



a note from Angie



Founder & Chief Editor

Hey Christian Ladies,

Welcome to the April issue of Virtuous, Victorious & Valued Magazine! This month's issue focuses on the roles we take on as mothers, care-givers and providers and the joys and struggles that come along with it. As you read, I pray that you look within to see how these issues affect you and other women in your life. As April flowers bloom remember, always define yourself based on what the *Word* says, not what the *world* says. You are the daughter of a King and have a higher standard of living than the world could ever understand. Until the next issue, be virtuous, victorious and valued!

Blessings, Argie

STAY CONNECTED!





INSIDE THIS ISSUE



6 FEATURED ARTICLE

MIND + BODY + SOUL

6 My Story, Your Breakthrough

RAISING A BOY, NOT A MAN: HOW BLACK MOTHERS CODDLE THEIR SONS TO FAILURE

Why black mothers are spoiling their sons and the consequences they face because of it.

14 Mental Matters

DO YOU HAVE SUPERWOMAN SCHEMA?

Discover the traits of superwoman schema and how you can overcome it.



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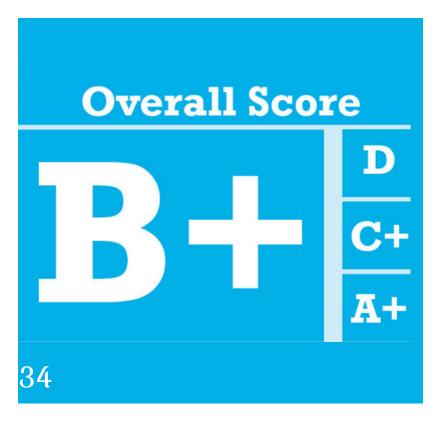
FAITH + RELATIONSHIPS

24 Strength Through Scripture

THE REAL MEANING OF MATTHEW 7:1

Matthew 7:1 is one of the most misquoted scriptures in the Bible. Find out what it really means.

INSIDE THIS ISSUE



FAITH + RELATIONSHIPS

26 The Parent-Teacher Partnership
THE TRUTH BEHIND SCHOOL
RATINGS:HOW SCHOOL RATING
SITES REALLY SCORE SCHOOLS

Discover how the top 3 school ranking websites really rate schools.



THE GENTLEMAN'S PERSPECTIVE

FRAME OF MIND

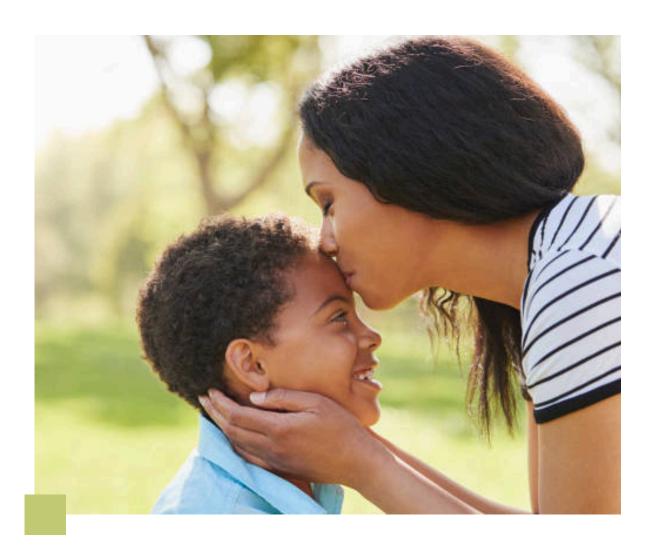
36 The Gentleman's Perspective

THE TOP 5 REASONS BLACK MEN DON'T GO TO CHURCH

This article explains why 70% of todays church congregation is women.

RAISING A BOY, NOT A MAN How Black Mothers Coddle Their Sons to Failure

by Angie Manning



Have you ever heard the expression "black women love their sons and raise their daughters"? It speaks to the idea that black mothers treat their daughters and sons differently as they raise them from children to

adults. This loving raising notion has been researched and well documented over the past Countless 30 years. researchers agree that black mothers coddle their sons, but why? Let's take a look at what researchers

found and how this phenomenon is impacting the lives of black men and women.

Expectations

Several research studies suggest that Black parents have higher expectations for their daughters than their sons. Black boys are not held to the same social. behavioral or academic standard as their sisters first-born brothers. Instead of setting the bar high for black boys, black mothers lower the citing racism bar and discrimination as barriers to their son's success. Black mothers shield their sons from



age appropriate responsibilities and experiences that contribute their maturity to development – all in an effort to protect them from the harsh reality they will face in the world as a black man. Many women admitted that coddled their sons to make up for not having a father in the home. They knew their sons were missing out on the male influence they needed in their lives and overcompensated to soften the pain of their father's absence. But in an effort to shield and protect their sons, inflicted unintended they damage.

