



Pleasant News



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Daylight Saving Time and Its Effects on Mental Health

By Kathy Crews Williams

With the onset of Daylight Saving Time this month, clocks advanced by one hour, resulting in a loss of sleep. Mental health experts note that this lost hour can have a greater impact on individuals than is commonly recognized.

Our bodies run on internal clocks regulated by light. Morning light signals the brain to stop producing melatonin—the hormone that helps us sleep—and to release cortisol, which promotes alertness. When the external clock suddenly shifts, our internal rhythm doesn't immediately follow. It falls behind, creating a sensation similar to jet lag. That's why many people feel irritable, distracted, or unusually tired after we "spring forward" in the Spring or "fall back" in the Autumn.

For people managing anxiety or depression, this disruption can be even harder. Sleep and mood are

closely connected. When sleep is shortened or interrupted, emotional resilience declines. Small frustrations can feel much bigger, patience may wear thin, and routine tasks can seem overwhelming.

Beyond biology, there's also a social dimension. School and work schedules continue unchanged, regardless of how fatigued we feel. We're expected to wake up, commute, and perform as usual—even when our bodies are still adjusting. That mismatch between our internal clock and external demands can intensify feelings of disorientation.

While autumn's "fall back" gives an extra hour of sleep, it also causes shorter days and earlier darkness. Less evening light can lead to fatigue or lower mood, especially for people prone to seasonal depression like Seasonal Affective Disorder (SAD).

The impact of daylight saving time is rarely dramatic on its own. Instead, its effects tend to accumulate and vary depending on individual habits and routines. Someone who stays up late may feel the shift more strongly than someone with a flexible schedule. Night-shift workers, too, may experience greater disruption than those working traditional daytime hours.

Nevertheless, there are notable positive aspects. Extended daylight hours during spring and summer promote increased outdoor activity and facilitate social engagement. Exposure to sunlight in the evenings can enhance mood and replenish energy levels. Additionally, sunlight contributes to vitamin D synthesis and aids in the regulation of serotonin, both of which are closely associated with overall well-being. Plus, the extra hour can be used for prayer, study and service to others.

Save The Dates

Singing Sensations Youth Choir from Baltimore Maryland
Sunday, March 22 - 3:30 pm

Spring Fling Youth Revival: "They Not Like Us"
Thursday, March 26 - 7:00 pm -
Minister Rich Berry
Friday, March 27 - 7:00 pm -
Rev. Chandra Williams

Good Friday Service
Friday, April 3 - 7:00 pm

Easter Service
Sunday, April 5 - 10:45 am

Women's Spring Conference
Friday, April 17 - 7:00 pm
Wear white, Guest pastor
Saturday, April 18 - 8:30 am
Two guest preachers

Pastor's Anniversary
Sunday May 17- 10:45 am

100th Anniversary Banquet —
Lazaretto Ballroom, Essington, PA
Saturday, September 26 - 4:00 pm

MPBC 100th Anniversary Service
Sunday, October 25 - 10:45 am-
Guest Speaker: Rev. Dr. Kirk Byron-Jones

Meet The Josephs

By Gwen Owens



Deacon Enrique Josephs, born in Colón, Panama, the youngest of four, moved to NY at the age of 8. He grew up in a diverse neighborhood and experienced several religions before adopting the Baptist faith after meeting the love of his life, Joan Henson.

Enrique majored in Urban Studies and planned to go into banking. But when his best friend took a job at Glen Mills Schools in Delaware County, PA after graduation, Enrique followed. He spent 38 years there—first as a recruiter, then as Admissions Director, retiring in 2019 from work he loved because “I was able to help

change many young men’s lives who looked like me.”

Deaconess Joan Josephs, the second of four, was raised in Camden, NJ in a deeply rooted Baptist family. Baptized at age 12, she spent much time in church—her grandparents served as deacon and deaconess, her parents served on the music ministry and her mother was choir director.

