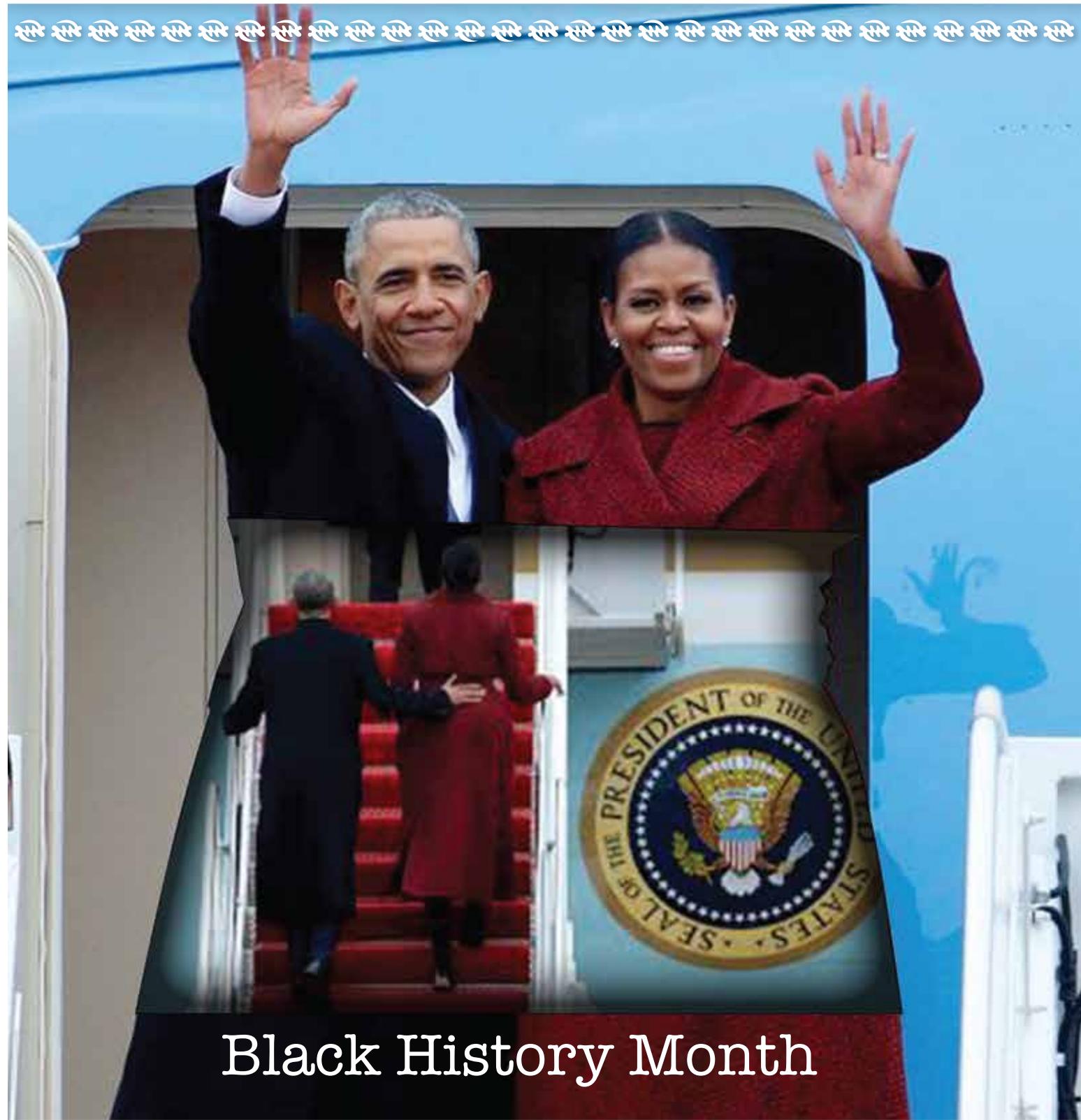


# MESSAGE FROM THE MOUNT



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## from the **PASTOR'S PEN**



### *Namaste my Brothers and Sisters in Christ,*

Wow! The month of January is over already. The first month of the year brought us a mixture of joy and pain, new life and death. Yet through it all, God was our steady hand of comfort and guidance.

We experienced a collective grief that comes with saying goodbye to the first African American presidential family of these United States of America. No matter what you thought of his accomplishments, one thing is for sure, he led this country with dignity, integrity, thoughtfulness and a smooth sense of swagger. President Obama, First Lady Michelle, and first daughters Sasha and Malia will definitely be missed by millions of Americans.

