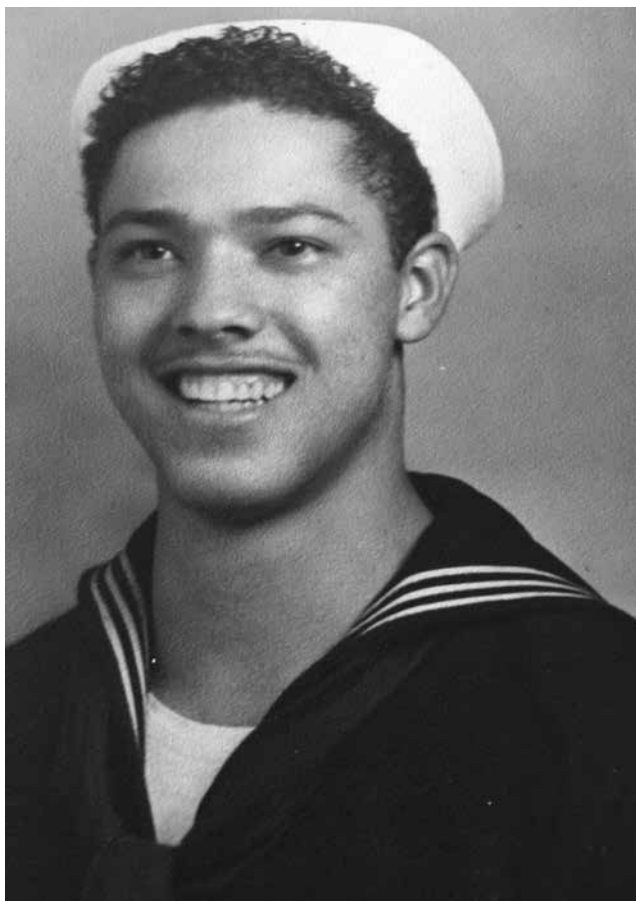
MY SUNDAY BEST: This lavender hat caught my eye because of the color but also because of the gray metallic trim that is on the edge of the bows, and it blends in nicely with my lavender twin sweater set. By now, you know that I love bling, so of course, there's some bling on this outfit as well!



The portrait of me that was buried with James.



Movie star handsome, a photo of my husband.



James in his Navy uniform.



James in his garden.



James and I at a banquet.



James with his prized bougainvillea.



A favorite portrait of James and me.



During a trip to Washington, D.C., a street artist drew this portrait of me and James.

SELFIE 10

MAY 31, 2020



MY SUNDAY BEST: I had just purchased a royal blue maxi dress, so when I saw this hat, I knew I could pair it with that dress. Since then, I've also purchased this skirt and blouse set in the same color!

Family



Aunt Henrietta



**My maternal grandmother,
Mrs. Martha Howell.**



Aunt Henrietta and my mother.



Family photos

SELFIE 11

JUNE 7, 2020



MY SUNDAY BEST: I'm very good at color and design, and I love coordinating my outfits. As you can see, the swirls in the hat match the swirls in my blazer. Yellow is like sunshine. It just brightens your day.

Freedom

SELFIE 12

JUNE 14, 2020



MY SUNDAY BEST: I bought this red hat to match my one-and-only red suit. It's a great hat, but it's a little plain, so I dressed it up with a pearl and rhinestone hat pin.

Resilience



Mother



Dad

SELFIE 13

JUNE 21, 2020



MY SUNDAY BEST: On a trip to Italy, I bought this beautiful necklace, and when I got home, I purchased this beige suit to wear with it. The crystal earrings look great with both. Blessedly, I already had the hat that matched the ensemble.

