

The Milwaukee Times

Weekly Newspaper

"Journalistic Excellence, Service, Integrity and Objectivity Always"

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Brewers represent at the 2023 MLB All-Star Game

The annual MLB All-Star Game took place this year on Tuesday, July 11, 2023, in Seattle, WA. At the beginning of July, Brewers pitcher Devin Williams was named as the sole team member chosen to represent the Brewers at the annual event. However, this past weekend Williams chose to not play in the All-Star Game due to his heavy workload, though he still would be in attendance. As of Saturday, July 8, 2023 the Brewers announced pitcher Corbin Burnes would be added to the roster as a replacement for the Atlanta Braves' Spencer Strider. This would be Burnes' third straight All-Star Game.

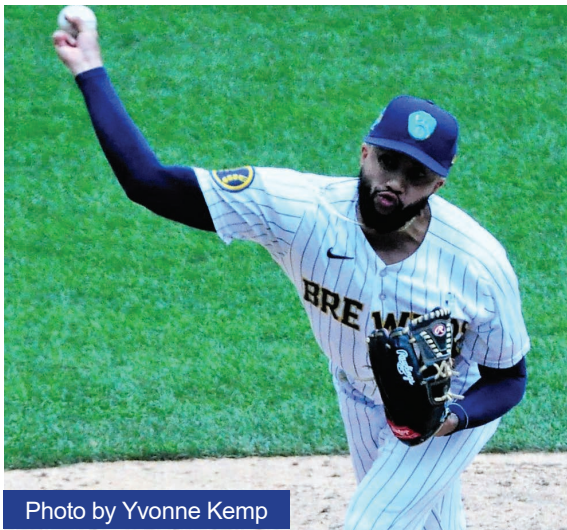


Photo by Yvonne Kemp



Web Photo

Summerfest 2023: The biggest year yet for the annual music festival



Photo by Yvonne Kemp



Photo by Kim Robinson



Photo by Kim Robinson

For the past three weekends Milwaukee's annual music festival, Summerfest, hosted music acts big and small on their many stages at Henry Maier Festival Park, 200 N. Harbor Dr. On Saturday, July 8, 2023, the following Summerfest acts helped close out the festival: Smokey Robinson (left photo) on the Uline Stage and Ne-Yo (middle photo) on the BMO Pavilion stage. Friday last week Earth, Wind & Fire (right photo) performed on the BMO stage as well. Summerfest released its 2023 attendance numbers Tuesday, July 11 – and new information about next year's Big Gig.

On Tuesday, July 11, 2023, organizers announced 624,406 fans attended over this year's nine days – a 40 percent increase over 2022. Numbers also increased from 2021 to 2022 after a sharp decline following the COVID-19 pandemic. In fulfillment of Milwaukee World Festival Inc.'s non-profit mission, 17 percent of those fans got in via a free admission promotion. Additionally, organizers announced Tuesday, July 11, 2023, the dates for Summerfest 2024, which will be held the weekends of June 20-22, June 27-29 and July 4-6.

Mayor Johnson delivers 'State of the City 2023' address



Photos by Kim Robinson



On Monday, June 26, 2023, Mayor Cavalier Johnson offered an upbeat assessment of Milwaukee's present and future during his second State of the City speech at Henry Maier Festival Park. The mayor's speech touted a vision of "One Milwaukee," a city that celebrates its diversity and embraces "shared desires for public safety, equitable economic opportunity and city services that serve the needs of every person." In the audience were not only members of the press and citizens as well but also many other local and state leaders who offered their support including Gov. Tony Evers, Congresswoman Gwen Moore, members of the Common Council, Police Chief Jeffrey B. Norman, County Sheriff Dr. Denita Ball and members of the Milwaukee County Board of Supervisors.

Vandal bust windows outside Wisconsin Black Historical Society

An early morning vandal was captured on surveillance cameras smashing the glass to multiple doors and windows at the Wisconsin Black Historical Society Thursday, July 6, 2023.



The obtained surveillance footage from the center shows a woman using a rock to smash the glass.

She broke two doors and a window.

Milwaukee Police Department said it is searching for an unknown suspect in this case.

"She walked across the street, grabbed a rock, came back, turned two garbage cans over and continued to break the glass," said Clayborn Benson, executive director of the Wisconsin Black Historical Society. "I'm dis-

appointed and want to know what the motivation is, because we have no value other than the history we preserve."

Benson said he's never seen the woman before and does not know her motive.



He asked if anyone in the community can identify her, to call police.

The museum is accepting donations to help with the repair expense. Vis-

it https://www.paypal.com/donate/?hosted_button_id=HSKFUPYSL48WG&fbclid=IwAR0-pihX-lk75rnZFoDCP1eeYriXKx-Sk9KXeGQFySlwdX3uF-8wFFf4b6SZ0 to donate.

Milwaukee Common Council approves 2 percent sales tax to avoid a financial crisis

The tax passed with a 12-3 vote

The Milwaukee Common Council voted 12-3 on Tuesday, July 11, 2023, to approve a higher sales tax. That was two more than the two-thirds majority needed to pass. Voting 'no' were council members Andrea Pratt, Mark Chambers, Jr., and Milele Coggs.



The sales tax in Milwaukee will go up 2 cents per dollar as of January 1, 2024.

City leaders who pushed for approval of the higher sales tax warned of looming deep cuts to core services, including police and fire pro-

tection. Opponents objected to strings attached to addi-

tional state funding, including curbing spending on diversity, equity and inclusion efforts.

Milwaukee is struggling with an underfunded pension system and insufficient money to maintain essential police, fire and emergency services. Milwaukee has increasingly become reliant on federal pandemic aid to fund its essential services, which city leaders have said cost \$150-million more per year to maintain.

The state sales tax is 5 percent. If the county goes along

with the city and approves the higher sales tax rate, sales taxes in the city of Milwaukee would be 7.9 percent.

The additional sales tax in the city of Milwaukee will bring in nearly \$200-million more in revenue next year, which the city has to use to pay for its pension and to increase the number of police officers and firefighters.

Milwaukee was the only city of its size in the country without the power to raise its own sales tax before the Legislature granted it the power to raise the rate by 2 percent.

The Hop announces expanded service for busy festival weekend

Streetcar to operate until 1 a.m. Friday/Saturday nights; provide more frequent service Saturday

The Hop, presented by Potawatomi Casino Hotel, on Tuesday, July 11, 2023, announced extended and expanded service to accommodate festivalgoers attending this weekend's Bastille Days Festival in Cathedral Square Park and Harley-Davidson Homecoming Festival at Veterans Park. Streetcar service will be extended later into the evening Friday and Saturday, while an additional vehicle will be put into use Saturday to provide more frequent service.



Service will be briefly interrupted to accommodate the Storm the Bastille run Thursday night, with operations pausing from 9 p.m. until the conclusion of the race. Operations will resume at approximately 10:30 p.m. (or as soon as the route is clear) and continue until midnight to accommodate crowds leaving the festival. The H-D Homecoming motorcycle parade Sunday will not impact streetcar operations.

The complete Hop schedule for the busy festival weekend is as follows:

Thursday, July 13

- Regular weekday service 5 a.m. – midnight

- Pause in service to accommodate Storm the Bastille from 9 p.m. until approximately 10:30 p.m.

Friday, July 14

- Regular weekday schedule with service extended until 1 a.m.

Saturday, July 15

- Expanded service with an additional car in use from 10 a.m. – 10 p.m.
- Regular service extended until 1 a.m.

Sunday, July 16

- Regular Sunday service

The Hop's Cathedral

Square stations provide access right into the heart of the Bastille Days Festival, while the Burns Commons station provides convenient access to Veterans Park via the stairs or ramp connecting Prospect Ave., to the Oak Leaf Trail. Streetcar riders can plan their trip by seeing the real-time positions of the streetcars and estimated arrival times by visiting thehopmke.com/interactive-map/. The Transloc app also provides real-time streetcar information and can be accessed via thehopmke.com/real-time-app.

For more information on The Hop, visit thehopmke.com.

The Milwaukee Times

Weekly Newspaper

MILWAUKEE, WISCONSIN

The Milwaukee Times Weekly Newspaper

Louvenia Johnson (1981-2008) Luther Golden (1981-2005) Nathan Conyers (1981-2018)

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William S. Gooden, Editor-In-Chief

Jacquelyn D. Heath, Associate Continuity Editor

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<http://milwaukeetimesnews.com>

CHILD WATCH

By: Marian Wright Edelman
 Founder And President Emerita
 Children's Defense Fund



Overturning opportunity

In the spring of 1954, like so many black families, mine waited anxiously for the *Brown v. Board of Education* Supreme Court decision. My father and I talked about it and what it would mean for my future and the future of millions of other black children who were attending segregated but unequal black schools. He died the week before *Brown* was decided. But I and many other children were able, in later years, to walk through the new and heavy doors that *Brown* slowly and painfully opened.

It was a transforming time that set into motion a spate of other challenges to Jim Crow laws that changed America. But while *Brown v. Board* cracked open doors of opportunity that had previously been locked shut, the doors to true educational equality were never opened all the way, and never wide enough for millions of American children to enter. This year many families once again waited anxiously for a Supreme Court decision that might



impact their children's future. But this time many worried that the Supreme Court's decision striking down race-based affirmative action college admissions programs at Harvard University and the University of North Carolina would pull doors of opportunity closed—most especially for the millions of children of color who attend schools in the United States today that are still largely segregated and still unequal.

The Fourth of July holiday is meant to bring Americans together to celebrate the promise of our Declaration of Independence. This year

we are reminded again of the work that still needs to be done to make our nation live up to its ideals. In the opening to her dissent to the majority's ruling in favor of Students for Fair Admissions, Inc. against the University of North Carolina, Supreme Court Justice Ketanji Brown Jackson wrote: "Gulf-sized race-based gaps exist with respect to the health, wealth, and well-being of American citizens. They were created in the distant past, but have indisputably been passed down to the present day through the generations. Every moment these gaps persist is a

moment in which this great country falls short of actualizing one of its foundational principles—the 'self-evident' truth that all of us are created equal." A few sentences later she wrote: "Students for Fair Admissions (SFFA) has maintained, both subtly and overtly, that it is unfair for a college's admissions process to consider race as one factor in a holistic review of its applicants . . . This contention blinks both history and reality in ways too numerous to count. But the response is simple: Our country has never been colorblind. Given the lengthy history of state-sponsored race-based preferences in America, to say that anyone is now victimized if a college considers whether that legacy of discrimination has unequally advantaged its applicants fails to acknowledge the well-documented 'intergenerational transmission of inequality' that still plagues our citizenry."

As she proceeded with her detailed dissent outlining this inequality and its potential effects on two hypothetical present-day students, Justice Jackson also wrote: "With let-them-eat-cake obliviousness, today, the majority pulls the ripcord and announces 'colorblindness for all' by legal fiat. But deeming race irrelevant in law does not make it so in life . . . No one benefits from ignorance. Although formal race-linked legal barriers are gone, race still matters to the lived experiences of all Americans in innumerable ways, and today's ruling makes things worse, not better. The best that can be said of the majority's per-

spective is that it proceeds (ostrich-like) from the hope that preventing consideration of race will end racism. But if that is its motivation, the majority proceeds in vain. If the colleges of this country are required to ignore a thing that matters, it will not just go away. It will take longer for racism to leave us. And, ultimately, ignoring race just makes it matter more."