Black mothers looked the other way as their sons sidestepped the responsibilities that boys need to become men. Their sons were spared from responsibilities like taking out the trash, mowing the lawn, or cleaning their rooms. When black boys made bad choices at school or in the world, their mothers intervened to shield them from the consequences. 7

Instead of admonishing them for their poor choices and giving consequences, black mothers made excuses and blamed others. As a result, their sons never learned to think before they acted nor to control their emotions. They didn't learn to press through challenges and disappointment. They never learned from their mistakes because they were shielded from the consequences of their actions. Hence, they never became men.



The Impact of Coddling

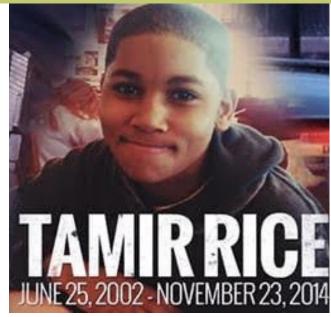
Countless women have been interviewed about this coddling phenomenon over the years. All agree that the black boys in their families negatively were impacted by coddling. "First, he was little man . . then I put him on a pedestal," one mother said. "I created a monster." She went on to explain how her son was unable to care for himself as an adult because of the coddling he received from his family.

research participant Another said, "My brother was completely coddled. Women in my family would say things like you know he's a Black man; he's going to have problems in life so we need to do everything we can to make him feel special. It definitely hurt him as opposed to helping him." Another participant also spoke on impact of coddling her brother received growing up. "We finally realized we had to let him fall because he had never fallen. We overcompensated for the absence of his father so much

that anytime he looked like he was teetering, we were right there to make sure he never fell. He's divorced now because he couldn't transition from us taking care of him, to being responsible for his own family."

Mother after mother went on to describe the devastating effects of coddling black boys. "We as Black women cause damage to our boys because we make them momma's boys – we rob them of being able to grow into a man, so they're always a boy. It makes them a reckless husband—an undependable, unreliable man and just not fit for society."

Black mothers, like all mothers, want the best for their sons. They coddle, not with the intent to hurt but to protect. My own son was a pre-teen when violence against black men was put in the spotlight by social media. Watching images of young black men being beaten, shot and killed day after day took a toll. My parenting turned into coddling, and my son was more than happy to take advantage of it. He was



breaking the house rules, ignoring my directions, failing classes at school, all with little to no consequences. He didn't speak to me nor treat me with respect because I didn't require him to. But how could this be? I'm an educator – I give parents about how to raise advice responsible children all the time! Too bad I wasn't taking my own advice.

But time breeds clarity, thank God! When he was 17 years old, I stopped coddling and started parenting. He didn't know how to respond. He reacted to correction with anger and hostility, but I refused to let him off the hook. When he was wrong, I let him know. When he

made a mistake, I held him accountable. If he refused to interact with me respectfully, we didn't interact at all. We went for months at a time without talking. Christmas, birthdays and Mother's Days passed with radio silence. It was painful. But I refused to go along to get along. He had to learn that I was due the same – more respect, than his no friends, teachers and coaches. Yes, I'm his mother, but I'm a person first. I cried and prayed, the door yet kept reconciliation open, waiting for him to change. It took four long years, but for the first time I

was requiring respect, and he was giving it.

Black mothers, like all mothers, want the best for their sons. They coddle, not with the intent to hurt but to protect. But over protection is the last thing our sons need. It does not prepare them to take care of themselves or a family. Coddling trains our sons to be dependent on us and those around them to get their needs met. The end result is often a grown man being taken care of by his mother or another woman that has allowed him to act like a child. The end result does not produce a man.



When we look at how black men are treated in the world, it makes us want to grab our sons tight and never let go. It makes their want to remove us struggle, stress and pain. But our sons must experience struggle, stress and pain in order to become adults - in order to become men. Remember moms, the most important thing that you can teach your son is how to get along without you.

"The most
important thing
that parents
can teach their
children is how
to get along
without them."
~ Frank Clark













by Angie Manning



Superwoman Schema. It may sound like some made up phrase used to describe women who believe they can conquer the world, but it's actually a scientific term coined by researcher and

psychologist Dr. Cheryl Woods Giscombe of the University of North Carolina at Chapel Hill. Dr. Woods-Giscombé's research about Superwoman Schema, or SWS, is centered around

the idea that black women have an obligation to project strength, surpress their emotions, hide dependence and vulnerability, and prioritize caregiving at the expense of self-care.