My Top 20 Favorite Scriptures

Deuteronomy 31:8

Judges 6:14 and 16

Esther 4:14

Isaiah 41:10

Psalms 23:1-6

Habakkuk 2:2-4

Psalms 34:19

Matthew 5:8

Ephesians 3:20

Psalms 37:1

John 3:16

Philippians 4:6-8

Isaiah 40:8

John 15:5

James 4:10

Galatians 6:9

1 Peter 5:6-7

2 Peter 1:5-10

1 John 1:7-10

3 John 1:2



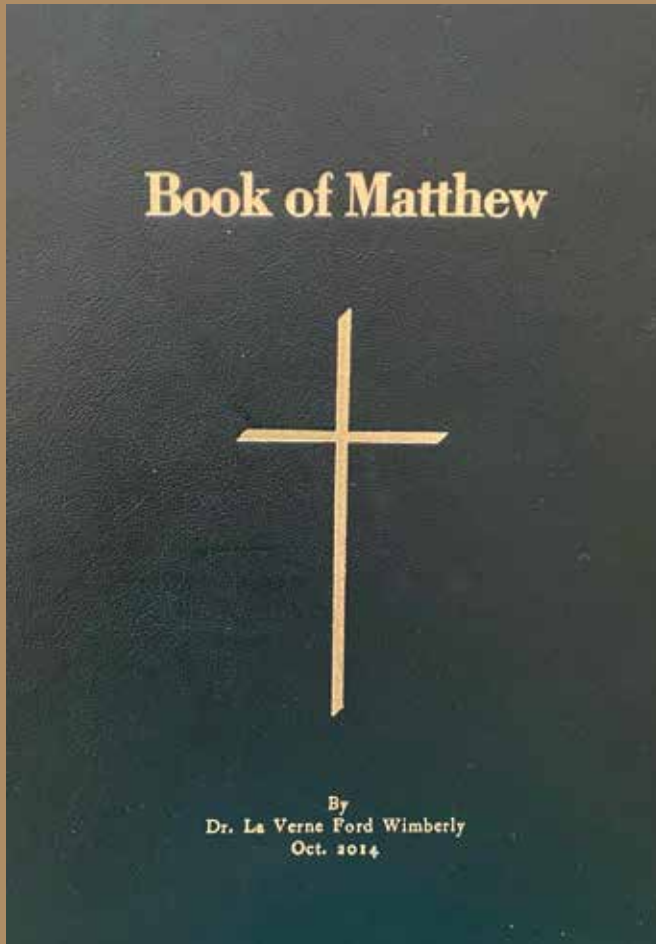
SELFIE 14

JUNE 28, 2020



MY SUNDAY BEST: I bought this white suit with gold trim to match a hat in my collection that was white and also trimmed with gold. I love the way my glasses, which are edged in rhinestones, add a little extra sparkle to this outfit.

Faith



One of my bound Scripture books.

SELFIE 15

JULY 5, 2020



MY SUNDAY BEST: My husband, James, used to call this my Robin Hood hat. It was made by the same milliner who made my favorite black hat. Now I have two hats by Fleur de Paris in New Orleans.

Beauty



Walking the Great Wall of China.



In Greece.

SELFIE 16

JULY 12, 2020



MY SUNDAY BEST: This is just a plain tan hat, so I dressed it up with a colorful scarf!

Grace

SELFIE 17

JULY 19, 2020



MY SUNDAY BEST: One of my art teachers at Dunbar Elementary used to chastise me for mixing primary and secondary colors together. I loved purple and fuchsia then, and I still love that combination now. My teacher said that the two colors didn't go together. I was ahead of my time!

SELFIE 18

JULY 26, 2020



MY SUNDAY BEST: I bought this hat on a cruise ship years ago. The applique caught my eye, and I loved the way it adorned the crown of the hat!

Friendship



My friend
Marilyn.



One of my
school photos.



With my friend Bobbie.

SELFIE 19

AUGUST 2, 2020



MY SUNDAY BEST: By now you know that I love black-and-white hats, and here's another! I'm wearing a suite of jewelry that includes earrings, necklace, and a brooch, but I thought the hat was a little plain, so I put the brooch on my hat.

SELFIE 20

AUGUST 9, 2020



MY SUNDAY BEST: Every once in a while I think it's fun to change from the more formal to the informal, which is why I chose to wear this fun pink sun hat with a vibrant scarf as an accent.