No one benefits from ignorance. Ignorance will not make our children more free or more equal, and "ignoring" race—just like banning books about race, or prohibiting school lessons about race—will not benefit any of our children of any color. But those of us who refuse to go backwards are not about to give up now. As Supreme Court Justice Sonia Sotomayor wrote at the end of her own dissent, "society's progress toward equality cannot be permanently halted. Diversity is now a fundamental American value, housed in our varied and multicultural American community that only continues to grow . . . the opinion today will serve only to highlight the Court's own impotence in the face of an America whose cries for equality resound." Justice Sotomayor closed by citing Dr. Martin Luther King, Jr.'s speech at the end of the Selma to Montgomery voting rights marches, "Our God is Marching On": "As has been the case before in the history of American democracy, 'the arc of the moral universe' will bend towards racial justice".

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Harold Turner

Lincoln Heritage Funeral Advantage®

Harold Turner
 Field Underwriter

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 Milwaukee WI 53222
 Office: 414-527-4287
 Cell: 414-333-8265
 Fax: 414-527-3680
 Corporate Office: 800-438-7180
 turner-harold@att.net
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www.lhlic.com

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MINISTRIES


**CHURCH LISTINGS ARE IN ALPHABETICAL ORDER:
ABIDING FAITH FELLOWSHIP B.C. to
COMMUNITY BAPTIST CHURCH OF GREATER MILWAUKEE**



Abiding Faith Fellowship Baptist Church
Pastor Anthony Oliphant Sr.
4600 West Burleigh Street
Milwaukee, WI 53210

ORDER OF SERVICE
Sunday School 9:00 am
Sunday Morning Worship 10:30 am

Tel: (414) 444-2822
Fax: (414) 444-2877



Abundant Faith Church of Integrity
7830 West Good Hope Rd.
Milwaukee, WI 53223
www.yourabundantfaith.org
(414) 464-5001

Weekly Schedule:
Sunday Worship...10:00 a.m.
Tuesday.....6:15 p.m.

Pastor Robert Pyles
"Discover Your Abundant Faith"



ADULT LEARNING LAB
New Life New Beginnings Outreach
3500 N. Sherman Blvd., Suite 205
Milwaukee, WI 53216
(414) 445-1072
Free Computer Classes
ECDL License Software
Registration Fee \$25
Wed. 11:00 a.m.-12:30 p.m.
Mon. & Wed. evening
6:00 p.m.-7:30 p.m.
Weekly Open Enrollment

ANTIOCH BAPTIST CHURCH
2033 W. Congress Street
Milwaukee, WI 53209
414-445-3303
www.antiochmbcmke.org
Rev. Victor T. Manns, Pastor



Order of Services
Sunday School.....9:00 am
Sunday Morning Worship.....11:00 am
Wed. Prayer & Bible Study.....6:30 pm
Thurs. Mass Choir Rehearsal...7:00 pm

Come Home to Antioch

Albright /New Hope United Methodist Church



Pastor Thomas Tao
5555 W. Capitol Drive
Milwaukee, WI 53216
414-442-8540

Weekly Schedule
Sun. School.....8:00-9:00 a.m.
Sun. Service.....9:30 a.m.

Another Chance M.B.C.




Pastor Charles G. Green
4441 West Fond Du Lac Ave.
Milwaukee, WI 53216
(414) 527-9986 Phone

Sunday School.....9:30 am
Sun. Worship Service.....10.45 am
Wed. Bible Study..... 6:00 pm

"Not Perfect, But Forgiven"

Bethany Church of God in Christ
1930 North 13th Street
Milwaukee, WI 53205
Office #: (414) 885-6010

Weekly Schedule
Sun. School.....9:00 a.m.
Sun. Service.....10:15 a.m.
Wed. Bible Study.....7:00 p.m.
Fri. Drug Prevention.....6:00 p.m.
Fri. Praise Team Rehearsal...7:30 p.m.
Sat. Commt. Outreach.....3:00 p.m.



Pastor Donell Allen, Sr.

"Bethany, the little church with a big heart; where everybody is somebody." - Pastor Allen



BETHEL
Christian Methodist Episcopal Church
3281 N. 26th Street
Milwaukee, WI 53206
Rev. Willie F. Dockery, Jr.
"The Church on the Grow"

Weekly Schedule
Sun. School 8:30 a.m.
Sun. Worship 10:00 a.m.
Thursday Prayer Meeting
and Bible Study 7:00 p.m.
442-8970.



Pastor Cleon Williams
BETHESDA BAPTIST CHURCH
"WELCOME TO THE HOUSE OF MERCY"
2909 N. 20th Street,
Milwaukee, Wisconsin 53206
Tel: 414-442-1323 • Fax: 414-442-1334
E-Mail: bethesda.baptist@sbcglobal.net

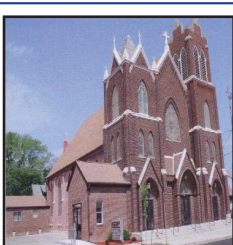
Order of Service:
Morning Worship8:00 AM
Sun. Enrichment Hour10:00 AM
Tues. Prayer.....6:00-6:30 PM
Bible Study.....7:00-8:00 PM

A Gateway to a New Life & A Door to Heaven



BLESSED DELIVERANCE
Missionary Baptist Church
Rev. J. Anthony Phillips
2215 North 23rd Street
Milwaukee, WI 53205
(414) 344-9645 (Office)
(414) (Fax)
BlessDeliverance@aol.com

Weekly schedule:
Sun. School 8:45-9:45 a.m.
Sun. Worship 10:00 a.m.
Wen. Bible Study 10 a.m. & 6 p.m.



CANAAN
Missionary Baptist Church
2975 N. 11th St.
Milwaukee, WI 53206
Rev. Dr. Fredrick E. Jones, Pastor
Phone: 414-264-2070
www.canaanchurchmke.org

Virtual and In Person Service:
Sundays - 10:30am
Virtual Bible Study:
Wednesdays at 12 noon



Calvary Baptist Church
Rev. John R. Walton, Jr., Pastor
2959 N. Teutonia Avenue
Milwaukee, Wisconsin 53206
Phone: 414-372-1450
Fax: 414-372-0850
Website: www.CalvaryBaptistMke.org


SCHEDULE OF SERVICES

Sunday:
Sunday School 8:15 a.m.
Morning Worship 9:30 a.m.

Wednesday:
Bible Study 10:00 a.m. & 6:00 p.m.

Saturday:
Early Morning Prayer 7:00 a.m.

Calvary Hill Temple Apostolic Faith Church
2567 N. 8th Street • Milwaukee, WI 53206
Phone: (414)442-0099 • Email: JeanettParker8@gmail.com



Order of Service
Sun. Christian School/Manna...12:00 p.m.
Tues. Prayer/Bible Class.....10:00 a.m.
Wed. Broadcast 1560 A.M.
.....10:45-11:15 a.m.
Thur. Prayer/Bible Class.....6:30 p.m.

Pastor/Founder - Jeanetta Perry, DD (P.A.W)

Ministers:
Elder Jessie Reed, Elder Jimmie Sanders, Elder James Hartlep,
Evangelist Dorothy Evans, and Mother Annie Mae Hartlep




CHRISTIAN FELLOWSHIP
COMMUNITY CHURCH
Rev. Carl M. Heard
2176 N. 39th Street
Milwaukee, WI 53208

Weekly schedule:
Sun. Worship 10:45 a.m.
Sunday School 9:00 a.m.
Sat. Teacher's Mtg., 9:00 a.m.
Wen. Prayer Service & Bible Class
..... 6 - 8:00 p.m.
Wed. A.M. Bible Class 9- 10 a.m.



CHRIST TEMPLE C.O.G.I.C.
DeVern Suggs, Pastor
2778 N. 10th Street
Milwaukee, WI 53206
414-263-0500 church office
www.ctemplecogic.org

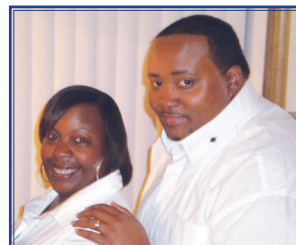
Opportunities to Worship
Sun. School9:30 AM
Sun. Morning Worship.....11:00 AM
Tuse. Pastoral Teaching.....7:00 P.M.
Thurs. One Hour of Power.....7:00 P.M.
Sat. Morning Prayer.....9:00 A.M.



CHURCH OF THE LIVING GOD
C.W.F.F. Temple 132
3649 N. Teutonia Ave.
Milwaukee, WI 53206
Elder Stephen Hawkins, pastor.


Weekly Schedule:
Sun. School 9:00 a.m.
Sun. Worship 11:00 a.m.

Phone 445-1980.
Do watch us grow.
Come and grow with us.



Citadel Of Praise
Church of God In Christ
2328 W. Capitol Dr. • Milw., WI 53206
(414) 299-0608
Deon Young, Pastor

WEEKLY SCHEDULE
- Celebration of
Worship.....12:00 p.m.
Wed. - WoW Pastoral Teaching
..... 7:00 p.m.




City of Faith Baptist Church
2127 W. Garfield Ave.
Milwaukee, WI 53205

Rev. Michael A. Cokes, Sr.
and First Lady Tangie Cokes

Order of Service
Better Self Sunday School.....9:00 a.m.
Sun. Worship Service.....10:30 a.m.
Wed. Bible Study.....6:00 p.m.
Come G.L.O.W. with us.

Stay in touch by **texting 71441** and the word **theship**.
"Our motto: "No more church as usual"



Rev. Dr. Demetrius Williams,
Pastor
COMMUNITY BAPTIST CHURCH
OF GREATER MILWAUKEE
2249 N. Sherman Blvd. • Milw., WI 53208

Weekly Schedule
Church Sun. School 8:00 a.m.
Sun. Worship 9:00 a.m.
Prayer Service Wed. 6:00 p.m.
Church phone: 414.445-1610
Fax: 414.449-0252



LET THE CHURCH SAY, AMEN!
Your Church Could Be Here.

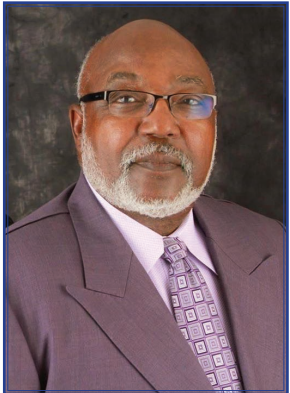
Call us at (414) 263-5088
or visit us at
1936 N. MLK Drive.
Milwaukee, WI 53212



MINISTRIES

**CHURCH LISTINGS ARE IN ALPHABETICAL ORDER:
COMMUNITY OF GRACE BAPTIST CHURCH to
GREAT FAITH PROGRESSIVE MISSIONARY BAPTIST CHURCH**

Community of Grace Baptist Church
1809 W. Atkinson Ave.
Milwaukee, Wisconsin 53206
Office: 414 800-5077
Fax: 414 871-8143
E-mail: cogbc1809@gmail.com
Facebook: Community Of Grace Baptist Church



Bobby L. Sinclair, Pastor

Order of Services:
Sun. School..... 9:00 A.M.
Morn. Worship 10:00 A.M.
Wed. Prayer & Bible Study...6:30 P.M.


Corinth Missionary Baptist Church
1874 N 24th Place
Milwaukee, WI 53205
Phone: 414-933-1987
Fax: 414-933-3545
www.corinthmbc.com
Rev. John Laura, Pastor



Weekly Schedule
Sunday School.....9:00 A.M.
Sun. Morn. Worship.....10:45 A.M.
Wed. Prayer Service.....6:00 P.M.
Wed. Bible Study.....7:00 P.M.