Subsequently, the present occupant of the White House is Donald Trump and his family. While we certainly do not wish him nor his family any personal harm, we certainly pray that many of his policy efforts fail. For if they succeed, millions of people (particularly people of color) will be the victims of collateral damage.

We ended the month however, with an awesome servant leader consecration service. I am thankful and grateful for all of the new, continuing as well as transitioning leaders of this congregation. The harvest is indeed plenteous and I am more than thankful that more laborers are coming.

I am also grateful for all who participated in our very successful *31 Days of Prayer*. Although prayer goes on at Mount Aery every day of the week, I am thankful that many of us heeded the call of God's Spirit to come together and seek God's face, our individual success as well as the collective witness of the Mount Aery ministry. Thank you, thank you, and thank you!

As we move into February, I look forward to witnessing the fruits of our labor in January. Mount Aery, please continue to pray for the forward movement of this ministry and for those who will join us on this journey, to do so with the spirit of passion, patience and perseverance.

God bless,

Pastor Anthony L. Bennett, D. Min.  
Lead Pastor

**Mount Aery Baptist Church**  
73 Frank Street  
Bridgeport, CT 06604  
Church Office: 203.334.2757  
Website: [www.mtaerybaptist.org](http://www.mtaerybaptist.org)

# MFTM TEAM



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Recipes



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# what's next?

# IMPORTANT DATES



During this season of prayer, call in to the prayer line at 7:00am daily at 712-432-0490. The participant access code is 111933#. The calls are recorded so please mute your phone to eliminate background noise. Please note that long distance charges may apply.

Please check the church monitors for dates for our next New Disciples class.

**3rd annual Black Social** on Friday, February 24th from 7-10 pm. The donation for tickets is \$10 and are available in the Narthex after each service.

**2016 Contribution Statement Request forms** are available in the Narthex.

**Bible Study** is back in session on Wednesday at 12 noon and 7:00pm.

## Announcements

- **Here's a new and exciting way** to join in worship with us. Follow us on Ustream.tv. Simply visit this link <http://www.ustream.tv/channel/mount-aery-baptist-church> or go the [www.mtaerybaptist.org](http://www.mtaerybaptist.org) and scroll to the bottom to select the Ustream link there. Please be sure to pass the link to your friends and family as well so they can be blessed by our ministry.
- **The Mount Aery Clothing Ministry** is located at 72 George Street (in the basement), adjacent to the Optimus Health Care Center. Clothing can be dropped off on Thursdays, 9am-12:30pm. We accept clothes that are clean and in good condition. On Friday mornings at 10:00am, the Clothing Ministry is open to the public.
- **Generation Next Youth Ministry** is calling all youth ages 3-18. Youth Church for the 2017 year will be held at the 11:00 am services on 2nd and 3rd Sunday of each month! Please see Minister Michael Walton or Claudine Moseley-Walton for more information!
- **Chosen Generation** is inviting everyone from the ages of 13-27 to join this youth and young adult choir. Please see Brother D'Andre Haynes or Rev. Ina Alisa Anderson with your interest.
- **Lost and Found** – Several pairs of glasses, sunglasses, bibles and other lost items are in the church office. If you have lost anything, please check the church office. Items may be given away if left any longer. Thank you.
- **Deacons on Call** are Deacons Adetona and Failey.
- **Submissions of announcements and due dates:**

- o **Message From The Mount**

- Send information to [mftm@mtaerybaptist.org](mailto:mftm@mtaerybaptist.org) by the second Wednesday after the first Sunday

- o **Monitors in the Sanctuary**

- Send information to [media@mtaerybaptist.org](mailto:media@mtaerybaptist.org) by Wednesday before the Sunday you want the announcement
  - Please make sure that your announcement is in PowerPoint format.

If announcements are not received by the due dates they may be omitted or placed in the next edition.

- **No Pork on Church Property**

- o **For health, healing and sensitivity for those with health conditions**, no pork is to be brought on church premises (i.e. ministry affairs and/or catering).

- **NO Food or Beverage in the Sanctuary**

- o Please, please, please, do not bring food or beverages into the sanctuary. Parents, please feed infants and toddlers in the Wilson Hall or the Bass Hall. It is everyone's responsibility to be good stewards of the building that God has blessed us with. If you see anyone not being responsible, please get an Usher or a Deacon to handle the situation. Thank you.

- **Parents**, while you are in worship, your children should be in worship next to you, unless Youth Church is in session.

Teenagers have been wandering around the church and the younger children have been playing in the Quiet Room. **The Quiet Room is for parents with infants only. Please keep your children with you at all times.**

- **Our Strategic Planning Team** is ministering through social service by serving breakfast at the Merton House once per month. They are expanding this effort by serving every 2nd Saturday. **WE NEED YOUR HELP!** If you are interested in participating, please see Karen Whittington or leave your information in the church office.