Kindness

SELFIE 21

AUGUST 16, 2020



MY SUNDAY BEST: I bought this hat from an African American lady who was selling hats out of her home. Since one can never have too many black and white hats, I added this one to my collection! The black-and-white applique around the neckline of my sweater is a lovely counterpoint to the hat, black-and-white pendant, and earrings.

SELFIE 22

AUGUST 23, 2020



MY SUNDAY BEST: Years ago, James and I went on a cruise, and I bought this nautical hat to match the nautical blouse that I'm wearing.

Encouragement

SELFIE 23

AUGUST 30, 2020



MY SUNDAY BEST: I bought this plain straw hat at a little market in Israel. I adore this lavender floral suit and think it makes the hat look much better.

Perseverance



Photo credit Turner Goodrum

SELFIE 24

SEPTEMBER 6, 2020



MY SUNDAY BEST: I don't go to horse races anymore, but this hat reminds me of when I did. This hat is so unique, it has a white rose on top, and one beneath the brim. Isn't it interesting?

SELFIE 25

SEPTEMBER 13, 2020



MY SUNDAY BEST: Fuchsia is one of my favorite colors. A friend was getting married, and the guests were asked to wear hats to the bridal shower, so I bought this hat for that occasion. Later, I purchased this beautiful blouse with multicolored rhinestones cascading down the sleeves.

Fear

SELFIE 26

SEPTEMBER 20, 2020



MY SUNDAY BEST: I purchased this hat at a trunk show. The gold-and-black chain caught my eye, and it had a matching purse, so I got both! A classic black hat is always a good accessory to have on hand. You can never have too many. Black is always in style!

SELFIE 27

SEPTEMBER 27, 2020



MY SUNDAY BEST: One of my best friends, Loretta Collier, gave me this hat just before she died. Loretta had glaucoma and was losing her eyesight, but she could see well enough to purchase this beautiful hat for me as a thank you for helping her around on our trip to Italy.

SELFIE 28

OCTOBER 4, 2020



MY SUNDAY BEST: Bling, bling, bling, and more bling! About seven months into the pandemic when our church held its first outdoor service, I put on a mask *and* a shield. True to my fashion, everything I wore was covered in bling! It was great to see so many of my fellow congregants in person, and I got lots of compliments on my outfit.

Pray



James won! In front of the grand prize.

SELFIE 29

OCTOBER 11, 2020



MY SUNDAY BEST: I don't stop wearing white the day after Labor Day, I love to wear it all year! I'm wearing a simple wool hat in winter white. I took this selfie leading up to the November election. I wore my necklace to remind everyone to vote.

SELFIE 30

OCTOBER 18, 2020



MY SUNDAY BEST: I like this outfit because of the militaristic look: black trim with white applique. The crown of the hat is trimmed in gold braid.



My Gospel Playlist

“There Is a Praise Ringing in My Soul”

“He Knows How Much We Can Bear”

“Through It All”

“The Lord’s Prayer”

“Pass Me Not O, Gentle Savior”

“This Place”

“Total Praise”

“Changed”

“Encourage Yourself”

“They Got the Word”

“God Favored Me”

“Lord Help Me to Hold Out”

“I Need Thee Every Hour”

“Old Rugged Cross”

“Jerusalem”

“Now Behold the Lamb”

“Safe in His Arms”

“The Lord Keeps on Blessing Me”

“He’s My Everything”

“Something Happens”

“Center of My Joy”

“Emmanuel”

“We Offer Praise”

“He Promised Me”

“God’s Grace”

“I’m on My Way to Heaven”

SELFIE 31

OCTOBER 25, 2020



MY SUNDAY BEST: Years ago, at Central High School, I worked with Bernice Velie, a home economics teacher. She purchased this hat for herself but decided it was too flamboyant for her, so she gave it to me! I cherish this hat and Bernice's kindness.

Forgiveness



My sister, Jewell, had a bronze Chevy just like this.

SELFIE 32

NOVEMBER 1, 2020



MY SUNDAY BEST: I bought this hat from a Black merchant in New Orleans. The ornaments on the hat are gold-plated. How's that for bling?