Transportation Available
Wednesday - Mission -6 :00 pm
Thursday Choir Rehearsal - 7:00 pm
"A Church Empowering Lives with Gods Word"

CORNERSTONE MISSIONARY BAPTIST CHURCH
2329 North 12th Street
Milwaukee, WI 53205
Pastor Rev. William Jackson
Pastor & Founder
Missionary Arleathia Myers
414-400-2446



Weekly Schedule
Sun. School 10:00 a.m.
Sun. A.M. Worship 11:00 a.m.
Tues.- Bible Study/Prayer.....10:00 a.m.

DAMASCUS Missionary Baptist Church
2447 N. 27th Street,
Milwaukee, WI 53206
Dr. Ellis Wilkins, Pastor





Weekly Schedule
Sun. School 9:00 a.m.
Sun. Worship 10:30 a.m.
Baptist Training Union (BTU) 6:00 p.m.
Evening Worship 7:30 p.m.
Prayer Meeting & Bible Class 6:00 p.m.
Phone: 374-6650 or 263-9229.

Eternal Life Church of God in Christ
Rev. B. L. Cleveland, Pastor & Founder
Mother E. L. Cleveland, First Lady
7901 N. 66th St.
Milwaukee, WI 53223
Ph: (262)242-2878 • Fax: (262)242-0978
e-mail: cogiceternal@yahoo.com



Worship Services
Sunday School.....9:30 a.m. & 5:30 p.m.
Sunday Morning Worship.....11:00 a.m.
Tuesday Bible Study.....7:00 p.m.
Thursday Bible Study & Evangelical Service.....7:00 p.m.
For more info. visit: www.cogiceternal.net

EPIKOS CHURCH

EPIKOS CHURCH - SHERMAN PARK
3737 N. Sherman Blvd.
Milwaukee, WI 53216
414-963-9010 • info@epikos.org
Pastor Anthony Caples
Sunday Services: 10:00 a.m.

BISHOP PRENTISE VANN



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EVERGREEN MISSIONARY BAPTIST CHURCH
1138 West Center Street
Milwaukee, WI 53206
(414) 265-0400 • (414) 265-0424
Bishop Prentise Vann, Pastor

WORSHIP SCHEDULE:
Sun. Church School10:00 am
Sun. Morning Worship 11:00 am
Wed. Night Prayer 12 noon & 6:30 pm
Wed. Night Bible Study 7:00 pm
Fri. Night Praise Service 7:00 pm

LET THE CHURCH SAY, AMEN!
Your Church Could Be Here.
Call us at
(414) 263-5088
or visit us at
**1936 N. MLK Drive.
Milwaukee, WI 53212**

Faith House of Prayer Church of God in Christ
Rev. Eddie Guyton, Pastor
2535 N. Teutonia Ave.
Milwaukee, WI 53206
Services Held at Reid's New Golden Gate Funeral Chapel



Order Of Service
Sunday School.....9:30 a.m.
Sunday Worship.....11:00 a.m.
Tuesday Night Prayer.....7:30 p.m.
Wed. Night Bible Study.....7:30 p.m.
Fri. Night Spiritual Warfare.....7:30 p.m.
Contact Pastor Eddie Guyton
(414) 698-3038

Fellowship of Love Missionary Baptist Church




Worship Services Temporarily
Held at
New Covenant Baptist Church
2315 North 38th Street
Milwaukee, Wisconsin 53210
Sunday Morning Worship-12:15 p.m.

FREE SPIRIT M.B. CHURCH




3879 N. Port Washington Rd.
Milwaukee, WI 53212
(414) 573-2146
E-mail: bkebenb@yahoo.com
Pastor Kenneth Bonner
Preaching the Book God Wrote
Worship Hour: Sunday.....9 a.m.

Friendship Missionary Baptist Church
905 West North Avenue
Milwaukee, WI 53206
Church Phone: (414) 263-6113
Joseph H. Jackson, Jr. - Pastor



Weekly Schedule
Sunday School.....9:00 a.m.
Morning Worship 10:45 a.m.
Wen. Bible Study 6:00 p.m.

Genesis Missionary Baptist Church
231 W. Burleigh St.
Milwaukee, WI 53224
Rev. A.L. Douglas Jr., Pastor




ORDER OF SERVICE
Sun. School 9:15 a.m.
Sun. Morning Worship 10:45 a.m.
Praising, Great Preaching, Teaching
Other ministries to be announced.
Church Telephone: 372-7675
Pastor Telephone: 372-7743

Pastor H.S. McClinton GOD'S CREATION MINISTRIES



Weekly Services:
Sun. School 10:00 AM
Sun. Service11:15 AM
(414)933-3280
(414)-933-3469
3100 West Lisbon Ave.
Milwaukee, WI 53208

God's Will & Way Church of God in Christ
2900 N. 9th Street
Milwaukee, WI 53206
(414) 264-4866
www.godswill.com
Godsw65@yahoo.com



Pastor Willie Genous & First Lady Evangelist Jo Genous

Service Times
Prayer M-F 9:00-9:30 a.m.
Sunday
Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.
Wednesday
Prayer 6:30-7:00 p.m.
Bible Study 7:00-8:00 p.m.
Choir Rehearsal 8:00 p.m.


God's Glory Church Min.



7017 W. Medford Ave.
Milwaukee, WI 53218
Office: (414) 630-0752
Email: godsglorychurch@sbcglobal.net
Pastors Founders:
Elder O.R. and Evang. A. McCoy

Weekly Schedule
Sun. Worship.....Noon
Wed. Bible Study.....6 p.m.
Prayer every Tue. & Thur. @ Noon

God's Glory Church Ministry
4679 No. 36th Street
Milwaukee, WI 53223
(414)875-0660
godsglorychurch@sbcglobal.net



Pastor/Founder Jeanetta Perry BA, DP (PAW)

Order of Services:
Sun. School.....9:30 a.m.
Sun. Worship.....11:00 a.m.
Wed. Bible Study.....6:00 p.m.
Fri. EveningEvang.....6:30 p.m.

Staff:
James Hartley • Angela Hartley
Jeanitta Perry • Dorothy Evans
Jessie Reed
Mother Annie Hartly
Jammie Sonders

Grace Fellowship Church of Milwaukee
"Helping God's People To Find Their Place In A Complex World."



Worship Schedule
Sun. Bible Study10:00 a.m.
Sun. Worship 11:15 a.m.
3879 North Port Washington
Milwaukee, WI 53212
414-265-5546
Rev. Andrew & Brenda Calhoun

Great Faith Progressive Missionary Baptist Church



4767 North Hopkins Street
Milwaukee Wisconsin, 53209
Senior Pastor:
Rev. Dr. Maddle W. Turner, Jr.
Church Office (414) 873-2484
Fax (414) 873-2895

Weekly Schedule:
Sunday@9 a.m.
Sunday@10:30 a.m.
Wednesday@ 6 p.m.
Friday Night Live@7 p.m.
Scripture: Matthew 5:42



MINISTRIES

**CHURCH LISTINGS ARE IN ALPHABETICAL ORDER:
GREATER GALILEE MISSIONARY BAPTIST CHURCH to
THE KING'S TEMPLE THE HOUSE OF THE LIVING GOD**



**GREATER GALILEE
Missionary Baptist Church**
"Where Jesus is Lord"
Pastor Johnny C. White, Jr.
2432 N. Teutonia Avenue
Milwaukee, WI 53206
Weekly Schedule:
Sun. School.....9:00 a.m.
Sun. Morning Worship.....10:30 a.m.
Wed. Prayer & Bible Study.....
.....11:30 a.m. & 7:00 p.m.
(414) 562-1110 - Church
www.greatergalileebaptistchurch.org

Greater Mt. Sinai Church of God In Christ
5384 North 60th St.
Milwaukee, WI 53218
(414) 463-5035
e-mail: office@greatermtsinai.com
web: www.greatermtsinai.org

Worship Services

Sun. School.....9:30 a.m.
Sun. Morning Worship.....8:00 a.m.
.....10:00 a.m.
Tues. PM Prayer.....6:00 p.m.
Wed. Bible Study.....6:30 p.m.
Fri Intercessory Prayer.....7:00 p.m.
Fri. Deliverance Service.....7:30 p.m.



**Superintendent
Victor C. Davis, Sr.
Pastor**
Your Community Church • Won't You Join Us?




Greater Spring Hill Baptist Church
**Rev. Danny Washington,
Pastor**

3500 N. 26th Street
Milwaukee, WI 53206
Phone: (414) 875-1926
Website: www.redemptionfc.org

Weekly Schedule

Sunday School.....9:00 am
Sunday Morning Worship.....10:00 am
Sunday Broadcast JOY 1340 - 4:30 pm
Wednesday Bible Class.....7-8:00 pm



**GREATER
MOUNT ZION MBC**
2479 N. Sherman Blvd.
Milwaukee, WI 53210-2947
Office Phone: (414) 871-LORD (5673)
Kenneth E. Cutler, Sr., Pastor

Worship Schedule

Sun. School.....9:00 a.m.
Sun. Morning Worship.....10:45 a.m.
Wed. Prayer Meeting.....6:00 p.m.
Wed. Bible Study.....6:30 p.m.



**GREATER SPIRIT EVER
INCREASING CHURCH**
(Service at New Prospect Church)
2407 W. Nash St.
Milwaukee, WI 53206

ORDER OF SERVICE

Sunday Worship.....1:00 p.m.
1st & 5th Sun. P.M. Worship....6:00 p.m.
Wed. Night Prayer.....6:30 p.m.

(414) 355-4545
**MAILING ADDRESS:
7631 W. Glenbrook Rd.
Milwaukee, WI 53223**



**Growing In Grace
Fellowship Church**
5202 W. Lisbon Ave.
Milwaukee, WI 53210
**Rev. Kenneth Hughes
Pastor/Teacher**

Sunday School.....9:30 a.m.
Sunday Worship.....11:00 a.m.
Wed. Open Bible Discussion.....
.....6:30 p.m.
(414) 444-2620


Healing Grace Baptist Church



Rev. Lloyd Wright, Sr.
Pastor, Author & Teacher
5444 Found Du Lac Ave.
Milwaukee, WI 53216
(414) 628-2367

Weekly Services

Sun. School.....9:00 a.m.
Sun. Worship.....10:00 a.m.
Prayer and Bible Study.....6:30 p.m.




**Heritage International
Ministries C.O.G.I.C.**
Dr. Nathaniel J. Stampley, D. Min.
Mother Carolyn R. Stampley, M.Ed.
Eld. Darrell Grayson, Assistant Pastor
1036 W. Atkinson Ave. • Milw., WI 53206
Phone: 414-264-2727
E-mail: heritageintmin@yahoo.com
Web: heritageintmin.org

Weekly Schedule

Sunday School.....9:00 a.m.
Sunday Morning Worship.....10:30 a.m.
Monday - Friday Prayer.....6:00 a.m.
Thursday Worship & Bible Studies.....
.....6:00 p.m.
"A Local Church With A Global Mission"

Hallowed Missionary Baptist Church



Rev Aaron Morgan, Pastor
3800 N. Washington Road
Milwaukee, WI 53212
(414) 265-5161

Weekly Schedule

Sun. School.....9:30 a.m.
Sun. Morn. Worship.....11:00 a.m.
Wend. Bible Study
& Prayer.....6:00 p.m.


