



FEBRUARY 8, 2024

## GREETINGS FAITH! COMMUNITY!

We hope this month's letter finds you healthy and happy, and that the content is helpful to you. Please share with your congregations and send any feedback or content suggestions to [FAITH4Heart@mayo.edu](mailto:FAITH4Heart@mayo.edu)

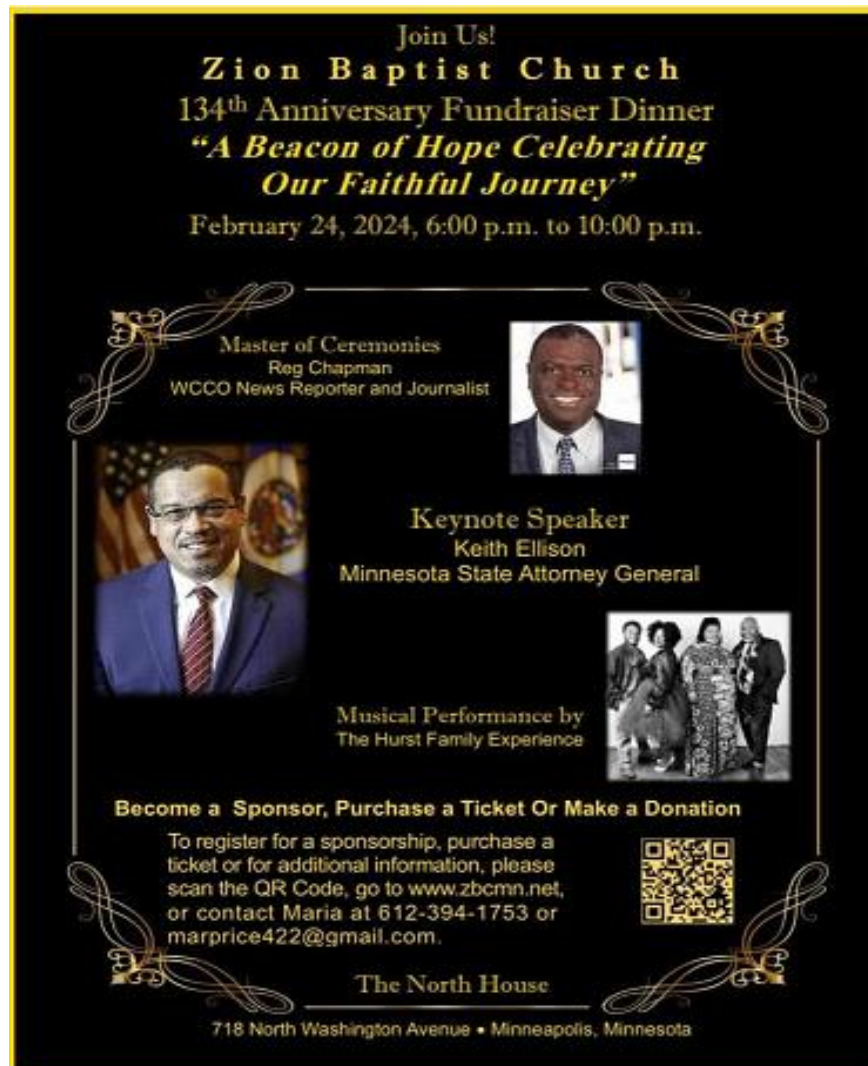
## SCRIPTURE OF THE MONTH!



## FAITH! Member(s) Spotlight: Pastor Brian C. Herron


The FAITH! Team would like to spotlight Pastor Dr. Brian C. Herron and the Zion Baptist Church. The church will celebrate its 134<sup>th</sup> Anniversary on February 24, 2024, and will have a celebratory weekend from February 23, 2024, to February 25, 2025. Zion Baptist Church is committed to serving the needs of the Minneapolis community. For more information on the Anniversary celebration, click on the link for the church.

<https://www.zbcmn.net/>




Join Us!  
**Zion Baptist Church**  
134<sup>th</sup> Anniversary Fundraiser Dinner  
*"A Beacon of Hope Celebrating  
Our Faithful Journey"*  
February 24, 2024, 6:00 p.m. to 10:00 p.m.


Master of Ceremonies  
Reg Chapman  
WCCO News Reporter and Journalist




Keynote Speaker  
Keith Ellison  
Minnesota State Attorney General



Musical Performance by  
The Hurst Family Experience



**Become a Sponsor, Purchase a Ticket Or Make a Donation**  
To register for a sponsorship, purchase a ticket or for additional information, please scan the QR Code, go to [www.zbcmn.net](http://www.zbcmn.net), or contact Maria at 612-394-1753 or [marprice422@gmail.com](mailto:marprice422@gmail.com).