The roots of SWS are found in black women from generations past who were forced to block out anything that distracted them from taking care of themselves and their families – including their own feelings. But black women have been passing this way of thinking down from generation to generation to preserve the survival of their daughters, granddaughters, nieces and other female loved ones.

Dr. Woods-Giscombe's research uncovered the five characteristics of SWS and how it impacts women today. Keep reading to see if you recognize any of these characteristics in yourself.









#1 Obligation to Present an Image of Strength

The expectation is that every black woman be a strong, no what the matter circumstances. This desire to maintain an image of strength cultural is rooted in expectations and religious When beliefs. stressors emerge, black women often through fight it alone, believing we have what it takes to make it through. We hold to the age old adage that

what doesn't kill us will make The truth stronger. us stress causes extreme blood pressure, insomnia, anxiety and depression which makes weaker, us not stronger, and can even kill us.

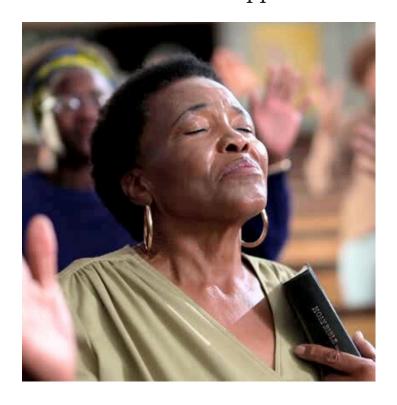
When Black women do express difficulty managing life, they are encouraged to seek God to help them through stressful situations. Black women are often told to pray and "give it to God", instead of seeking help from others, including mental

Mental *Matters*

health professionals. Their demonstration of strength is seen as a barometer of how much faith they have in God and reinforces black women to project strength even in times of weakness.

#2 Obligation to Suppress Emotions

Black women are encouraged to suppress and internalize their emotions and frustrations. This practice was modeled by our mothers, grandmothers, aunties and other caregivers who hid their sadness, disappointment and frustration from family and friends. Our elders suppressed



their feelings to avoid being consumed by them. Time and energy could not be wasted tending to feelings when there were people to be taken care of and work to be done.

There was one place black women could cry, shout and display their emotional turmoil. Church. It's acceptable to have an emotional breakdown at church. You won't be the only one crying at the alter and no one is going to ridicule you for releasing your problems and giving them to God. In fact, it's expected. But, women don't have a church home. seclusion. suffer in They breakdown behind closed doors and attempt to heal themselves, sometimes unsuccessfully.

3 Resistance to Vulnerability or Depending on Others

The image of strength and independence that black women have projected over the years has prevented us from

accepting help even when we need it. Black women often reject help from others saying "I can take care of this myself," even when they know they need help. We can be so convincing that people who want to help, eventually stop offering.

That strong black woman facade is like armor shielding our hearts and minds from those who want to throw us a life preserver, but just can't see that we're drowning. This rejection of help is fueled by distrust and fear of being dependent or perceived as

vulnerable to others. Being let misunderstood down. judged by others contributed to black women's resistance to being vulnerable. resistance extends This mental health providers who provide could valuable support. Research participants that did seek help from mental health professionals thought they lacked cultural competence. They felt misunderstood and eventually abandoned treatment.

#4 Determination to Succeed Despite Lack of Resources

Black women have been conditioned to believe that in



order to be strong, they must endure tough circumstances. resilience While builds character, it also causes women dismiss their emotional to perceiving distress, it necessary for achieving success. Normalizing distress and celebrating resilience can an illusion of create true empowerment. This illusion of power also discourages women seeking emotional from support.

Growing up, black women their mothers watched and figures mother take on tremendous challenges and find in the bleakest success circumstances. These women fought through their emotional pain and used limited resources achieve their goals. Big to Mama made it through hard times and passed her lifestyle down to Mama, who passed it down to us. This vicious cycle continues.



#5 Obligation to Help Others Over Self-care

Black women often have to take several roles: on nurturer, provider, care-giver, protector problem solver – the list goes on leads on. This and prioritizing care for others over self-care. Black women often delay medical treatment when they are sick and have run themselves ragged helping normalize They others. tiredness and see rest as a luxury they can't afford.



Many black women say yes when people ask for help even when it's a detriment to their own well-being. They feel guilty when they take time to relax pamper rest. or themselves. They overextend themselves to meet their children's expectations, often to their own detriment.