Holy Cathedral Church Of God In Christ
2677 North 40th Street • Milwaukee, WI 53210
Church Office (414) 447-1967
www.holycathedral.org

Order of Service

Sunday Morning Worship - 8:30 AM and 11:00 AM
Sunday School.....10:00 AM
Sunday Evening Worship.....6:45 PM
Tuesday Prayer.....12:00 Noon
Tuesday Prayer & Bible Band.....7:00 PM
Tuesday Pastoral Teaching.....7:30 PM
Friday Prayer.....12:00 Noon
Friday Evangelistic Service.....7:00 PM

Word of Hope Telecast • Sunday 9AM • ION/PAX
TV • Channel 55/Cable Channel 15
Word of Hope Broadcast JOY WJYI 1340am •
Mon - Fri 3:15 PM-3:30 PM

Word of Hope Ministries, Inc.
Social Services, Health Care, ATODA, Employment
Services, Family & Individual Counseling, Free
Computer Training/GED assistance,
Prisoner Re-entry Services
(414) 447-1965



**Bishop C. H. McClelland
Pastor**
*"Holy Cathedral is A Ministry
That Touches People"*



Bishop Betty Hayes
Bishop Betty Hayes, pastor and founder of Holy Mount Carmel Baptist Church. The one and only known Baptist woman pastor in Milwaukee, Wisconsin to build a new church from the ground up at 2127 West Garfield Avenue.

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Every Sunday Live Online at 12:00 noon:
1-267-807-9598 Code 665-036-311#
WGLB Radio 1560AM. "Words to Grow by:" Saturdays @ 8:25 a.m. and Sundays @ 6:55 a.m.
Prayer Line 24/7 414-446-7133.
Mailing Address: P.O. Box 16844 Milwaukee, Wisconsin 53216.
Phone 414-344-5361
"To God Be the Glory"



**Holy Temple Firstborn
MB Church, Inc.**
4960 N. 18th Street
Milwaukee, WI 53209
414-264-4002 (Office)
website:htfirstborn.org
**Dr. Lezar & Lady Burnside
Pastors**

Sunday School.....8:00 a.m.
Sun. Worship.....9:15 a.m.
Tues. Bible Class.....7:00 p.m.
"Changing Lives with a Changeless Word"



**HOLY TEMPLE
Missionary Baptist Church**
4245 N. 60th Street
Milwaukee, WI 53216
Rev. Dextra Hadnot, Pastor

Sunday School.....9:00 - 10:00 a.m.
Sunday Service.....10:00 a.m. - 12:30 p.m.
Sat. Bible Class.....1:00 p.m. - 2:30 p.m.

**JEREMIAH
Missionary Baptist Church**



**Pastor Eugene Cowan, II
Senior Servant Leader**
4519 W. Villard Avenue
Milwaukee, WI 53218
Phone: 461-8484 • Fax: 461-9797
www.JeremiahMBC.com

Weekly Schedule

Sunday School.....9:00 a.m.
Sunday Worship.....10:00 a.m.
Tues. Bible Class.....6:30 p.m.
"Transforming lives through the Word of God"



**JERUSALEM
MISSIONARY BAPTIST
CHURCH**
Dr. Donnie Sims
2505 West Cornell St.
Milwaukee, WI 53209
442-4720
Sunday Service.....10:45 a.m.
Wed. Prayer Night.....7:00 p.m.



**Pastor Jeffrey Coleman
First Lady Brenda
Coleman
"A Twenty-First
Century Church"**

**Jesus Is The Way Ministries
(C.O.G.I.C)**
2034 W. Center St.
Milwaukee, WI 53206
Ph: (414) 265-5057
Fax: (414) 265-5029

Sunday School.....10:30 a.m.
Sunday Worship.....11:30 a.m.
Mon.-Fri. Daily Prayer.....10:00 a.m.
Tuesday Night Prayer.....6:00-7:00 p.m.
Thursday Intercessory Prayer - 7:00-7:30 p.m.
Thursday Pastoral Teaching - 7:30-8:30 p.m.

- Family AODA Treatment -
- Transportation Available -

Classes/Services:
Daily Living Skills
House Management Service
Housing Assistance
Life Skills Training
Parenting Class/ Parent Assistance
Spiritual Support
Education/Academic Skills Development
Domestic Violence Services
Mentoring Prison Ministry

Kingdom Apostolic Ministries, Inc.



5017 W. Center St.
Milwaukee, WI 53210
(414) 933-6491
Pastor: Joan Johnson


Order of Service
Sunday Morning Service... 10:30 a.m.

Come Join Us in Worship!!

Rev. Charles D. Watkins, Pastor

**King Solomon
Missionary Baptist Church**
2375 N. Vel Phillips Avenue
Milwaukee, WI 53212
(414) 539-3833

Wed. Bible Study.....6:00 p.m.-
.....7:00 p.m.
Sun. School....9:00 a.m.-10:00 a.m.
Sun. Service.....10:15 a.m.
The mission of KSMBC is to reach the unsaved, the unchurched, and the unloved through the spreading of the Gospel and compel men to come to Christ. (Luke 14:21-23)



**The King's Temple
The House of the Living God**



**Pastor, Louis Fuller, Sr.
Co-Pastor, Bea Fuller**

3500 N. Sherman Blvd.

Weekly Schedule

Sunday School.....10:30 a.m.
Sun. Morning Worship.....11:30 a.m.
Wednesday Prayer Meeting
& Bible Class.....6:30 p.m.
Church 578-7425



**YOUR CHURCH
HERE**
Call us at 263-5088 or
visit us at
1936 N. MLK Drive.
Milwaukee, WI
53212



MINISTRIES

CHURCH LISTINGS ARE IN ALPHABETICAL ORDER:
LAMB OF GOD MISSIONARY BAPTIST CHURCH to
NEW GREATER LOVE BAPTIST CHURCH



Lamb of God Missionary Baptist Church
8415 W. Bradley Road
Milwaukee, WI 53224
414.355.0931, 414.355.7045(fax)
(email) inquire@TheLambMKE.org
(website) www.TheLambMKE.org
/TheLambMKE
@TheLambMKE

Worship Schedule
Sunday School 9:00 a.m.
Sunday Worship10:15 a.m.
WOW-Word on Wednesday.... 6:30 p.m.

Visit us online and join us this Sunday...Let's experience life and growth together!





Rev. Christopher R. Boston, Pastor

Micaiah James Young Sr., Pastor
THE LIFE CENTER
3630 W. Libson Ave.
Milwaukee, WI 53208



Sun. School.....9 a.m.
Morn. Worship.....10 a.m.
Eve. Worship.....6:30p.m.
(on 2nd and 4th Sunday's)
Bible Study Wed.....6:30 p.m.



Life & Liberty Church
209 W. Hampton Ave.
Milwaukee, WI 53209
Pastor Evangelist Erma Mosley
(Located inside Solid Rock Church)

Sunday School.....2:30 p.m.
Sunday Worship.....4:00 p.m.
Tue.-Fri. Prayer.....12 p.m.-1 p.m.
Wed. Praise & Choir Rehearsal.....
.....5:00 p.m.
Wed. Bible Class.....6:00 p.m.

All Are Welcome



YOUR CHURCH HERE
Call us at 263-5088
or visit us at
1936 N. MLK Drive.
Milwaukee, WI
53212

Macedonia Missionary Baptist Church



Pastor Rodney Cunningham
7265 North Teutonia
Milwaukee, WI 53209
(414) 228-6779 Phone

Weekly Schedule:
Sunday School.....9:00a.m.
Sun. Worship Service.....10:30a.m.
Wed. Bible Service.....6p.m.
"We're Stepping Into The Kingdom by Stepping Out on Faith"
- 2 Corinthians 5:7

Many Mansions Pentecostal Ministries, Inc.



Founder: Pastor Nalls
3131 W. Lisbon Ave.
Milwaukee, WI 53208
Phone: 414-871-1103
E-mail: SonnyKn@sbcglobal.net

Weekly Schedule:
Sun. School.....9:30 a.m.
Sun. Service.....11:30 a.m.
Tues. Night Prayer & Study.....6:00 p.m.

St. John 14:2 Vers.

Metropolitan Missionary Baptist Church
1345 West Burleigh St. • Milw., WI 53206
Phone: (414) 562-7200 • Fax: (414) 562-7850
E-mail: mbc100@sbcglobal.net



In Person Worship Services
Sunday School.....9:00 a.m.
Sun. Morn. Worship.....10:00 a.m.
Virtual Worship Opportunities
You can watch services live on our YouTube Channel: *Metropolitan Missionary Baptist Church - Milwaukee*
Or
Check Out our Website:
mmbcmke.org.



YOUR CHURCH HERE
Call us at 263-5088 or
visit us at
1936 N. MLK Drive.
Milwaukee, WI
53212

Miracle Temple of Deliverance



Elder Betty Steward, Pastor
1000 W. Burleigh Street
Milwaukee, Wisconsin 53206

Order of Service:
Sunday Ministry10:00 a.m.
Worship Service 11:30 a.m.
Thursday Bible Study 7:00 p.m.

"Where We Preach the Word, Teach the Word, and Live the Word"

Monumental Missionary Baptist Church



2407 W. North Ave.
Milwaukee, WI 53205
(414) 933-2443
Rev. Roy C. Watson, Pastor
First Lady, Sharon Watson

Weekly Schedule:
Sun. Early Worship 8:00 a.m.
Sunday School 9:00 a.m.
Sun. Morning Worship 10:30 a.m.
Wed. Bible Study 6:30 p.m.

MOUNT CARMEL Missionary Baptist Church
1717 W. Meinecke Ave.
Milwaukee, WI 53206
Rev. Dr. Hugh Davis, Jr. Th.M. Th.D, Pastor

Sunday School.....9:00 a.m.
Sun. Worship.....10:45 a.m.
Sunday BTU.....6:00 p.m.
Monday Night Mission.....6:00 p.m.
Wed. Night Prayer and Bible Study.....6:00-8:00 p.m.

Certified Marriage, Drug & Alcohol, and Pastoral Counselor
Church: 264-2560
Pastor's Study: 264-8001

Mt. Moriah Baptist Church



Rev. Patrick F. Greer, Sr.- Pastor
First Lady Patricia Greer
416 W. Christine Ln.
Milwaukee, WI 53212
(414) 264-5230

Services:
Sun. School.....9:30 a.m.
Sun. Worship Service.....11:00 a.m.



MT. OLIVE BAPTIST CHURCH
5277 North 36th Street
Milwaukee, WI 53209


Sunday School.....8:00-9:15 a.m.
Sunday Service.....9:30 a.m.
Wed. Bible Class.....Noon & 6 p.m.

Church phone 414.461-7755
Home phone 414.226-6075

MOUNT ZION Missionary Baptist Church
2207 No. 2nd St., Milwaukee, WI 53212
Phone 372-7811
Rev. Louis Sibley, III, Pastor

Worship Schedule:
Sun. School.....8:45-10:30 a.m. via Zoom
Sun. Morning Worship.....11:00 a.m.
Wed. Bible Study.....6:00 p.m. via Zoom
Sat. Sun. School.....6-7 p.m. via Zoom

New Beginning Seed Faith M.B. Church
138 West North Ave.
Milwaukee, WI 53212



Rev. Ann Smith, Founder & Pastor

The Church were the heart is (II Chronicles 31:21)

Service Begins each Sunday at 1:00 P.M.

Ph.#: (414) 708-4884
Come and worship with us!!!

New Covenant Missionary Baptist Church
2315 North 38th Street
Milwaukee, WI 53210
Phone: (414) 873-1221
Fax: (414)873-8614
Email:
newcovenantbc2315@wi.rr.com



Rev. Dr. F. L. Crouther, Pastor

Weekly Schedule
Sunday School (Virtual).....9:00 a.m.
Sunday Worship.....9:30 a.m.
Wed. Family Night (Virtual)...6:30 p.m.