The North House  
718 North Washington Avenue • Minneapolis, Minnesota

Join us in recognizing Pastor Brian Herron and the Zion Baptist Church membership on this milestone of service to the Minneapolis community. *The FAITH! Team will provide Pastor Herron with FAITH! Swag for his selection for the February Eblast member spotlight.*

## REMINDER: WE ARE ALWAYS ACCEPTING SUBMISSIONS FOR THE MONTHLY EBLAST!

We want to feature you! Please send us information about what your church is doing to help our communities! We see you! We will share your information! **Tell us about community events and news articles featuring a FAITH! community member or nominate someone to be recognized for the Community Member Spotlight!** Let us know what your church is doing; we'd love to highlight your hard work!

*\*Please send us your nominations!! Community members selected for the monthly spotlight will receive a gift!!\**

Submit information via our social media or at [FAITH4Heart@mayo.edu](mailto:FAITH4Heart@mayo.edu) by **March 1, 2024**, for the next Eblast.



# TECHQUITY BY FAITH! KICKOFF

Community members of Minneapolis/St. Paul, MN get ready for the TECHQUITY BY FAITH! Kickoff Event at the Howard Mezile North Community YMCA in Minneapolis on Saturday, February 17, 2024, at 12 pm. Come out and learn about our new research project focusing on digital health equity and heart health promotion. In addition, meet with Dr. LaPrincess Brewer and the FAITH! Team, while hearing from our guest speaker, Coach Val, and enjoying lunch from Soul Bowl! We look forward to seeing you there.

Watch for additional information about monthly events. Please join the FAITH! team in this exciting project!

**TECHQUITY  
BY FAITH!  
STUDY KICKOFF EVENT**

**GUEST SPEAKER**



**Coach Val**  
Lifestyle Coach - Disease Prevention  
CEO of VF Solutions  
Creator - Afrokaribe Dance Fitness

**SATURDAY, FEBRUARY 17th**  
12:00 PM  
**HAROLD MEZILE NORTH  
COMMUNITY YMCA**  
1711 W Broadway Ave  
Minneapolis, MN 55411

**TECHQUITY:**  
A new study incorporating  
digital health equity and the  
FAITH! Heart Health Program

**WHAT TO EXPECT:**

- FAITH! testimonials
- Brief overview of Techquity study
- Guest Speaker
- How to get involved!

Lunch will be served



Catering by 

RSVP by 2/14 - [faith4heart@mayo.edu](mailto:faith4heart@mayo.edu)

## COVID-19 Updates: The New Normal

When the COVID-19 pandemic began in March 2020, the FAITH! team, along with the Community Steering Committee (CSC), stepped into action to provide adequate and timely COVID-19 information and resources to the community. The world is now in the 4<sup>th</sup> year of COVID-19, and it is our new normal. We learned new ways to live with the pandemic by staying at home when symptoms emerge, wearing a mask, and getting vaccinated. While COVID-19 is no longer the main topic on news channels, the world continues to learn how the pandemic will affect us in the future. The FAITH! team continues to be vigilant in keeping you safe by keeping you updated. Today, we want to remind you of symptoms and where to get vaccinations. The best protection is vaccination for COVID-19. COVID-19 booster vaccines are currently available from your primary care provider, local pharmacy, or local health department. In addition, the FAITH! team would like to remind you to continue to take measures to prevent infection and protect yourself. Remember to wash your hands, cover your mouth and nose when coughing or sneezing, stay home if you feel sick, and test if you develop symptoms.

### *Thank you to all our participating Churches!!*

1. New Creations Ministries Church of God in Christ
2. Refuge International Ministries
3. Riverside Evangelical Free Church
4. New Hope Baptist Church
5. New Creations Baptist Church
6. Greater Friendship Missionary Baptist Church
7. Full Proof Ministries Church of God in Christ
8. Fellowship Missionary Baptist Church
9. Word of Life Church of God in Christ
10. St. James AME Church
11. The Redeemed Christian Church of God Chosen Generation Parish
12. Vision Church
13. Christ's Church of the Jesus Hour
14. New Oil Christian Center Church of God in Christ
15. St. Albans Church of God in Christ
16. Immanuel Baptist Tabernacle Church
17. Morning Star Church
18. Great is Thy Faithfulness
19. High Praise Ministries
20. True Foundation Church of God in Christ

### COVID-19 SYMPTOMS:

- 1). Fever or chills
- 2). Cough
- 3). Sore throat
- 4). Congestion or runny nose
- 5). Fatigue
- 6). Headache
- 7). Shortness of breath or difficulty breathing
- 8). New loss of taste or smell
- 9). Muscle or body aches
- 10). Nausea or vomiting
- 11). Diarrhea

## Health, Wellness, and Good Readings Updates

### FOCUS ON MANAGING BLOOD SUGAR OF LIFE'S ESSENTIAL 8!

This month, the FAITH! Team is focusing on another healthy factor of Life's Essential 8, a tool to improve cardiovascular health and prevent heart disease and stroke. Managing blood sugar is an important factor in decreasing your risk of diabetes. Blood sugar can rise due to foods you eat, or if your pancreas is not working properly to control it. The American Heart Association (AHA) recommends eating a healthy diet, limiting sugary foods, increasing physical activity, managing weight, maintaining good sleep habits, limiting alcohol, and stopping smoking to manage blood sugar.