Do you see any signs of SWS in your behavior? Most black women do. It's important to acknowledge the symptoms so you can control their impact on your life.

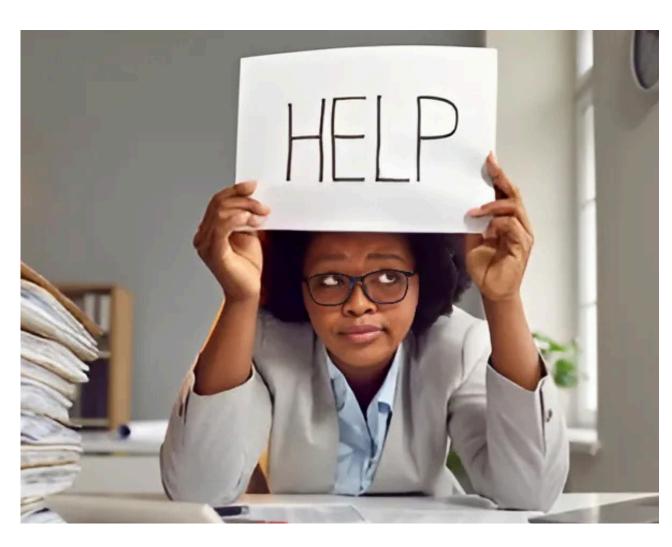
Superwoman schema is not all bad. Being strong, resilient and in control of your emotions serves you well. Our mothers and grandmothers taught us to be strong so we could survive in a world that constantly throws challenges our way. We all need help to navigate it and often pray to God to help us through it. God sends us help through friends, family and sometimes even strangers. God is answering your prayer so take the help!

When the help of friends and family are not enough, seek professional help. Your mind deserves the same quality of care as your body.

Thinking you can endure any circumstance no matter how difficult by suppressing your emotions and denying self-care is reckless. At the end of the day, we're human. We all have a breaking point. When you go beyond your breaking point,

you become damaged. You become weak. You become fragile. All the things you don't want to be. Be aware of your emotions and recognize when you are overwhelmed.

Be intentional about reducing your stress level and practice self-care. Seek to be the best version of yourself, for you and for those who love you. Take off your Superwoman cape and allow yourself to be human.







by Angela Manning



faithbyangie.com



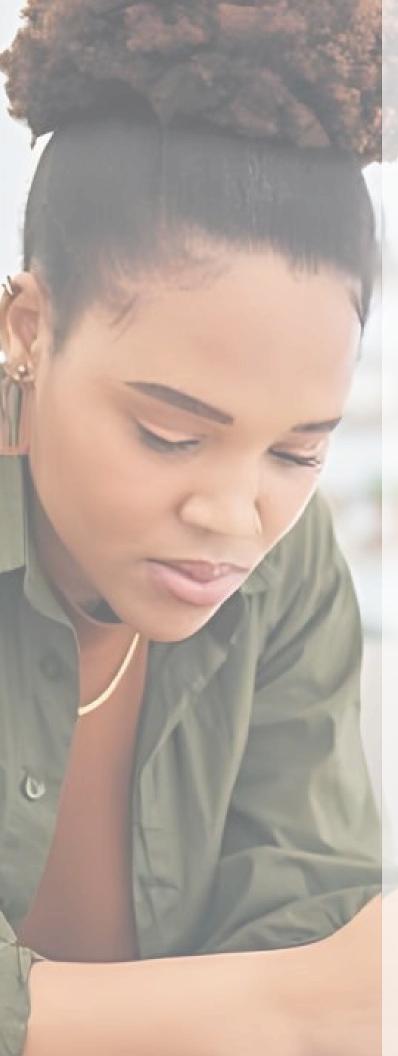




Do you have a compelling message to share with women? VVV Magazine wants to publish your story!







Strength through Scripture

Scripture

Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Matthew 7:1

CommonMisinterpretation

This verse is often brought up as a defense to protect someone who has engaged in sinful behavior from being judged. This is not the correct use of judgement in this text.

Context & Actual Meaning

There are actually two meanings of *krino*, the Greek word for judgement. In order to understand this verse, you must understand both meanings.

The Greek word *krino*, means to discern or decide. But it can also refer to condemnation, either in a legal setting or in day-to day life. Jesus is not referring to judgement with condemnation in Matthew 7:1, but to judgement with accountability.

Jesus does not shy away from confronting people about their He choices. approaches countless people in the Bible and "calls them out" for their sins. He gives specific instructions on how to approach people who are behaving poorly (Matthew 7: 3-6). Jesus instructs us to examine our own behavior and correct it approach others before we about their behavior. He goes on to say that we can discern the true character of people by observing the kind of fruit they bear.