Dial In (425) 436-6300
Access Code 976008

New Creation Missionary Praise Church
1404 W. Center Street
Milwaukee, WI 53206
(414) 372-7544 (Church)
(414) 510-5367 (Cell)



Bishop Clayton, Sr. and Lady Renee Duckworth
"A Church With A True Gospel Praise"

Order of Service
Sunday School.....9:30 a.m.
Sunday Worship.....11 a.m.
Thurs Prayer Service.....6:30 p.m.
Thurs Bible Study.....7:00 p.m.

Food Pantry
Food Bags* 11 a.m. - 1 p.m.
*Please Call For Appointments
Hot Meals 2 p.m. - 5 p.m.
T.V. Ministry every 2nd Tue. of the month on Channel 96, 8-9 p.m.



Rev. Dr. Terrell H. Cistrunk Pastor

New Dawn Worship Center
3276 N. Palmer Street
Milwaukee, Wisconsin 53212
PH: (414) 393-1290
FX: (414) 393-1234

SUNDAY
Sunday School 9:30 AM
Sunday Worship 11:30 AM

Thursday
Prayer 5:30 PM
Bible Study 6:30 PM



New Holy Ghost Tabernacle Missionary Baptist Church
"God so loved the world" - John 3:16

104 West Garfield Street
Milwaukee, WI 53212
"Come as you are"

Office: (414) 264-4852
Church: (414) 264-3352

Order of Service
Sunday School 9:00 a.m.
Sun. Morn. Worship .. 10:45 a.m.
Wednesday Service 7:30 p.m.



Rev. L.C. Martin, Pastor

New Greater Love Baptist Church



6063 N. Teutonia Ave.
Milwaukee, WI 53209
(414) 444-3106
Pastor Johnny L. Bonner, Jr.
"Building On The Vision"

Sunday School.....9:00 a.m.
Sunday Worship.....10:30 a.m.
Weds. Bible Class.....6:30 p.m.

Word of Hope Ministries hosts diverse business graduation and laptop award



Photos by Yvonne Kemp



On Saturday, June 10, 2023, Word of Hope Ministries, Inc., held its Diverse Business Development Program Graduation at Compel Family Life Center, 4057 N. Mayfair Rd.

The event was the culmination of the eight-week Cohort for the Diverse Business Development Program. Their were various speakers who provided resources and information to small businesses. It was also an opportunity for the small businesses to practice networking and to become comfortable talking about their business.

This program was funded by a federal grant awarded to Word of Hope Ministries, Inc., via the Wisconsin Department of Administration by the U.S. Department of the Treasury. This program focuses on providing technical assistance in the form of education, resources and access to BIPOC, Veteran and Women owned businesses.

There were more than 40 graduates in this cohort completion ceremony (making this the largest class since the inception of the program in October 2022). Each graduate was awarded a laptop along with their graduation credentials. This program has proven to be very successful surpassing their initial goal of helping 100 individuals within the period of 2 years; to now assisting more than 129 graduates and upstarting more than 76 businesses.

Pictured at the event are (upper left photo, from left) Program Business Coaches Howard Green and Constance Alberts; Program Asst. Director Darlene Brown; Founder and President Bishop C. H. McClelland; Vice President Lady Prentiss McClelland; Event Coordinator Dr. Loretta Howard; Program Director Liz Luckett, and Program Instructor Jene Liddell.



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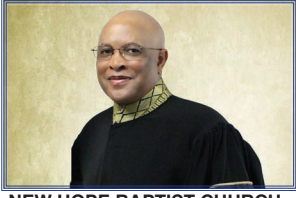
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MINISTRIES

CHURCH LISTINGS ARE IN ALPHABETICAL ORDER:
NEW HOPE BAPTIST CHURCH to
SHOWERS OF BLESSINGS FELLOWSHIP CHURCH



NEW HOPE BAPTIST CHURCH
Rev. Dr. Archie L. Ivy, Pastor/Teacher
2433 W. Roosevelt Drive
Milwaukee, WI 53209
Phone (414) 871-0350 • Fax (414) 871-4219
E-mail: newhopebc@ameritech.net

Weekly Schedule
Sun. Worship 9:30 a.m.
Sun. School 8:00 a.m.
Wed. Morning Prayer & Bible Study 10:30 a.m. & 6:00 p.m.
Mid-week Service (last Wen. of the month) 6:00 p.m.
"Partnering with God, Practicing Biblical Principles, Strengthening Families"



New Life New Beginnings
World Ministry & Outreach C.O.G.I.C
2516 West Hopkins Street
Milwaukee, WI 53206

Evangelist Margaret Stone, Pastor
Sunday School.....10:00 a.m.
Worship Service.....11:00 a.m.
3rd Tues. The Ecumenical Prayer.....6:30 p.m.
Wed. Prayer Service.....10:45 a.m.
Last (2) Wed. Freedom from Addiction Ministry.....11:15 a.m.
Wed. Food Pantry.....12:00 noon
Fri. Prayer, Miracle, Prophetic Word.....7:00 p.m.

Every 1st Weekend
Revival Service: Fri. - 7:00 p.m. • Sat. - 7:00 p.m.
Sun. Evening - 6:00 p.m.
www.highergroundchristianwomensmovement.org

New Outlook Ministries



138 W. North Ave.
Milwaukee, WI 53212
(414) 406-0258

Weekly Schedule:
Sun. School.....9:00 a.m.
Sunday Morning
Worship.....11:00 a.m.

Pastor Brenda S. Nelson

"Thou Art Worthy O Lord" - Revelations 4:11



Pastor Benjamin L. Yancy & First Lady Norma J. Yancy
NEW PARADISE
Missionary Baptist Church
2353 West Fond Du Lac Ave.
Milwaukee, WI. 53206
Tel: 414-316-9014
www.npubc.org

Worship Services:
Sun. Morning Worship.....8:45 a.m.
Tues. Bible Sharing.....6:30 p.m.

"Come Spend A Day In Paradise"



YOUR CHURCH HERE
Call us at 263-5088 or visit us at 1936 N. MLK Drive.
Milwaukee, WI 53212

NEWPORT MISSIONARY BAPTIST CHURCH




2237 N. 11 St.
Milwaukee, WI 53205
(414) 265-5881
newportmissionarybaptistchurch@gmail.com

Order of Service
*Sunday School 9:30 a.m.
Morning Worship 11:00a.m.

Rev. Anthony D. Smith, Pastor


The Open Door Christian
Worship Center Church, Inc.



Senior Pastor: Apostle Kenneth Lock Sr.
and Pastor: Apostle Michele Lock

2456 West Auer Avenue
Milwaukee WI 53206
Phone:(414) 444-5727

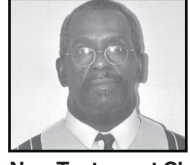
Sun. A.M. Worship.....8:30 a.m.
Sun. P.M. Worship.....12 noon
Sun. Corporate Prayer.....10:00a.m.
Tues. Prayer.....6:30 p.m.
Tues. Bible Study.....7:00 p.m.



Philadelphia Missionary Baptist Church
2028 W. Cherry St.,
Milwaukee, WI 53205
Phone:(414) 344-2400 • Fax:(414)344-0389
E-Mail: philadel.church@att.net
Rev. Maddie Turner, Sr., pastor
Pastor Hours: 10 a.m.- 12 noon

Weekly Meetings and Activities:
Sunday School.....10:00 a.m.
Sunday Worship.....11:00 a.m.
Prayer Meet/Bible Class(Zoom).....6-7 p.m.
Zoom ID: 861 7625 3012 • Pass:747499(Cell & Tablet)
For Phone calls: 1-312-626-6799, ID:86176253012#US to hear
Motto: For with God all things are possible

Pilgrim Baptist Worship Center



"A New Testament Church"
Rev. George M. Ware Pastor
2975 N. Buffum St.
Milwaukee, WI. 53212
P.O. Box 241772
Milwaukee, WI. 53224
Sunday Church
School.....9:30 a.m.
Sunday
Worship.....10:45 a.m.
Wed. Prayer Meeting & Bible Study7:00 p.m.
Church Office #: (414) 265-7171

PILGRIM REST MISSIONARY BAPTIST CHURCH

"Teaching, Preaching, and Reaching for Christ"



Rev. Martin Childs, Jr., Pastor


3456 North 38th Street,
Milwaukee, Wisconsin 53216
Church Phone: 414-873-1045

Website:
www.pilgrimrestmilwaukee.org/

E-mail:
pilgchurch@sbcglobal.net


Sunday Church School 8:00 a.m.
Sunday Worship 9:15 a.m.
Mon. Women's Bible Class 6:00 p.m.
Tues. Bible Class 12:00 noon
Tues. Bible Class 6:30 p.m.
Thurs. Bible Class 1:00 p.m.
Fri. Youth Fellowship (1st) 6:00 p.m.
Fri. Blanket of Lover (3rd) 6:00 a.m.

Most classes are virtual, call the church office for details



Prince of Peace Baptist Church
3701 North 35th Street
Milwaukee, WI 53216
(414) 444-6700 • (414) 444-6701 fax
Steven R. McVicker, Pastor

WEEKLY SCHEDULE
Sunday School.....9:00 am
Sunday Worship.....10:00 am
Tuesday Bible Class 6:00 pm
Tuesday Prayer.....6:00 pm
Thurs. Choir Rehearsal.....5:00 pm
Welcome to Peace



Senior Pastor Evangelist
Barbara Williams
Co-Pastor Elder Dexter Williams
Power House Deliverance Church
4344 N. 27th St.
Milwaukee, WI 53216
414-442-2234

Sunday School.....9:30 a.m.
Sunday Morning Service.....11:30 a.m.
Tuesday Night Prayer Service.....7:00 p.m.
Wednesday Bible Study.....7:00 p.m.
Friday Community Food Pantry.....2-4 p.m.

Transportation Available
(414) 449-0122

Progressive Baptist Church



"Equipping God's People, Building God's Church, Advancing God's Kingdom"

Pastor Walter J. Lanier
8324 W. Keefe Avenue
Milwaukee, WI 53222
Phone: 414-462-9050

Worship Schedule:
Sun. School.....9:00 a.m.
Sunday Morning Worship.....10:00 a.m.
Wednesday Bible Study.....Noon
Wednesday Bible Study.....6:45 p.m.

Website: www.progressivebaptistmilwaukee.org



Prayer House of Faith Pentecostal Church, Inc.
4778 N. Hopkins St.
Milwaukee, WI 53209
(414) 466 - 3807
Alice O. Green, Founder
Dr. Shane E. Rowe, Sr. & Pastor Lekeesha C. Rowe, Senior Pastors


Children's Min. Sun.....11:30 a.m.
Sunday Worship.....12 Noon
Tuesday Prayer/Bible Class.....6:30 p.m.
www.prayerhouseoffaith.org

Reveal CHURCH




Reveal Community Church
Rev. James Bufford, Jr., Pastor
5856 North 75th Street
Milwaukee, WI 53218
Telephone: 262-744-4857

Weekly Service:
Sunday.....2:00 p.m.



Rev. Dwain E. Berry -Pastor
Risen Savior Community Baptist Church
3105A N. 12th Street
Milwaukee, WI 53206

Services:
Sunday School 9:00 am
Sunday Worship 11:00 pm
Wed. Prayer Meeting 6:00 pm
Phone (414) 748-5705




Rose Hill Missionary Baptist Church
2024 N. Martin Luther King Dr.
Milwaukee, WI 53212

Sunday School.....9 a.m.
Sun. New Member Class.....9 a.m.
Sunday Worship.....10:45 a.m.
Tue. Prayer Meeting - 6:30-7:30 p.m.
Wednesday Bible Class.....6 p.m.