The FAITH! Team recommends seeing your healthcare provider annually to have your blood sugar checked. The AHA provides information on managing blood glucose levels. Refer to the link below.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8/how-to-manage-blood-sugar-fact-sheet>



Next month, the FAITH! Team will focus on another key Life's Essential 8 healthy behavior, managing weight.

## American Heart Awareness Month

February is Heart Awareness Month. On Sunday, February 18, 2024, the FAITH! team invites you to raise awareness of heart disease by wearing red. Please take pictures of yourself in your red dress or red tie and share them with FAITH! on social media or send them to [FAITH4HEART@mayo.edu](mailto:FAITH4HEART@mayo.edu).

Please see FAITH! flyers for events for Heart Awareness month below.

*You're Invited!*

# Red Dress & Red Tie Sunday

*Sunday, February 18th, 2024- 10:30 AM*

**The Redeemed Christian Church of God -  
Chosen Generation Parish**  
1310 10th Avenue NE, Rochester, MN 55906  
**Make sure you wear Red!**

**Meet the Cardiologist**  
Dr. LaPrincess Brewer, Mayo Clinic Cardiologist and FAITH! Program Founder will discuss the importance of heart health and Red Dress & Red Tie Sundays



**Reception following  
Worship Service**  
Heart health resources, prizes, and light refreshments

**Dr. LaPrincess Brewer**

 [faith4heart.com](http://faith4heart.com)  
[faith4heart@mayo.edu](mailto:faith4heart@mayo.edu)

 Sponsored by the Mayo Clinic Center for Women's Health

# Red Dress & Red Tie Sunday

*Sunday, February 18th, 2024*

**Heart disease is the #1 cause of death among women.**



Yet, most women don't recognize this threat. Ladies (and gentlemen), join your sisters across Minnesota as we raise awareness and make a change! The goal of this special event is increase awareness of heart disease in women - how to recognize symptoms, how to treat it, and most importantly, how to prevent it in the first place!



Show your support by wearing red on Sunday, February 18th! Please share photos with FAITH! on social media or send them to [FAITH4HEART@mayo.edu](mailto:FAITH4HEART@mayo.edu)



  @FAITH4Heart

February is Black History Month, a time to remember and highlight African Americans who have contributed to history. The FAITH! Team honors and recognizes the many African Americans who were social activists, scientists, artists, musicians, politicians, and inventors who advanced equality for all and made outstanding contributions to benefit the world. We recognize that Black History is our history, and we must continue to share this history for generations to come.





## Reminder: Spiritual First Aid Training

All great things must come to an end. The **Free Spiritual First Aid Training** registration is available until March 2024. Join other FAITH! members who have completed this Spiritual First Aid Training: **Pastor Daniel McKizzie (New Creations Baptist Church); Tiarra Shaw (High Praise Ministries); Marcia Wyatt (New Hope Baptist Church); Ushawnda Wilson (Full Proof Ministries COGIC), Amanda Koenigs (Mayo Clinic)**. We also would like to recognize those who have started the training: **Paige Elliot, Ora Hokes, Acacia Ward, Amanda Pelley, Brenda Granison, Svea Merry, Loretta Bush, and Pastor Michael Palmer**.



This training is open to the public. Register today. Please let us know if you or someone you know is interested in participating in the training by emailing [faith4heart@mayo.edu](mailto:faith4heart@mayo.edu).

Please continue to spread the word and encourage your friends, family, and congregation members to like and follow our **FAITH! Facebook Page** at "FAITH! Cardiovascular Health & Wellness": <https://www.facebook.com/FAITH4Heart/>

You can find us on TWITTER now too! Follow along at @FAITH4Heart, where we'll share updates on our studies, publications, news articles, events, and more!

<https://twitter.com/FAITH4Heart>



*We hope you find this information helpful. Please feel free to contact us with any questions, concerns, or needs. We will do our best to provide you with the assistance you need. As you plan your weekend activities, please remember to stay safe and heart healthy.*

**As always, THANK YOU for  
your support!  
Be Blessed,  
The FAITH! Team**