Grit



Reading from Dr. Mary McLeod Bethune's autobiography to a group of students.



Dr. Bethune in her office in Washington, D.C.

Joy

SELFIE 33

NOVEMBER 8, 2020



MY SUNDAY BEST: I call this outfit my “Petals of Praise,” because of the rhinestones that adorn the petals. I love the way the hat and blouse go with the pearl and rhinestone necklace and earrings!



In my spin class.

Serve

SELFIE 34

NOVEMBER 15, 2020



MY SUNDAY BEST: Brown wool hat accented with satin, velvet, and rhinestones. I purchased it from an African American lady who once owned a store here in Tulsa.

Light

SELFIE 35
NOVEMBER 22, 2020



MY SUNDAY BEST: I purchased this incredible turquoise hat from a lady here in Tulsa. This is my #1 winter favorite. Isn't it a showstopper?

Purpose



I'm standing with community activist, Mary Williams who was responsible for having this mural of me painted in the gym of my junior high alma mater, George Washington Carver. I also served there as principal from 1982-1986.



Honoring the Life of
Dr. LaVerne Ford Wimberly
"Tulsa's Hometown Hero"

Whereas, Dr. LaVerne Wimberly, an educator for over forty years, advancing from classroom teacher through adjustment and class counselor, dean of students to assistant principal in junior and high schools, interim principal of a high school, middle school principal to Director of Middle Level Education, Director of Counseling and Social Services, Alternative Programs/Gifted and Talented/Summer school, Assistant Superintendent for Curriculum and Instruction, Interim Superintendent, Deputy Superintendent for School Operations, and Assistant Superintendent for Public Schools of Choice and Family Consultation Services, has dedicated her life to the continuing academic achievements to help all people reach their goals, dedicating her life's work to providing quality learnings to every child without exception; and

Whereas, Dr. LaVerne Wimberly graduated from Booker T. Washington High School in 1956, continuing her education at the University of Tulsa, where she received her Bachelor's Degree in Clinical Psychology in 1961; a Master's Degree in Teacher Education in 1964; a Master of Teaching Arts in 1970; a Doctorate of Education in Administration from Nova Southeastern University in 1989; and attended the Graduate School of Education in 1995, Summer Institute, Harvard University, and

Whereas, Dr. LaVerne Wimberly made history when she became the first African American female assistant at the secondary level in 1975. Continuing on her path of upward mobility and shattering glass ceilings, **Dr. Wimberly** became the first African American female Interim Superintendent for Tulsa Public Schools in 2000; and

Whereas, inasmuch as it is fitting and proper, the Oklahoma State Legislature, acting on behalf of the citizens of Oklahoma, recognizes and commends the life, work and legacy of Dr. LaVerne Wimberly and her indelible impact in the realm of K-12 public education and Christian Education.

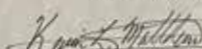
Now, therefore, pursuant to the joint motion of
Senator Kevin L. Matthews

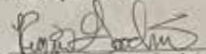
Representative Regina Goodwin • Representative Monroe Nichols

the Oklahoma State Legislature extends to

Dr. LaVerne Ford Wimberly

sincere congratulations and directs that this citation be presented.


Senator Kevin L. Matthews
Senate District 11


Representative Regina Goodwin
House District 73


Representative Monroe Nichols
House District 72

Around 2018, the state of Oklahoma declared
me "Tulsa's Hometown Hero."

Vision

SELFIE 36

NOVEMBER 29, 2020



MY SUNDAY BEST: I purchased this suit in the fall of 2000 after I completed my tenure as interim superintendent of the Tulsa Public School System. The photo of me wearing this outfit still hangs in Tulsa's Education Service Center on a wall filled with photos of all the past superintendents.

SELFIE 37

DECEMBER 6, 2020



MY SUNDAY BEST: A fellow teacher, Bernice Velie, gave me this navy-blue hat because she thought it looked better on me than it did on her. Isn't the bow a nice accent? Maybe she thought I'd like it because of the band of dark blue sequins—bling! This hat looks lovely with my blue and black suit.