Church phone (414) 264-0360
Office (414) 264-3978
Transportation Available

Rose of Sharon Deliverance G.O.G.I.C.



623 W. Center Street
Milwaukee, WI 53209
(414) 873-0933
Pastor James Grant, Sr. Co-Pastor, Kimani Grant

Weekly Schedule
Sun. School.....9:30 a.m.
Sun. Service.....11:00 a.m.
Wed. Night Bible Class.....7:00 p.m.
Fri. Night Service.....7:00 p.m.



SCOTT CHRISTIAN YOUTH CENTER & OUTREACH C.O.G.I.C.
2741 N. Teutonia Ave.
Milwaukee, WI 53206
Pastor Annie Naomi Scott

Sunday School.....12:30 p.m.
Sunday Services.....2:30 p.m.
Wednesday Bible Study.....7:00 p.m.
Friday Fellowship.....7:00 p.m.
Emergency Food Pantry every Tuesday Hot Meal Program Mon., Wed., Fri.
Clothing Bank 2 days • Spiritual Counseling available • 24-hour Dial-A-Prayer 263-1929
Crisis Hot Line for Runaways 263-6515
Future programs: computer classes, sewing classes



SHILOH BAPTIST CHURCH
4801 West Capitol Drive
Milwaukee, WI 53216
(414) 444-1200 • (414) 444-1212 fax
Rev. Dr. Brandon Robinson, M.Div., Th.D.

WEEKLY SCHEDULE
Sunday School.....9:00 am
Sunday Worship.....10:30 am
Tuesday Bible Class.....6:00 pm
Thurs. Choir Rehearsal.....6:00 pm

Come Home to Shiloh



Showers of Blessings Fellowship Church

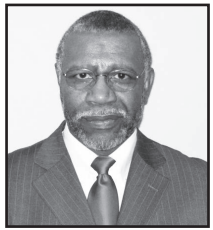
Sunday Worship Service
4260 N. 50th Street
(around the back on Marion)
Sunday Morning - 11:00 A.M.
(414) 502-9412
showersofblessings1@gmail.com
24 Hour Prayer Line:
(414) 502-9412
Dr. Darry Tucker - Pastor
Dr. Paula Tucker - First Lady



MINISTRIES

**CHURCH LISTINGS ARE IN ALPHABETICAL ORDER:
ST. GABRIEL'S C.O.G.I.C. to ZION HILL M.B.C.**

SAINT GABRIEL'S C.O.G.I.C.



Rev. Lee A. Shaw, Pastor
5375 North 37th St. • Milw., WI 53209
(414)795-6397

ORDER OF SERVICE
Sun. School 9:00-10:00 a.m.
Sun. Worship ... 10:30 a.m.-12:30 p.m.
Tue. Bible Study 7:00-8:00 p.m.
Wed. Nicotine Treatment 6:00p.m.




St. John's United Baptist Church
Dr. Robert T. Wilson, Sr., Pastor
2439 West Hopkins St.
Milwaukee, WI 53206
Tel: 414-871-4673 • Fax: 414-871-2373
email:st.johnsunitedmbc@yahoo.com

Order of Service
Bible Class – Wed.- 7 p.m.
via Tele-conference
Sun. School/Seed Ministry – Sat.6
p.m. via Zoom
Sun. Morning Worship – Sun. 10 a.m.
Streaming live via Facebook



ST. MARK
African Methodist Episcopal Church
1616 W. Atkinson Avenue
Milwaukee, WI 53206
Rev. Joy L. Gallmon, Pastor

Weekly Schedule:
Sunday School.....8:30 a.m.
Sun. Worship..... 10:00 a.m.
Wed. Bible Study.....10 a.m.& 7 p.m.
Wed. Bible/Prayer Service - 5:30 p.m.
Phone: 562-8030



Rev. Oscar Elim
St. Peter Missionary Baptist Church
EACH ONE REACH ONE
7283 W. Appleton Avenue
Milwaukee, Wisconsin 53216
Phone: (414) 442-6389
Email: spmbc@att.net


Sun. School.....9:00 a.m.
Sun. Morning Worship.....10:00 a.m.
Wed. Bible Study/Prayer.....6:00 p.m.
Online 1-213-992-4634
Radio Ministry: WGLB 1560AM
Thursdays from 2:00-2:30 p.m.



SaintPaul's
An Episcopal Church For
The City of Milwaukee

**ST. PAUL'S
EPISCOPAL CHURCH**
914 East Knapp Street
Milwaukee, WI 53202
Rev. W. Bradley Toebben, Rector

**Sunday's Worship at
8:00 a.m. and 10:15 a.m.**
Holy Eucharist, Music, Nursery
Handicapped Accessible
(414) 276-6277



**ST. TIMOTHY COMMUNITY
Baptist Church**
3701 N. Teutonia
Milwaukee, WI 53208
Rev. Mose A. Fuller, Pastor
Home: (414) 871-2933
Church: (414) 445-2958

Sunday Church School...9:30 A.M.
Sunday Worship.....10:45 A.M.
Wed. Prayer Meeting & Bible Study
.....6:00 P.M.



**TRANSFORMATION
TEMPLE**
5418 W. Burleigh St.
Milwaukee, WI 53210
(414) 393-WORD (9673)

Sunday Morning Worship.....10 am
Tuesday Night Study.....7pm
Ripton A. Stewart, Pastor



**TABERNACLE COMMUNITY
BAPTIST CHURCH**
*"A preaching, teaching, healing
community of faith.."* Matt. 4:23
2500 West Medford Ave. • Milwaukee, WI 53206
OFFICE: 414 -562 -1129 • FAX: 414-562-4713
EMAIL: WWW.TCBCHURCH.COM
Senior Pastor: Donna Childs

Our Weekly Worship Schedule
Church Sun. School 8:30 a.m.
Celebration of Worship10:00 a.m.
Tuse. TIPS for Growth (Prayer & Study)
& AWANA (youth).....6:30 p.m.

Temple of Judah Church




Pastor David W. Stokes
8620 W. Fond du Lac Ave.
Milwaukee, WI 53225
Inside Redeem Pentecostal Church
Office Phone: (414) 326-4811

Weekly Services:
Judah Cafe..... 10:00 am
Sunday School.....11:00 am
Sunday Service.....12:15 am

Voice of Faith Broadcast on JOY1340
AM.....Sundays @ 5:30 pm

Tue. Mana & Bible Study.....7:00 pm
Prayer Manna Mon.-Fri.....6:00 am
**"A Christ Centered Ministry-Bringing
people into the presence of God"**



**TRINITY
Missionary Baptist Church**
Pastor: Rev. Harold Turner

Sunday School.....9:30-10:30 a.m.
Sunday A.M. Worship.....10:45-11:45 a.m.
Bible Class/Saturday.....10:00-11:00 a.m.
(Masks Are Required)

Phone: (414) 263-1919 • (414) 333-8265
2829 N. Teutonia Ave. • Milwaukee, WI 53206



**TRUE LOVE
Missionary Baptist Church**
210 W. Keele Ave. • Milw., WI 53212
Phone: 414-264-6869
Rev. John K. Paterson

Order of Services
Sunday School.....9:30 a.m.
Sunday Service.....10:45 a.m.
Communion Services
Tue. Bible Study.....6:00 p.m.
Wed. Rehearsal.....6:00 .pm.
Fri. Youth Night.....6:00 p.m.



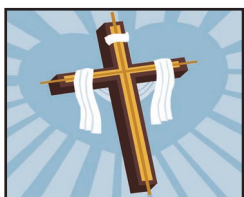
**YOUR
CHURCH
HERE**

Call us at 263-
5088 or visit us at
1936 N. MLK
Drive.
Milwaukee, WI
53212

**YOUR
CHURCH
HERE**

Call us at 263-
5088 or visit us at
1936 N. MLK
Drive.
Milwaukee, WI
53212

**True Heart
Missionary Baptist Church**



4300 West Villard Avenue
Milwaukee, WI 53218
(414) 464-0390
Rev. Robert McFarland, Sr., Pastor

Weekly Schedule:
Sun. School 9:00 a.m.
Sun. Morn. Worship...10:30 a.m.
Tues. Prayer Mtg & Bible
Study..... 6:30p.m.



**YOUR CHURCH
HERE**

Call us at 414-263-
5088 or visit us at
1936 N. MLK Drive.
Milwaukee, WI
53212

Union Hill Missionary Baptist Church



2190 N. 49th Street
Milwaukee, WI 53208
Church: (414) 444-4244
Office: (414) 444-8947
Fax: (414) 444-7924

Weekly Schedule
Sun. Worship.....10:30 a.m.
Tus. Bible Study....6:00 p.m.
Wed. Mission.....3-7 p.m.
Wed. Fellowship...6:00

Rev. W.J. Walker, Pastor



**Unlimited Life in Jesus Christ
Christian Church**
623 W. Cherry St.
Milwaukee, WI 53212
Inside the Boys and Girls Club
Pastor Sudie B. Jones

Services:
Sunday School.....10:00 am
Sunday Service.....11:00 am
Tue. Choir Rehearsal.....6:00 pm
Tue. Prayer & Bible Study 6-7:30 pm
Tue. Youth Meeting.....6-8:00 pm
Wed. Recovery Services.....6-7:30 pm
John 14:27

**The Upper Room
Baptist Church**



Pastor: Willie F. Brooks Jr.
2200 W. Center Street
Milwaukee WI 23209
414/265-5455

Worship Schedule:
Sunday School9:30 a.m.
Morn. Worship.....11:30 a.m.
Mon. Women Circle Min.
Wed. Bible Study.....7:30 p.m.
Soar Men Min..... 11:30 a.m.



Rev. Edward E. Thomas
Victory Missionary Baptist Church
2661-63 N. Teutonia Avenue
Milwaukee, Wisconsin 53206
Office: (414) 265-4850 / Fax: (414) 265-3817

Order of Service (Temporary Change)
Sunday's Order of Service
Sun. Morning Worship.....10:15 A.M.
Wednesday Evening.....8:00 P.M.


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**UNITY MISSIONARY
BAPTIST CHURCH**
**REV. NATHANIEL JOHNSON, JR.
PASTOR**
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MILWAUKEE, WI 53216
Tel: (414) 445-9249 • Fax: (262)-670-6505
www.unitymb.com
email: unitymbchurch@gmail.com

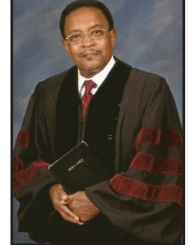
Worship Services:
Sunday School.....9:30 a.m.
Sun. Worship.....11.00 a.m.
4th Sun.....Communion
1st Sun.....Baptizing
Wed. Prayer Meeting/Bible Study.....6p.m.
"A Little Church With A Big Heart"

Way of the Cross Missionary Baptist Church



1401 West Hadley Street
Milwaukee, WI 53206
Office: (414) 265-2725
Rev. Richard Watkins, Sr.,
Interim Pastor

Weekly Schedule
Sunday School 9:30 a.m.
Sunday Morning Worship.....10:30 a.m.
Tuesday
Noon Day Mission..... 11:00 a.m.
Evening Mission.....6:00 p.m.
Tuesday Prayer Meeting.....6:30 p.m.
Bible Study7:00p.m.



**ZION HILL MISSIONARY BAPTIST
CHURCH**
1825 W. Hampton Ave. • Milw., WI 53209
Rev. Russell Williamson, Pastor

Sunday School.....8:30 a.m.
Sunday Worship.....10:00 a.m.
Wednesday Prayer Service
and Bible Stud. 6:00 p.m. - 7:00 p.m.