The couple met on a blind date, arranged by friends, at a time when Joan wasn’t looking for love. But love prevailed. Married in 1989, the Josephs have one son, Enrique, Jr., and a 7-month-old granddaughter who brings them “unspeakable joy.” The Josephs joined Mt. Pleasant Baptist in 2008.

A social worker for 38 years for the Camden County Board of Social Services, Joan retired in 2011. She then spent three years studying to earn a Christian Counseling certificate. “I love to help people,” she says. “I prayed for the gift of discernment years ago, and God gave it to me. The best thing I do when someone brings

me their problem is listen—I can hear what they are *not* saying.”

Deacon Enrique loves gardening and doing anything outside, including lawn work. One thing he looks forward to when weather permits is helping a homebound church member tend her garden. He also likes to throw down in the kitchen. He and other volunteers helped make February’s “A Taste of Mt. Pleasant” a rousing success. Enrique serves on the Culinary Ministry and supervises the trustees and greeters, guided by his belief that serving is a way to honor his Lord.

Deaconess Joan enjoys traveling, reading, and writing. Her journals are filled with affirmations that, she says, “feed my spirit and keep me on the straight and narrow.” If you have been in Mt. Pleasant in recent years, you have definitely seen her creative touch in decorations around the church and sanctuary.

Enrique’s favorite scripture is Proverbs 3:5-6; Joan’s is Psalm 27:1-2.



A TASTE OF MT. PLEASANT

Thank you! The Mt. Pleasant Culinary Ministry would like to thank everyone who participated in the “Taste of Mt. Pleasant 100th Anniversary Event” held

on February 21st.

Members donated 64 dishes of goodness and 138 tickets were sold! We appreciate the donation of time, treasure, and ef-

forts to celebrate the Mt. Pleasant Baptist Church 100th Anniversary and honor our Lord and Savior!



Senior Day



The 4-1-1 on Colorectal Cancer

By Deaconess Kamilah Berry

March is Colorectal Cancer Awareness Month, a time for men and women to focus on prevention, early detection, and education within our communities. Colorectal cancer is one of the most preventable and treatable cancers when found early. Regular colonoscopy screenings can detect precancerous polyps long before they turn into cancer, making screening a powerful tool for protecting your health.

Colorectal cancer does not affect all communities equally. Statistics show Black adults in the US have about a 20% higher incidence rate and are approximately 40% more likely to die from colorectal cancer than white

adults. Hispanic and Native American populations also experience disparities in screening access and outcomes. Increasing awareness and early detection efforts in underserved communities is critical to closing these gaps and saving lives. Also at risk: people who are obese, sedentary, have Type 2 Diabetes, Crohn’s Disease or a family history of colorectal cancer.