Clearly, Jesus does not want us to avoid judging others. He expects us to point out another Christian's sin and provide loving, supportive correction. Jesus does not want us to apply the definition of judgement that includes condemnation. He does not want us to judge people with contempt and look down on them for their actions.

When we see a Christian sister or brother engaging in sin, we are called to self-reflect on our own behavior and approach them gently. We should be driven by grace and a desire to help, rather than demean. So be sure to use God's measuring stick, not your own, when confronting other Christians about their behavior. And always do so with love and grace.

The Parent-Teacher Partnership

The Truth Behind School Ratings: How School Rating Sites *Really* Score Schools



If I've heard it once, I've heard it a thousand times, "I was a little concerned when I saw the online ratings for your school. I'm not sure it will be a good fit for my child."

I resist the urge to tell them how unreliable many of the school rating websites are and that they often serve as a venting place for parents that were displeased.

It's fair to post negative and positive feedback from parents, but rating websites don't seek feedback from parents about schools. The feedback on many sites only comes from parents that seek a platform to post their gripes or praises.

26

Not really a scientific approach to gathering data. So, I tell them that all school rating websites aren't created equal. In this article, I'll review the three most popular school rating websites: School Digger, Great Schools.org, and Niche. explain how they rate schools and tell you which site gives the most accurate information comprehensive about schools.

SchoolDigger

School Digger.com has been rating schools for over 19 years. They promote themselves as "the go-to source of detailed K-12 school data," and are

"committed to delivering and comprehensive accurate school data." When I arrived at the site I was bombarded with pop-up ads. Eager to rid myself of the ads and videos, I clicked on the *remove ads* button only to be met with an ad for a paid subscription to the website. A subscription was not required to access the information, but it made me raise an eyebrow. Is this site for information or for profit?

I scoured the site for information about how SchoolDigger rates schools and was disappointed with what I found. SchoolDigger averages state standardized test scores from each content area



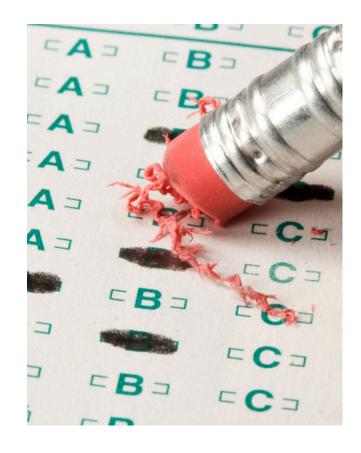




and grade to calculate an average. That average is then compared to all other school averages and ranked accordingly.

That's it – no other factors are considered, just an average of test scores. The site does contain scores from 2006-2024 test which is quite comprehensive, but does not detail performance of student groups (racial groups, students with disabilities etc.). It also includes reviews, student parent demographics, per pupil expenditures, enrollment, student teacher ratio. percentage of students on free and reduced lunch.

While I appreciate the variety of information SchoolDigger offers, I am disappointed to learn that the ranking is solely based on test scores. The website includes scores from multiple years but doesn't present them in a way that communicates



whether the school has made progress. Ι further was disturbed read several to school summaries that stated a school's performance had "remained relatively stagnant" or was inconsistent when the schools' data actually showed steady growth. While the data School Digger offers is the most comprehensive data of three rating sites, parents must dig through it to assess student progress. It also offers inaccurate conclusions which are misleading for parents and damaging for schools.

GreatSchools

The second school ranking site we'll examine is GreatSchools. GreatSchools was founded in 1998 as a directory for schools in the Santa Clara area California. It expanded ranking schools nationwide in 2003. GreatSchools website states, "we strive to display a variety of indicators of school quality to provide a wellrounded picture of how effectively each school serves its students."

They go on to explain the inclusion of a Summary Rating which includes factors like: 1) how students experience school 2) how well students from different racial, ethnic and socioeconomic backgrounds are served 3) how much students are improving 4) performance on state tests and 5) college preparedness. Rating schools using these factors, as opposed



single test performance, to a like SchoolDigger, provides a more well rounded and robust assessment of schools. I was impressed not only with GreatSchools in depth explanation of how they rate schools but also by their approach to rating schools. The websites states, "We recognize that how well a school serves students historically from marginalized populations goes beyond test scores . . student progress, or growth is a more accurate way to measure how much value a school is adding for its students."