(Tele-conference #: 1-571-317-3122; Access
code:516652437#)
(Online Bible Study will continue thru March 2022)
Phone: (414) 263-1777



MILWAUKEE PUBLIC SCHOOLS

Bulletin Board

Register now for MPS Head Start for Fall 2023

Register now for Milwaukee Public Schools (MPS) Head Start for Fall 2023. If your child is 3 or 4 years old, it's time for their learning journey to begin. Children who attend preschool, Head Start, or an early learning program are more prepared for kindergarten and are more successful in school. Help your child succeed—register for MPS Head Start now!



Head Start is a free program that helps children develop early reading and math skills. Children learn to work with a teacher and take part in activities to explore their

world. Head Start also offers health screenings, family supports, and free breakfast and lunch on school days.

MPS offers full-day Head Start programs at 39 sites. Some schools offer a bilingual (English/Spanish) program. Bus transportation is

available.

Families must meet income limits to qualify. Children with special needs receive priority for seats. Children in foster/kinship care are automatically accepted. Speak with a Head Start staff member to find out what options are available for your child.

3-year-old Head Start or Kindergarten: Programs are available at some schools. Children must turn 3 by September 1 to be eligible.

4-year-old Head Start or Kindergarten: Programs are available at most schools across the district. Children

must turn 4 by September 1 to be eligible.

For questions, to schedule an appointment, or to register, call the MPS Head Start Office located in the Grant Gordon Learning Center, 921 W. Meinecke Ave. (Enter Door 5 on 10th and Meinecke) Milwaukee, WI 53206, (414) 252-0350.

Hours: Monday through Friday, 8:00 a.m. – 4:30 p.m.

For more information and to view schools offering Head Start, visit mpsmke.com/headstart.

Mayor visited Rufus King festival because a student took initiative

When one Rufus King International High School graduate looks over the accomplishments of his senior year, he can include getting the mayor of Milwaukee to attend the school's Ethnic Fest.

Mayor Cavalier Johnson came to King International High School to watch student dance and drum performances, sample cultural foods, greet students, and sit down for a recorded interview with Usher Williams, who used the footage to make a video of the daylong annual event.

Williams, the senior who invited the mayor, already has his own business. Its name, Usher Williams Photography, was emblazoned in white on the back of the black shirt he wore to Ethnic Fest. He also works for another photography and videography company, and he has two mentors in the business.

Williams had crossed paths with the mayor before, while working on videography projects. He decided to reach out to the mayor's team to invite him to Ethnic Fest, telling them about the performances and food and cultural booths staffed by students. Williams also shared that he thought Johnson, as a black mayor of Milwaukee, would be inspiring to the diverse student body at King.

"I think that's what really captured his attention," Williams said.

The mayor, who is an MPS alumnus, made the circuit in the King gymnasium after viewing performances for Ethnic Fest by dancers and drummers. Johnson, who was accompanied by city staff members including Daniel Bauman, community engagement liaison and a Rufus King graduate, called Ethnic Fest the highlight of his day.

"I enjoyed Ethnic Fest from top to bottom," Johnson



Photo by MPS

said in his interview with Williams.

At tables around the perimeter of the gym, Johnson visited with students from Latinos Unidos, German Club, Black Student Union, and more. All student groups at King can take part in Ethnic Fest, and all King students get a chance during the day to visit the festival, where food is sold, including tama-

les, egg rolls, crepes, German pretzels, and horchata, a beverage made from rice.

"This is part of our spirit at Rufus King, to support each other on this day," said Principal Doreen Badillo. Ethnic Fest is a longtime tradition at the high school and has taken place since at least 1999, she said.


Williams, whose video of the March 31 festival now is

posted on the school's Facebook page and elsewhere, became interested in videography when he was a freshman, after the pandemic struck. He took part while his uncle was live streaming church services for people quarantining at home.

One week, when his uncle was called away on an emergency, he gave Williams a quick lesson in how to operate the live stream. Williams kept returning, and when the operator of PWR FWD Media saw how excited Williams was about videography, he offered him a job.

Williams plans to attend Florida A&M University in the fall, majoring in business. Photography and videography will be his minor since, he noted, he's already familiar with the basics.

Rufus King High School is located at 1801 W. Olive St., Milwaukee, 53209.



"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."

- Nelson Mandela

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Member Visitor

*"Bring ye all the tithes into the storehouse."
- Malachi 3:10*

ENVELOPES & LETTERHEAD

Christ the Lord Baptist Church
1234 WEST MAIN STREET
MILWAUKEE, WISCONSIN 53201

NEW LIFE NEW BEGINNINGS WORLD MINISTRIES
Rev. Dr. Margaret Stone
Founder/Director
3828 West Burleigh Street
Milwaukee, WI 53210

FUNERAL PROGRAMS

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Christ the Lord Baptist Church
A Night of Entertainment
Saturday, July 31, 2010 • 7pm - 11pm
Christ the Lord Baptist Church
1234 West Main Street

Food
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Featuring a wide variety of dancers, musicians and comedians from the Milwaukee area!
\$50 Donation

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TITHING ENVELOPES

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Five critical heart facts black people need to know

According to the American Heart Association, more than 121 million Americans are dealing with heart problems. Additionally, more than 800,000 people have heart attacks every year. As startling as those numbers are, though, the statistics about heart disease are even more troubling for black people. Here are a few of them you need to know.

1. Black Americans are 30 percent more likely to have high blood pressure.

To make matters worse, black women are 50 percent more likely to have high blood pressure than other ethnicities. This information is important to note because high blood pressure is linked to heart disease and angina.

High blood pressure can damage your arteries and affect how well blood flows through your body. As arteries become less elastic, heart problems become more likely.

2. Only 40 percent of Americans have their diagnosed hypertension under control.

Studies show that many black Americans don't see a doctor when they have signs of high blood pressure. Even

when they have been diagnosed, less than half of them actually have it under control. This mismanagement of their high blood pressure increases their risk of heart disease.

Though different factors can affect why people don't take their medications, affordability is a common one. It's important, therefore, to discuss medical assistance options with your doctor.

3. Approximately 15 percent of black Americans smoke.

This number may seem small but consider that the percentage is lower for other ethnicities.

Research shows that the chemicals in cigarettes can cause your blood to thicken and clot. These clots then lead to heart attacks and other cardiac events. It's best to stop smoking as your risk of having heart problems starts to decrease as soon as you step away from the cigarettes.

4. Black Americans are almost 1.5 times more likely to be classified as being overweight or obese.

The numbers are even worse when gender is considered. It's estimated that four



out of five black women are considered to be overweight or obese. These statistics are significant because of the conclusive link between being overweight and having heart problems.

Additionally, obesity can lead to other illnesses that are associated with heart disease such as diabetes and high blood pressure.

5. Black Americans are 30 percent more likely to die from heart disease.

The factors leading up to this statistic can be complicated. According to certain studies, black Americans might not have access to the health care they need when it comes to heart disease and the conditions that lead up to it. They may also get diagnosed at a later stage than

other ethnicities.

Regardless of the cause, the result is the same: Black people are dying more readily from heart disease than other ethnicities. It's essential, therefore, that you do everything you can to keep yourself healthy – including fighting to get the healthcare you need.

How to take care of your heart

Though those facts can be sobering, it doesn't mean you can't do anything about your risk of heart disease. A few healthy lifestyle changes can easily get you back on track. Doctors recommend getting regular exercise to strengthen your heart and maintain a healthy weight. You're not limited to which form of ex-

ercise you do, either. All that matters is being moderately active for at least 30 minutes each day.

When it comes to your diet, it's best to avoid processed foods and anything that is high in fat, salt, or added sugar. You're better off filling your meals with whole grains, fresh fruits and vegetables, lean protein, as well as foods that are high in fiber. Finally, alcohol should only be had in moderation.

Since smoking increases your risk of heart trouble, you should avoid it at all costs. Of course, all this should be complemented by scheduled visits to your doctor. Regular checkups will ensure that your doctor will notice any changes in your heart health and take action quickly. You should also keep any other chronic conditions under control. Certain illnesses such as diabetes and kidney disease can affect your heart if not managed properly.

Statistics consistently show that black Americans are at a higher risk for heart-related problems than other ethnicities. Fortunately, you can take the right steps to protect your heart and prevent these issues.

Menopause and your diet: Foods to choose and avoid

Menopause, a natural stage in a woman's life, brings a host of changes and challenges. One aspect that is crucial to consider is nutrition.

Eating the right foods and avoiding others can help you navigate this change with vitality and optimal health.

This article will discuss the key foods to eat and those to avoid so you can thrive during menopause and beyond.

Diet and menopause

During menopause, which is the end of a woman's menstrual cycle, estrogen levels decrease and may lead to health issues.

The rate of bone loss speeds up, increasing your risk of low bone density, osteopenia and osteoporosis, according to the Iowa Clinic. There's also a higher chance of having a heart attack, stroke or other heart-related issues. Caffeine, sugar, salt, cigarettes and alcohol exacerbate these risks.

Body composition also changes during menopause; your lean body mass decreases while your percentage of fat mass increases by 1.7 percent per year, according to a 2021 article in *Nutrition in Menopausal Women: A Narrative Review*, by Dr. Poli Mara



Spritzer, of Hospital de Clinicas de Porto Alegre in Brazil, and colleagues.

Fortunately, you'll find help from a variety of common foods, from veggies to lean meats.

Foods to eat during menopause

1. For healthy bones, eat foods containing vitamin D and calcium:

- Broccoli
- Asparagus
- Cauliflower
- Brussels sprouts
- Sage
- Sesame seeds
- Dried figs
- Oily fish
- Eggs
- Nuts and seeds

2. For maintaining a healthy weight, eat fiber-rich foods

Fiber will help you main-

tain your weight. The goal: Aim for 21 grams of fiber per day, according to *MedicineNet*:

- Pulses, such as beans, lentils or chickpeas
- Whole-grain cereals, oats or pasta
- Fresh whole fruit (not juice)
- Fresh vegetables
- Brown rice

3. To ease menopausal and vasomotor symptoms (VMS), try lean proteins

Lean proteins can ease menopausal symptoms and help maintain weight and build mass, so try:

- Tuna
- Tofu
- Grilled chicken
- Lean beef
- Beans
- Lentils
- Turkey

The Cleveland Clinic rec-

ommends the following foods to help manage menopausal symptoms:

Healthy fats high in omega-3 fatty acids:

- Sardines
- Salmon
- Anchovies
- Flaxseeds
- Chia seeds
- Hemp seeds
- Avocados

4. For estrogen, try soy-based products

These soy-based products contain phytoestrogens that help mimic biological estrogen:

- Tofu
- Soybeans (edamame)
- Soy milk
- Tempeh

Other phytoestrogen-rich foods include:

- Berries
- Oats
- Barley
- Carrots
- Apples
- Rice
- Sesame seeds
- Wheat
- Dried Beans
- Lentils
- Alfalfa
- Mung beans
- Wheat germ

5. For hot flashes, try cooling foods

Traditional Chinese medicine says certain cooling foods may help with menopause:

- Radish

- Cucumber
- Cabbage
- Bok choy
- Cauliflower
- Carrots
- Romaine lettuce
- Bananas
- Watermelon
- Pears
- Apples

Foods to avoid during menopause

Know you know what foods you should eat to help you combat the various symptoms of menopause, but are there foods that exacerbate your symptoms? The short answer is yes. Here are the foods you should avoid during menopause.