I needed another blue hat and this one is trimmed with a bit of sparkle and a satin bow!

SELFIE 38

DECEMBER 13, 2020



MY SUNDAY BEST: This is my second favorite winter hat! It's the same design as my turquoise hat (Selfie 35).

Onward

SELFIE 39

DECEMBER 20, 2020



MY SUNDAY BEST: I bought this hat to match my full-length red-and-black rabbit coat! Since then, I've had the coat shortened to three-quarter length to get more use out of it. Even in Tulsa I enjoy wearing my fur coat three or four times a season.

Witness

SELFIE 40

DECEMBER 27, 2020

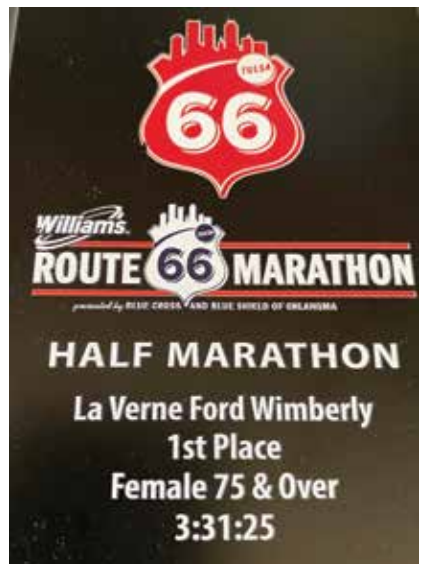


MY SUNDAY BEST: I bet you're wondering why I'm wearing a fur hat inside? It can be chilly in Tulsa in January and since I would have worn this mink wraparound hat to in-person church service, I figured it would work for Sunday service on Zoom! By the way, this hat has matching cuffs accented with rhinestones. The cuffs are very versatile, and I can pair them with lots of different looks.

Order



My childhood photo.





With my friend, Carolyn.

Provision

SELFIE 41

JANUARY 3, 2021



MY SUNDAY BEST: My husband and I were regulars at a Black-owned restaurant in Tulsa that had the best fried chicken! They really knew how to cook it to perfection: crispy on the outside and tender on the inside. The restaurateur always loved my hats, and one Christmas he bought me this one! I love the way it looks with my houndstooth suit.

SELFIE 42

JANUARY 10, 2021



MY SUNDAY BEST: It was still January. Still cold. How do you like my fur beret?

Resourcefulness



Prepackaged Communion elements and scissors.

SELFIE 43

JANUARY 17, 2021



MY SUNDAY BEST: I'm wearing the same outfit in a photo that hangs in the La Verne Ford Wimberly Media Center at my alma mater, Booker T. Washington High School. My hat is similar to a red hat I wore in Selfie 39.

Travel



Travelling with James.

SELFIE 44

JANUARY 24, 2021



MY SUNDAY BEST: This wide-brimmed fur hat has feathers! I got it at a store in Utica Square in Tulsa. The store has gone out of business, and I'm so glad I bought this hat before it closed.

Sisterhood



Decked out in pink and green, the colors of Alpha Kappa Alpha.



My sister is also an AKA!



In my AKA sweatshirt and necklace.

Trust

SELFIE 45

JANUARY 31, 2021



MY SUNDAY BEST: I just love this purple suit and the hat that's adorned with netting, rhinestones, satin, and lace applique. Purple symbolizes royalty, and I feel regal when I wear this suit.

SELFIE 46

FEBRUARY 7, 2021



MY SUNDAY BEST: I have a few black hats that are rather plain, so I enjoy adding a little something to make the hat pop! I adorned this hat with a black-and-white necklace.

Protection

SELFIE 47

FEBRUARY 14, 2021



MY SUNDAY BEST: This is one of my favorite hats. I just love the design! The color! The satin, the lace, and the rhinestones! Doesn't it look as if I'm wearing two hats? But it's only one! This fabulous hat really enhances my blue-and-black suit, piped with gold.