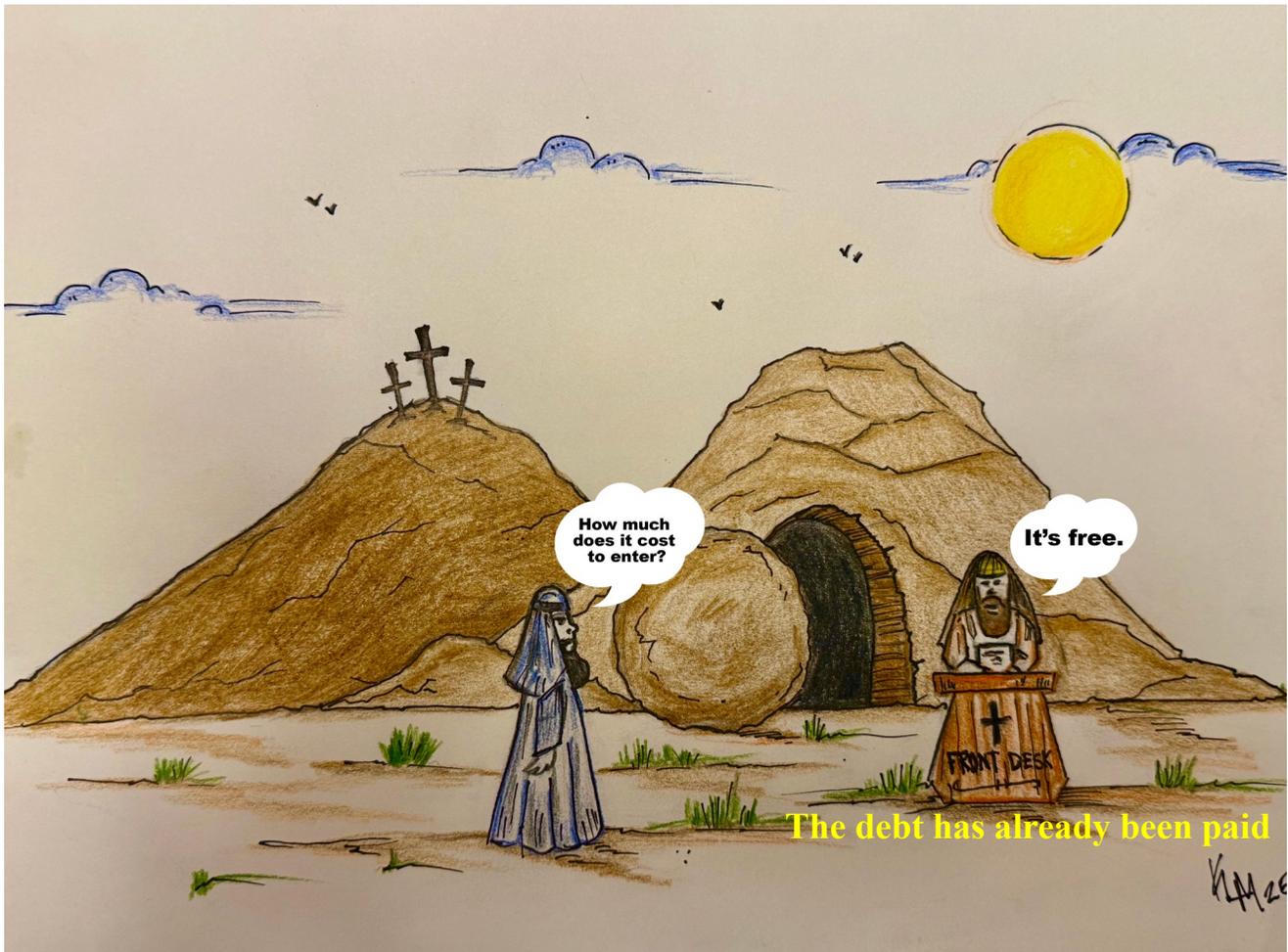
Health experts recommend that adults begin screening at age 45, or earlier if they have risk factors or symptoms such as persistent changes in bowel habits, unexplained weight loss, cramping or belly pain, fatigue, or the big tell-tale sign—blood in the stool. Although these symptoms do not

always mean cancer, they should never be ignored. Talking openly about colorectal health can reduce fear and stigma, empowering individuals to take proactive steps. What can you do to avoid colorectal cancer? Experts say to have a diet rich in fiber and calcium, and low in alcohol and red meat.

1 Corinthians 6:19-20 tells us that our body is the temple of the Holy Spirit, who lives in us. Since it belongs to God, we must honor Him with it. Through awareness, prayer, and practical action, we can strengthen our physical health, our faith in the community, and support healthier outcomes in our congregation.

Resurrection Reflection

By Deacon Kevin Munn



Tax Corner Correction

Pleasant News made an editing error on page 2 in the January 18, 2026 issue.

We reported the income tax "filing deadline is Wednesday, April 15, unless you file for an extension (Form 4868). You can only file for an extension if you owe the

IRS money."

The correct information is, "All tax forms should be filed by April 15, 2026, unless you file for an extension (Form 4868). The extension applies to the TAX FORMS ONLY, whether you are due a refund or owe the IRS

money. Extended forms are due by October 25, 2026. Any money owed the IRS is due by April 15, 2026. We apologize for any confusion or inconvenience this may have caused.