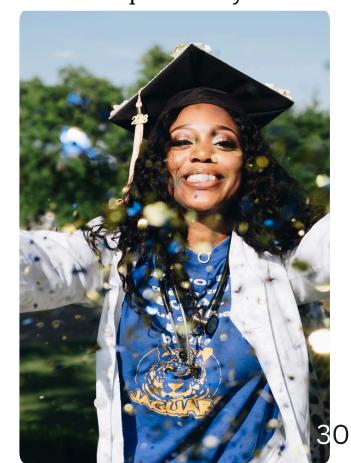
GreatSchools believes that measuring growth reveals strengths of schools serving Black, Latino, Native American

The Parent-Teacher Partnership

students and students from low income families. This focus on growth aligns with the shift many states have made in assessing school growth. The Georgia Milestones Assessment for example, now calculates scores based on student progress unlike the CRCT which was pass or fail.

GreatSchools goes on to explain the four ratings they use to calculate a schools summary score. The Student Progress whether Rating measures students are making academic progress on standardized tests over time. For states that do not provide growth data, GreatSchool uses school level data to calculate an Academic Progress Rating. High schools are given a College Readiness Rating which is based several factors: graduation rate, SAT/ACT advanced scores. courses to include International

Baccalaureate, dual enrollment Advanced Placement and Courses. All schools also earn an Equity Rating which measures how well the school serves disadvantaged student groups. This rating includes two factors 1) how disadvantaged students are progressing and performance gaps between disadvantaged and disadvantaged students at the The final school. rating GreatSchools calculates is the Test Score Rating. This is the percentage of students scoring at or above proficiency across

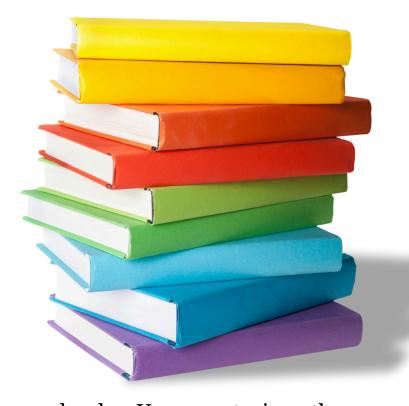


grades and subject areas compared to other schools in the state. It's noteworthy to add that GreatSchools also displays discipline and attendance flags which identify schools with patterns of high suspension rates and student absenteeism.

Overall, I was impressed with GreatSchools.org. Their focus on student growth and inclusion of multiple factors provides a well rounded assessment of schools. However, one major downfall of GreatSchools is that it does not include the most up to date test scores. The current ratings for schools on GreatSchools does not include data from this past school year which is surprising and disappointing.

Niche

Nich was founded in 2002 under the name College Prowler. The company produced print guidebooks about colleges and later transitioned to providing web based content. In 2013, the company changed its name to Niche and started covering K-12



schools. Upon entering the site, I noticed that most of the website's content is about colleges as opposed to K-12 schools. The information provided about K-12 schools was minimal compared to both SchoolDigger and GreatSchools. The Niche website provided rankings of schools across the nation and by state in categories: Best schools overall, most diverse, best teachers, best college prep, best for athletes, best of arts etc. Nich uses different

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factors to calculate each ranking. For comparison purposes, my review focuses on the criteria used for the best schools overall rating.

The Niche website states, "The Best Public Elementary Schools ranking is based on rigorous analysis of academic and student life data from the U.S. Department of Education along with millions of reviews from students and parents." Niche rates schools by calculating five scores:

1) Academic Grade (50%): State

assessment proficiency and surveys from students and parents (surveys are only 5% of this measure)

2) Teacher Grade (20%): Teacher teacher absenteeism, salary, results, state test survev teachers responses on from students and parents. I don't think teacher salary should be included in this measure - it speaks more to economics than teacher quality. Teacher absenteeism does impact instruction but most absences over 10 days (the criteria for this

measure) are due to teacher illness or pregnancy which is not controlled by the schools.

- 3) District Overall Niche Grade (15%): An analysis of academic and student life data, reviews from students and parents. I looked for specific sources of "student life data" but could not find any listed.
- 4) Culture & Diversity Grade (10%): Racial and economic diversity and survey responses on school culture and diversity from students and parents. Schools don't control the diversity of their students, so I don't believe it should be included in this measure.

Diversity also does not determine the quality of the school.

5) Parent/Student Surveys on Overall Experience (5%)

Niche uses a variety of factors to rate schools, however there is a disconnect between some of the rating factors and "real life" measures of a quality school. Ratings negates student progress and do not include SAT or ACT data for high schools. Overall, it fails to provide a comprehensive look at schools.