Hope



Mother

SELFIE 48

FEBRUARY 21, 2021



MY SUNDAY BEST: I love jewel tones, especially burgundy. It's one of my favorite colors and is featured prominently in my home (check out the wallpaper behind me). I was born in January and garnet is my birthstone, which is very close in color to burgundy! My hat has rhinestones and satin bows. (Have you noticed a theme?)

SELFIE 49

FEBRUARY 28, 2021



MY SUNDAY BEST: I normally wear red during the Christmas holidays, Breast Cancer Awareness Month, or in February. This selfie was taken around Valentine's Day. The black hat with gold trim matches my suit nicely.

Honor



With James at the ribbon cutting for the Dr. La Verne Ford Wimberly Media Center.



With Rebecca Marks Jimmerson, the current chair of the Booker T. Washington High School Distinguished Hall of Fame.

SELFIE 50

MARCH 7, 2021



MY SUNDAY BEST: This is my favorite suit, and it also has a matching stole, pants, and skirt! It's very versatile, and I love the various looks that I can create. My hat is accented with rhinestones and satin.

Meditation



Me as a toddler.

SELFIE 51

MARCH 14, 2021



MY SUNDAY BEST: This hat is the same style as my gray hat (Selfie 50). I have a few fuchsia hats, and this is another! I like the way the brooch and earrings pick up the colors in my suit. More jewel tones.

Victory

SELFIE 52

MARCH 21, 2021



CROWNING GLORY: This is a lovely green hat. I have lots of pink and green in my wardrobe because I'm a proud and devoted member of Alpha Kappa Alpha Sorority, Inc. Vice President Kamala Harris is also a member!

Ready for the Word

SELFIE SCRIPTURES AND WORDS OF INSPIRATION

- May 3, 2020** Communion Sunday: Matthew 26:26–28
- May 31, 2020** Relying on God's Word: Proverbs 3–5
- June 7, 2020** Communion Sunday: Luke 22:17–19
- June 14, 2020** Faith: Romans 10:17. The Word: Psalm 119:105
- June 21, 2020** Hope in God's Word: Psalm 130:5
- June 28, 2020** The Lord as Savior: Psalm 18:2
- July 5, 2020** Communion Sunday: Mark 14:22–24
- July 12, 2020** Spiritual Wisdom: Ephesians 1:17. Fear: Isaiah 41:10
- July 19, 2020** Do Not Worry or Fear: Philippians 4:6–7
- July 26, 2020** Living a Godly Life Through God's Word: John 6:63
- August 2, 2020** Communion Sunday: 1 Corinthians 11:25–26. Fear: Proverbs 29:25 and Isaiah 35:4
- August 9, 2020** Enrichment: 1 Corinthians 1:5. God's Protection: Deuteronomy 31:8
- August 16, 2020** God's Word: Psalm 119:162
- August 23, 2020** God's Love for Us and Hope: Romans 5:5, Proverbs 23:18. A Day of Rejoicing: Psalm 118:24
- August 30, 2020** Charge to Be Holy: 1 Peter 1:15–16, Romans 12:2
- September 6, 2020** Communion Sunday: Matthew 26:26–28. The Glory of Christ, 2 Corinthians 4:4

September 13, 2020 The Powerful Word of God: Hebrews 4:12

September 20, 2020 Reading Scripture and Capturing God's Word: Timothy 3:15–17

September 27, 2020 Having Peace in a Time of Storm: John 14:27

October 4, 2020 Communion Sunday: 1 Corinthians 11:23–26. Praying for All: 1 Timothy 2:1–3

October 11, 2020 It is More Blessed to Give than Receive: Acts 20:35, Proverbs, 3:27–28, and 2 Corinthians 9:7–9

October 18, 2020 God's Word as a Firm Foundation (Included the lyrics to the hymn “How Firm a Foundation”)

October 25, 2020 Going with the Strength You Have with God; Judges 6:14–16

November 1, 2020 Communion Sunday: Luke 22:17–20. Walking with the Lord: Genesis 5:24, Genesis 6:9, and Micah 6:8