To help maintain a healthy weight, limit these foods:

- Pasta (not whole grain)
- White bread
- Potatoes
- White rice
- Sugary drinks

These foods may cause menopausal symptoms to worsen:

- Alcoholic beverages
- Sugar, junk food
- Highly processed foods
- Caffeine

"The Mediterranean diet pattern, along with other healthy habits, may help the primary prevention of bone, metabolic, and cardiovascular diseases in the postmenopausal period."

(Continued on pg. 14)

SENIOR LIVING



Hunger Task Force kicking off voucher program for seniors in Milwaukee County



Hunger Task Force will accept applications at four drive-thru events, online and by mail-in for the annual distribution of seniors farmers market vouchers. The second in-person drive-thru event was Friday, July 7, at Abundant Faith Church of Integrity, 7830 W. Good Hope Road

The Senior Farmers' Market Voucher Program provides low-income seniors with \$25 in vouchers that can be used to purchase eligible foods at farmers' markets, roadside stands and community-supported agriculture programs. Seniors aged 60 and older (55 years or older for American Indians) who are Milwaukee County residents and meet the income eligibility requirements are encouraged to attend one of the drive-thru events or fill out the application online

and have the voucher mailed to their home.

"The senior farmers market vouchers is a program seniors have come to expect in the summer months because it is so exciting to have support buying fresh, healthy, in-season produce at your local farmers market," said Sherrie Tussler, Executive Director of Hunger Task Force. "We hope to help a record amount of seniors this year as food and gas prices continue to rise, making it difficult for seniors to afford healthy food options on a fixed income."

Hunger Task Force is the administrator of the Senior Farmers' Market Nutrition Program for Milwaukee County and has nearly 4,000 vouchers available to distribute. This year's senior farmers market vouchers are available

on a first-come, first-served basis while supplies last and one set of vouchers is available per household.

Seniors interested in the Senior Farmers' Market Voucher Program can print out the online application at www.HungerTaskForce.org/seniors and bring a government-issued ID to one of the following locations:

Another distribution event is scheduled for Thursday, July 13, at the Wilson Park Senior Center.

Additional information can be found by visiting <https://www.hungertaskforce.org/about-hunger/federal-nutrition-programs/senior-farmers-market-nutrition-program/>. You can also apply there as well.

Menopause and your diet

(Continued from pg 13)

Spritzer and her team said in the 2021 narrative review. "It consists of the use of healthy foods that have anti-inflammatory and antioxidant properties, and is associated with a small but significant decrease in blood

pressure, reduction of fat mass, and improvement in cholesterol levels."

The American Heart Association notes that the Mediterranean-style diet typically includes plenty of fruits and vegetables, bread and other grains. Potatoes, beans, nuts and seeds are also included. Olive oil is the primary source of fat. The diet also includes low to moderate amounts of eggs, fish and

poultry. Wine is usually consumed with meals in a low to reasonable amount. Fruit is common for desserts instead of sweets.

Listen to your body as you make changes to your diet to see what makes you feel your best. Nourishing your body with healthy foods can make menopause more manageable and make you feel better during this time.

The Milwaukee Times Distribution Sites

- | | |
|---|---|
| BANKS
BMO Harris Bank Building
2745 N. Dr. MLK, Jr. Dr | Inc. (MLK
Heritage Health Center)
2555 N. Dr. MLK, Jr. Dr. |
| CHURCHES
Antioch M.B.C.
2033 W. Congress | Dr. McIver's Foot Clinic
8532 W. Capitol Dr. |
| Bethesda Baptist Church
2909 N Teutonia Ave. | DRUG STORES
Carter Drug Store
2400 W. Burleigh St. |
| Calvary Baptist Church
2932 N Teutonia Ave. | Walgreens
on King Drive
2826 N. Dr. MLK, Jr. Dr. |
| Canaan M.B.C.
2975 N. 11th Street | FOOD STORES
Davis Food and Liquor
3625 N. MLK Drive |
| Christian Fellowship Community Church
2176 N. 39th St. | Metro Market (Downtown)
1123 N. Van Buren St. |
| Community Baptist Church of Greater Milwaukee
2249 N. Sherman Blvd. | Metro Market (Shorewood)
4075 N. Oakland Ave. |
| Damascus M.B.C.
2447 N. 27th St. | Galst Foods (Capitol Dr.)
4030 N. Teutonia Ave.
Galst Foods (Wauwatosa)
1622 W. North Ave. |
| Evergreen M.B.C.
1138 W. Center Street | Pick 'n Save (Silver Spring Drive)
1735 W. Silver Spring Dr. |
| Greater Galilee M.B.C.
2432 N. Teutonia Ave. | Pick 'n Save (Midtown)
5700 W Capitol Dr. |
| Greater Mt. Zion M.B.C.
2479 N. Sherman Blvd. | Pick 'n Save (35th & North)
2355 N. 35th St. |
| Holy Temple M.B.C.
4245 North 60th St. | Pick 'n Save (North & Humboldt)
1100 E. Garfield Ave. |
| King Solomon M.B.C.
2375 N. Vel Phillips Ave. | RESTAURANTS
Coffee Makes You Black
2803 N. Teutonia Ave. |
| Metropolitan MBC
1345 W. Burleigh St | Sam's Jazz Café
3338 N. Dr. MLK, Jr. Dr. |
| Mt. Zion MBC
2207 N. 2nd St. | OTHER LOCATIONS
Milwaukee County Courthouse
901 N. 9th St. |
| Monumental MBC
2407 W. North Ave.
New Covenant MBC
2315 N. 38th St. | Milwaukee City Hall
200 E. Wells St. |
| New Hope MBC
2433 W. Roosevelt Dr. | St. Anne's Intergenerational Center (Bucyrus Campus)
2450 W. North Ave. |
| Pilgrim Rest Church
3456 N. 38th St. | WGLB Christian Radio
7835 W. Burleigh St. |
| St. John's United Baptist Church
2439 W. Hopkins St. | Milwaukee Times Weekly Newspaper Offices
2238 N. Dr. MLK, Jr. Dr. |
| St. Mark's AME Church
1616 W. Atkinson
Trinity MBC
2829 N. Teutonia Ave. | <i>Or visit our website at: http://milwaukeeetnews.com/ to download a free PDF version of this week's paper and our entire archive.</i> |
| Way of the Cross MBC
1401 W. Hadley St. | |
| Zion Hill MBC
1825 West Hampton Ave. | |
| CLINICS
Milwaukee Health Services, | |



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July 13, 1965 – Thurgood Marshall becomes first African American appointed U.S. Solicitor General.

July 14, 1955 – George Washington Carver Monument, first national park honoring an African American, is dedicated in Joplin, MO.



July 15, 1867 – Maggie Lena Walker, first woman and first African American to become president of a bank.

July 16, 1862 – Anti-lynching activist Ida B. Wells Barnett born.

July 17, 1953 – Jesse D. Locker appointed U.S. Ambassador to Liberia.

July 18, 1939 – Saxophonist Coleman Hawkins records “Body and Soul” one of the classics of jazz.

July 19, 1925 – Paris debut of Josephine Baker, entertainer, activist and humanitarian.



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| <p>July 2nd
Dawan Davis
David Lee
Kelley Pennington
Aaron Gray</p> <p>July 3rd
Brandon Kennedy
Anthony Smith
Pastor William Jackson</p> <p>July 4th
Christina Fumbanks
James Fumbanks, Jr.</p> <p>July 6th
Juan Chamberlain</p> <p>July 7th
Perry Ingram</p> <p>July 5th
Daniel D. Lee</p> <p>July 9th
Gregory A. Ingram
Ariel Ivy</p> <p>July 10th
Alexis Smith
Christopher Rimmer</p> <p>July 11th
Charles Worthington, Jr.</p> <p>July 12th
Rhia Thornton
Timothy Jones</p> <p>July 13th
Jarett Fields
Earline Robertson</p> <p>July 14th
Geraldine Howard
Sharon Turner</p> <p>July 15th
Christopher Duncan
Jewel Rose Green
John Jackson</p> <p>July 16th
Sam Ingram</p> | <p>July 18th
Karen Rimmer
Bobbie J. Lathan
Cynthia Fumbanks</p> <p>July 19th
George Neal
Deirdre Saffold</p> <p>July 20th
Jackie Saffold
Candace Montgomery</p> <p>July 21st
E-Mani Ingram
Amaya Fumbanks
Layla McGee</p> <p>July 22nd
Cary Ingram
Glenn Phillips
Winnetka Fumbanks
Ashley Davis
Debra Fields</p> <p>July 23rd
Tayo Fumbanks
James Hicks, Jr.</p> <p>July 24th
Tabitha Ivy
Sidney O. Fumbanks, Sr.</p> <p>July 25th
Charlene Chamberlain
Carene Bass
Anastashia Hunté</p> <p>July 26th
Rogerick Griffin</p> <p>July 27th
Jason Bailey
Leona M. Duncan
Laila J. Duncan
Morgan A. Conyers
Adrienne Green
Ann Nichols
Nakisha Vernardo</p> <p>July 28th
Roslyn Taylor</p> <p>July 29th
Zakiya Johnson</p> |
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DO YOU HAVE A FRIEND, FAMILY MEMBER, CHURCH MEMBER, OR COLLEAGUE WHO HAS JUST CELEBRATED OR IS ABOUT TO CELEBRATE A BIRTHDAY? STOP BY OUR OFFICE WITH THEIR NAME ON MONDAY TO GET THEM IN THAT WEEK'S EDITION OF HAPPY BIRTHDAY SALUTES! VISIT US AT 2238 N. DR. MARTIN LUTHER KING JR. DRIVE, CALL US AT (414) 263-5088 OR E-MAIL THEM TO MILTIMES@GMAIL.COM.

The Classifieds

Greater Mount Zion Missionary Baptist Church
 Located at **2479 N. Sherman Blvd. Milwaukee, WI**
 is currently looking to hire a musician.
 Please contact the Church if interested.
 The Phone number is 414-871-5673

Help Wanted
 T's Residential Development Home is seeking part-time certified caregivers (16-24 hours per week), for the first and second shifts at a 4-person residential, assisted living facility in Milwaukee. Call 414-322-6446 to apply.



EDUCATORS WANTED
Divine Destiny School is seeking professional educators for the 2023-2024 school year for our 4/5 year-old Kindergarten class and our 3rd/4th grade class, that have a strong PASSION for teaching. Within our Christian school community, our team teaches academics to our students from a Biblical-worldview. Interested candidates will work to carry out the mission and vision of Divine Destiny School while building the total student, mind, body, and spirit by modeling a Christ-centered life dedicated to excellence.

Qualifications
 Interested candidates must possess:

- Bachelor's Degree
- Must believe in Jesus Christ as their Lord
- Experience working in an urban school environment, including general knowledge of issues facing at-risk youth, is desired.
- Ability to adapt instruction to reach the different strengths of each student
- Strong proactive skills in managing classroom
- Excellent communication skills both verbal and written

Job Responsibilities

- Provide detailed lesson plans in school format that focuses on common core standards
- Maintain a classroom atmosphere conducive to learning using various motivational and teaching strategies
- Develop academic plans that meet the child's individual learning needs and submit on time
- Consistently enforce school-wide core values with an emphasis on character education
- Ability to maintain confidentiality and work in a professional manner with a diverse population of children, youth, and adults
- Possess the ability to establish a rapport with youth, parents and other staff, while maintaining appropriate boundaries
- Must be willing to continue to grow & strengthen their professional development

I-YIYIN ANTI GALA

THURSDAY, AUGUST 3 | 6PM
MARCUS PERFORMING ARTS CENTER

PERFORMANCES BY **MADISON MCFERRIN +
SILAS SHORT**

TICKETS &
INFORMATION



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