

September/October 2020.

# ARISE & REJOICE

Positive Stories About Positive People

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## MAGAZINE<sup>©</sup>



**Congressman John Lewis was the  
“Conscious of the Congress.”**

Please see page 4



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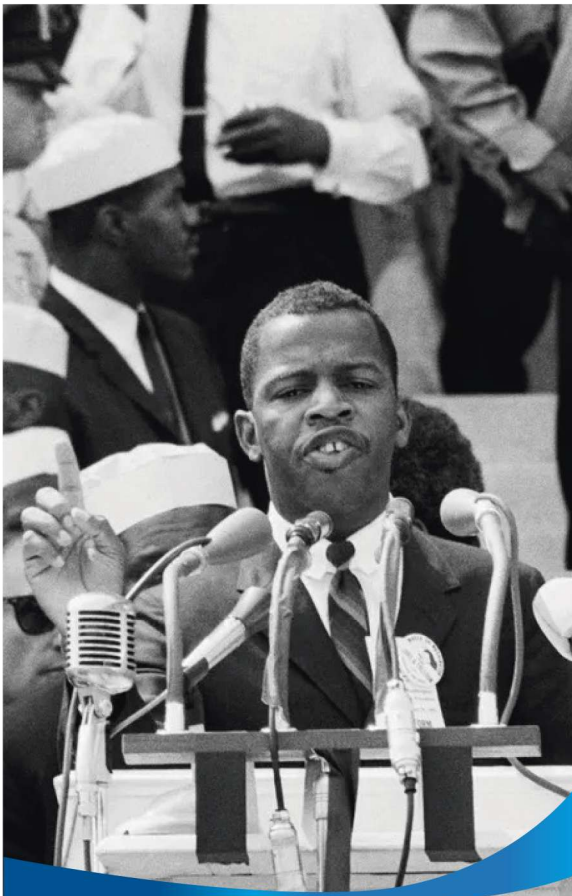
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**CONGRESSMAN JOHN LEWIS**

helped to shape national policy that benefitted all Americans

- Please see page 4



**CHECK ON**

others during these difficult times

- Please see page 7



**SITTING ALL DAY**

may be a tremendous danger to your health

- Please see page 13



**HANDLE YOUR**

money wisely during the pandemic

- Please see page 14



**IT IS WRONG**

to judge people by their ethnicity, or their faith

- Please see page 15



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Congressman Lewis lived to make the world a better place for all people

## A life spent loving others!

**O**n a quiet Sunday morning on March 7th, in 1965 the late **Congressman John Lewis** nearly lost his young life while leading a civil rights march across a sleepy rustic bridge in Selma, Alabama.

Columns of state law enforcement officers, their faces hidden behind gas masks, attacked Lewis and the nearly six hundred peaceful marchers that he led.

Lewis was struck so violently on his head that some of his frightened colleagues believed that he would not survive the day.

But with the help of friends, he rose to his feet and was taken to a local hospital.

Millions had watched on television as John Lewis and his fellow marchers were ferociously beaten. The viewers were horrified, distraught and in disbelief.

Among the outraged was Lyndon B. Johnson, the nation's president, a Texan and the most powerful person in the United States.

The president, too, could not believe his eyes. For a moment he could not believe that he was in the United States of America.

Months later President Johnson signed the Voting Rights Act into law.

Among the prominent leaders invited to the White House for the bill signing was John Lewis. He was only 25-years-old.



Congressman Lewis began his search for justice and peace while he was a young adult.

Twenty years later his commitment to social change and his love for people led to his being elected to the United States Congress in 1986.

In Washington, Congressman Lewis quickly became a favorite of Democrats and Republicans, he had very few enemies!

To his friends and even to many of those that opposed him **he became known as the "Conscience of the Congress."**



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# Sitting can cause cancer

Sitting for prolonged periods of time can lead to cancer, according to researchers and health experts.

**S**itting is something that many of us who have office jobs are required to do.

- ✓ Others spend lengthy periods of time sitting on our rears while watching television.
- ✓ Here are some things that you should do during the course of your workday, or while watching television to lessen the risk of cancer.
- ✓ Try getting up from your desk each hour and slowly walk from one end of your office to the other.
- ✓ If you have to use a bathroom, select one that is the furthest from your desk.
- ✓ When you go to work and when you leave take the stairs rather than riding an elevator.
- ✓ While watching television stand up and stretch periodically. Also, do some simple exercises while you are watching.
- ✓ So remember, sitting for prolong periods can adversely affect your health, but there is something you can do about it. **JAR**