November 8, 2020 Not Being Afraid: 2 Chronicles 20:15–17. Perfect Peace: Isaiah 26:3. Finding New Strength: Isaiah 40:31. Being Patient in Trouble: Romans 12:12. Waiting Patiently: Psalm 37:7, Psalm 62:1–2, Psalm 27:13–14. Counting on the Lord: Psalm 130:5

November 15, 2020 Growing your Faith: Matthew 13:1–9, Mark 4:1–20, and Luke 8:4–15

November 22, 2020 Giving Thanks and Being Joyful: 1 Thessalonians 5:16

November 29, 2020 Listening to God, James 1:22–25, Mark 4:24–25. First Sunday of Advent (Hope)

December 6, 2020 Communion Sunday: Mark 14:22–24. The Story of Jesus: Luke 1:26–35, Luke 2:1–7. Second Sunday of Advent (Peace).

December 13, 2020 The Joy of Christmas: Micah 5:2. Third Sunday of Advent (Joy)

December 20, 2020 Fourth Sunday of Advent (Love): Matthew 1:18–21, John 3:16

December 27, 2020 The Word of God: Isaiah 40:8. Looking Ahead: Isaiah 43:18–19, Philippians 3:13–14

January 3, 2021 Communion Sunday: Luke 17-20. God's Faithfulness: Lamentations 3:22–23. Thanks for Making All Things New: Psalm 65:11

January 10, 2021 Nourishment from God's Word: Proverbs 2:6. God's Peace: Philippians 4:8–9

January 17, 2021 God's Unfailing Love: Psalm 57:10, Psalm 69:16, and 1 John 4:7

January 24, 2021 Renewing Your Mind: Romans 12:2. Growing Older: Psalm 92:12–15

January 31, 2021 Holiness: John 17:17. Age and Wisdom: Job 12:12. Praising God for Old Age: Psalm 71:7–9, 17–18

February 7, 2021 Communion Sunday: 1 Corinthians 11:23–29. When Trouble Comes: James 1:2–8

February 14, 2021 Enduring Word of God: 1 Peter 1:25, John 15:7, and Psalm 91:1. Beginning of Lent: A time of self-examination, spiritual discipline/renewal, and reflection on Jesus.

February 21, 2021 Believing and Meditating on God's Word: 1 Thessalonians 2:13, Romans 10:17, Psalm 77:11–12, Psalm 63:6, and Psalm 143:5. The Lenten season is a time to praise and worship the Lord, read the Scriptures more often, pray more often, and meditate on God's Word more often.

February 28, 2021 God's Divinity: John 1:14, Colossians 2:9, Psalm 86:11, and Psalm 1:2

March 7, 2021 Communion Sunday: Matthew 26:26–28. Taking Refuge in God: Proverbs 30:5. Spirit and Life: John 6:63. God's Word Bears Fruit: Isaiah 55:11. Finding Strength in God's Word: Philippians 4:19

March 14, 2021 The Faithfulness of God: Psalm 33:4. Rejoicing in the Lord: Psalm 104:34

March 21, 2021 Good morning, Metropolitan Baptist Church Family!

Today is the fifty-second Sunday we've had virtual church. Can you believe that a whole year has passed since we worshiped together as a body in the sanctuary? Your favorable responses to my Sunday Selfies kept me writing for fifty-two Sundays. I believe we'll return to church soon, so there's no longer a need for me to continue the weekly communications. Nevertheless, I am ready for the Word, and I hope you are too! God's Word is True: 2 Samuel 7:28, Psalm 119:43! There can be no better way to end these Sunday Facebook postings than to remember the importance of Easter. The importance of Easter is to praise and acknowledge Jesus Christ's resurrection from the dead and His glorious assurance of eternal life for all who believe in Him. Holy Week commemorates Jesus' triumphal entry into Jerusalem, an event chronicled in Matthew, Mark, Luke, and John. Next Sunday is Palm Sunday, also called Passion Sunday, in the Christian tradition. It marks the first day of Holy Week and the Sunday before Easter. Jesus journeyed to Jerusalem, knowing He would be tried and crucified. For God so Loved the World: John 3:16 and Jesus as the Resurrection and the Life: John 11:25.