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My Recommendation

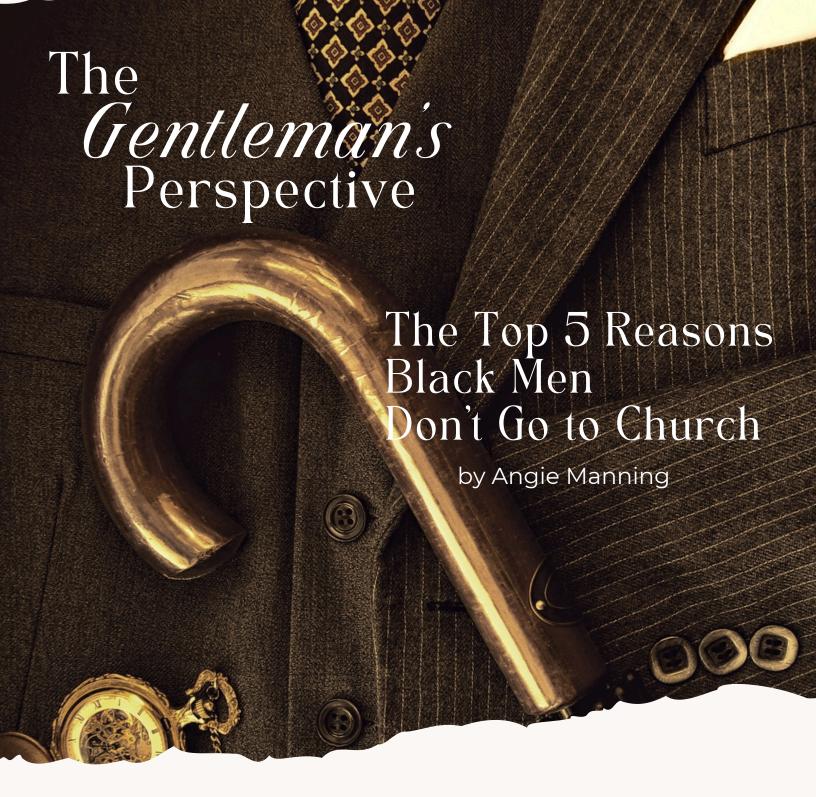
After comparing SchoolDigger, GreatSchools and Niche, there is no clear winner. I believe that Great Schools provides the most comprehensive ranking criteria for schools, but does not use up to date test scores. SchoolDigger provides most in depth data but ranks schools solely on test scores. does Niche great job a explaining how they rank schools, but uses unrelated criteria. I recommended using the school data from

SchoolDigger and GreatSchools to get an understanding of how a school has performed over time.

The best way to find out if a school is a good fit for your child is to visit the school. See the students and teachers, talk to school staff an get a feel for the school climate. There's no way to know for sure if a school is a good fit for your child until they attend, but conducting research and visiting is a great start.



See Yourself through the lens of Christ!



If you think you're seeing fewer and fewer men at church these days, its not your imagination. Take a snapshot of a typical church congregation and you'll see that 70% of church goers are female and only 30% are male.

The Pew Research Center, a nonpartisan group that conducts polls and demographic research reports that Black men (especially Millennials and GEN Xers) are least likely to be actively engag-

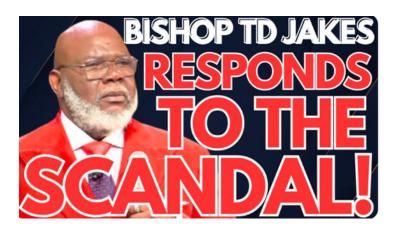
36

-ed in local churches. This certainly seems to be playing out all over the country as 70%-80% of black men do not attend church. The black church has historically been the cornerstone of the black community and black men played an integral role in the church's influence.

So, why has there been a sharp decline in the number of black men going to church? We scoured current research, online articles, videos and interviewed men to compiled the top five reasons black men don't go to church.

Reason #1 Hypocracy of Church Leaders

One of the most prominent reasons black men stated they don't go to church is due to the hypocracy of church leaders. Men mentioned numerous scandals in both national and local churches that put a spotlight on the "unchristian-like behavior" of pastors. The



TD Jakes



Creflo Dollar



Eddie Long

news, internet and social media are flooded with stories of black pastors having sex with women in the church, committing adultery, homosexuality, child molestation, fraud – the list goes on and on.

Men don't expect pastors to be perfect but seeing so many engage in sinful and even criminal behavior screams hypocrisy. Men must spiritually fed by someone that has the character they desire and models the life they are trying to lead. When pastors engage in these kinds of acts, they break trust with black men - trust that may never be restored.