**Get at it!!!!**

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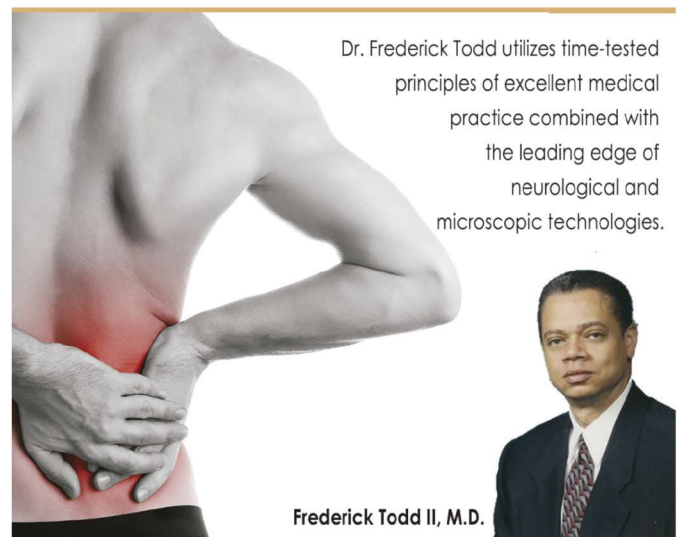
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SEPTEMBER/OCTOBER 2020



# Beyond the Virus!





**T**hose of us blessed with the good fortune to survive this storm are obligated to remember all of those whose lives have been lost, and those who moved them.

More than 500,000 others whose lives were snatched from them, and from those whom they loved.

We must become better people, concerned not simply with our own lives, but with others near and distant. **We must resolve to be more just, and to live with greater purpose and decency!**

This plague has delivered a potent message to the world, and its people.

It has asked do we continue as we are, or shall we pursue newness of spirit, of substance and of will?

**Once we emerge from our shelters we must not live as we did before this calamity.**

We must strive for newness, and clarity in all that we do. We must remake ourselves, our communities and our world.

We must always remember those who succumbed such as Skylar, who wanted to become a physician.

In our daily routines we must consider the importance of healing, and bringing comfort and aid to others!

If we do we shall be better prepared for the next plague that finds us, or finds those that live after we have departed.

We are now obligated to making meaningful and spiritual adjustments that will shield us from the tumultuous madness of the next plague.

We must be bold in our search for solutions that will enable us to survive, and extend our way of life.

We must be loving in all that we do, elevating our concern for the common good

**as surviving the plague demands that of all people!**

**“ We must elevate our concern for the common good!**





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# WHAT WE BELIEVE!!!

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## March/April 2020

Volume 4, Number 3

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Arise & Rejoice is a publication that reflects the goodness and grace that abounds within all people. It seeks to bring all of us closer together, promoting understanding and reconciliation.

Arise & Rejoice believes in the development of a community of "we" where no one is seen as "the other" and where all people are acknowledged and respected!



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*"Six-year-old Susie Palmer's love for plants propelled her to pursue an education in the field of botany. It was not until her twin sister's daughter became ill with an extremely rare cancer that the acorn would reveal a medical miracle that she could not explain."*



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— In Memoriam —

## **Carl Heinrich Hock**

*visionary, author,  
sailor,  
business-executive,  
shipbuilder, friend.....*

**SUNRISE: JUNE 16TH, 1932 | SUNSET: MAY 31ST, 2020**

### An American Tragedy



**Written by Pat Murphy**  
**Video by Ron Beckett**  
**Created after the death of George Floyd**

[https://youtu.be/cEVGZX\\_qg5k](https://youtu.be/cEVGZX_qg5k)

### Saluting Congressman Lewis

**T**he Southwest Jewish Congress and the BLEWS (Blacks and Jews) organization recently held a virtual tribute acknowledging the life and work of the late Congressman John Lewis.

Among the featured speakers during the hour-long tribute were Reverend Peter Johnson who worked with Lewis for more than sixty years, and UTD Professor David Paterson, who spoke about the work that the late Congressman did to build alliances among different groups of people in America, and throughout the world.

"I was blessed to know the Congressman as a personal friend and international leader," Reverend Johnson said. "I will miss him tremendously!"



# Money and the Virus



**M**oney in the hands of people has become scarce for during the Coronavirus nightmare.

Many businesses are closed or operating on limited schedules. There are many people whose jobs no longer exist.

Here are some financial tips and suggestions that we hope will help you, hi and those you care about during this period of uncertainty and pain.

Make a list of your creditors and be in contact with them.

Let them know that you are not able to fully meet your financial obligations.

Ask them whether their company has programs that will help you while you attempt to restore fanciful order in your life.

A number of companies have reduced their interest rates, produced Grace periods and even forgiven some payments from their customers.

Ask whether or not they will allow you to make partial payments on your obligations

that will not affect your credit score.

Contact companies online or by phone and let them know that you are having difficulties making your regular payments.

In most cases you will find that companies will work with you. After all, they have probably experienced difficulties because of the pandemic. IAR

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# What We Believe !!!

It is unwise to judge an individual because of their ethnicity, their faith, their place of birth or because of the uniform that they wear!

The world will be a better place if we threw our biases into the sewers, and began the task of creating a just and fruitful world for all people!!!

Sincerely,

Arise and Rejoice Magazine



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