Reason #2 The Money Grab

Another reason black men said they don't attend church is the focus pastors put on money. Black men take issue with the fact that black pastors seem to always be asking for money but are not transparent about where the money goes.

When they do give the details of the church finances, most funds spent in-house on the are building, parking lot or expansion as opposed to being used to help church members in need or support the community. When men hear that Sister Mary, a 30 year faithful tither, had her lights turned off or is getting evicted and the church

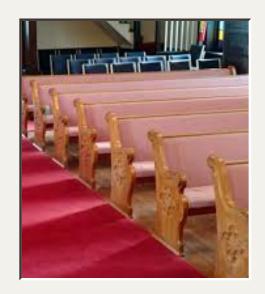




isn't stepping in to help, they disconnect. Black men also said they don't like it when pastors guilt the congregation into giving a specific amount of money. "We don't like being told to give or how much to give, one man said. "I recognize game and feel disrespected when pastors try to run game on me. It's insulting."

Reason #3 The Feminine Worship Experience

A common theme that emerges in the research is that the church caters to women. Men stated that everything from the aesthetics to the sermons in black churches are crafted to appeal Many to women. churches elegantly are decorated with flowers, ornate fixtures, and pink or red carpet. The worship music is soulstirring and seeks to elicit a deep emotional response like







crying or calling out. preacher eloquently raises and lowers his voice, uses theatrics and call and response engage the congregation. Men felt that also preachers intentionally stir up womens emotions at offering They connect the strength of women's faith to the amount they give in order to maximize the offering. All of these things make men feel left out. They feel church is mushy, unengaging and lacks guidance they seek to help them in life. This brings us to the fourth reason black men don't go to church: church is not relevant.

#4 Lack of Relevance

A significant number of men stated that church is not relevant in their lives. Men are seeking instruction and guidance when they attend church. They want help navigating their lives and dealing with the real life issues they face on a day to day basis like finances, family, temptation, being a provider. They want to know how to live life as a man in this world and successfully

deal with its demands and pressures. Instead, they get inspirational messages about love, hope and forgiveness. One man stated," Church is like a therapy session, it's more about coping and less about acting."

Another said, "Women are led by emotions, men by actions. Men need to see men in the church taking action, not just talking. They need to see men leading." Men feel uncomfortable when women, especially their wives, seem to revere another manlike a pastor—in a worship Some men feel that setting. intentionally pastors are manipulating women to give their time, money, devotion and

even their bodies to them. Black men feel insulted and undermined as the head of their household.

#5 Lack of Community Support

Lack of community support rounds out the top five reasons black men don't go to church. The church used to be connected to the community. They knew the community's needs and addressed them. The black church was a place of refuge for those who needed

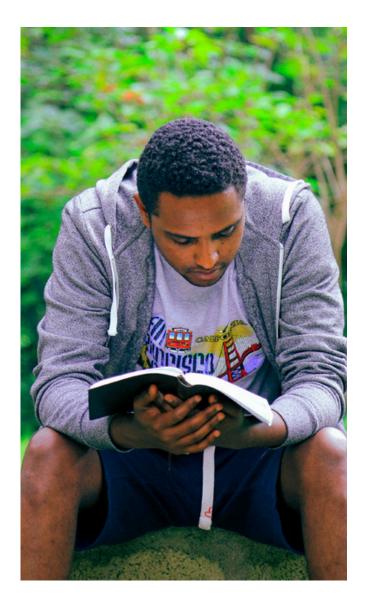
help, often directly providing basic resources like shelter and medical care as well as jobs and financial assistance. "Those days are over," man stated. one "Churches raise money for the building fund, the Pastor's Anniversary, and mission trips that help people in other countries while the people in their own community suffer." The black church was the nucleus of social activism. It was the place black people received sought and information about how to



create social change. "When I was a kid, I remember my pastor speaking about the poor schools quality in our neighborhood and the drug dealers who had taken over the corner," one man said. "He took action by raising money to improve the schools in our neighborhood and organizing men to stand on that corner for weeks until the drug dealers stopped coming around. That's action - that's what men are looking for and they don't see it in today's black church."

So, what does the future for black churches look like? Will black men return to church in spite of the issues keeping them All the away? men we interviewed gave a resounding, "No." They felt that change was a non-negotiable for men to return to church. Many felt the trust between black men and the church was eroded beyond repair. The silver lining in this story is that despite the negative

feelings many black men harbor about church, their faith in Christ still remains strong. But how will these men be fed the Word of God? From whom will they receive Godly counsel and instruction? How will they connect with other faith-filled men? I pray that God will guide them to the answer.



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