# bulletin

## Our Vision Statement

To equip the disciples of Mount Aery Baptist Church with the biblical and relational wisdom for the spiritual, educational and social work of ministry beginning in the Hollow Section of Bridgeport, then spreading throughout the Greater Bridgeport Area. - ***Ephesians 4:11-12 and Acts 2:44-47***

***Edify ~ Equip ~ Engage***

## Hospitalization & Nursing Home

Please be aware that there are strict legal and ethical guidelines regarding giving out patient information. Therefore, if you are hospitalized and desire pastoral support, you or your family member must notify the church office in advance, if possible. When you are admitted, state your denomination and place of worship.

### **Clyde McLaughlin**

The Carolton Chronic & Convalescent Hospital, 400 Mill Plain Rd, Fairfield, CT 06824

### **Mary Ryan**

Northbridge Health Care Center, 2875 Main Street, Bridgeport, CT 06606

### **Sandra Stephenson**

The Fairview of Fairfield, 930 Mill Hill Terrace, Southport, CT 06890

### **Roger Mullins, Sr.**

Willows Rehabilitation and Nursing Center, 225 Amity Road, Woodbridge, CT 06525

Please address all correspondences for the above disciples to the church and the administrative office will forward all mail. Thank you for your cooperation.

## Bereavement

- **The families of Beverly Blank, Sandra Simpson, & Deacon Primus Jackson** on the loss of their mother and his aunt Lenora Simpson.
- **The Irby, Miller & Brown family** on the loss of their aunt, Ida Mae (Sarah) Brown.
- **The Smalls & Nelson families** on the loss of their aunt, Miley Ravenell of Holly Hill, SC.
- **The family of Regina Manns** on the loss of her sister, Rev. Donna Heard.
- **Deacon Leroy Haggans & family** on the loss of his cousin in Virginia.
- **Dawn Vining & family** on the loss of her aunt, Cassie Sorrells-Brown.
- **Willie Dell & David Kennedy & family** on the loss of their niece, Ertha Irby.

## Please Pray for Our Healing List

Shirley Borum  
Elease Breedlove  
Isaiah Brown  
Carol Carter-Mims  
George Cauthen  
Lucille Cauthen  
Joan H. Colley  
Elaine Craig  
Tracey Nicole Craig  
Deaconess Louise Cunningham  
Frances Dicks  
Ruth Hasty-Dove  
Sandra Dunn  
James Freeman  
Ruth Harvin  
Deacon Jeffrey Hill  
Deacon Primus Jackson  
Sandra Jackson  
Unice Jones  
Maria Knight  
Cheryl Lewis  
Jordan Alexander Lewis  
Regina Manns  
Lemme McIntosh  
Mary McRae  
Autumn Mitton  
Caleb Mitton  
Spring Mitton  
Edward A. Morris  
Hadassah Nightingale  
Eulalia Pettway  
Terrance Quiller  
Arthur Ragsdale  
Waverly Ragsdale  
Frances Riley  
Esther Ryan  
Rose Samuel  
Sandra Simpson  
Herb Sutton  
Karen Whittington  
Barbara Wilson  
Michelle Lisa Wilson  
Jacqueline Tyson-Wright  
Willie Mae Wright

## Welcome Song

Welcome to Mount Aery  
We're so glad you came  
You're welcome to Mount Aery  
Where everybody comes to give  
God praise  
Welcome to Mount Aery  
Where the spirit  
Of the Lord  
Is moving free  
Right here, at seven three (73)  
Frank Street

## healthy habits

# Don't Sabotage Your Own Success

by Cathy Patton

Namaste Family!

If you began the 21-Day Challenge upon receipt of the last Message From the Mount, then you are done with your initial challenge. How did it go?

In life you will be faced with mountains of questions, too many to count. Some of those questions will have layered responses, with multiple grey areas. Others may have no reply. However, the question I just posed to you is simple as there are only two possible answers:



On My Way!!!!



I'll Start Next Week

If you are "On Your Way", good for you and keep up the great work. Try to encourage friends and family to join you. Even if you are still having some trouble with an eating plan, the introduction of exercise at least 30 minutes a day, just gave your body a benefit boost. These include, but are not limited to, weight loss, an energy charge, improved memory, increase in daily productivity, and much more. A few tips to keep this new level of interest at a peak:

1. Change up your routine at least once a week. It will keep you from getting bored, and will give a challenge to your muscles.

2. Break up your 30-minute routine. Try 10 minutes on the bike, 10 on the treadmill, and 10 on another cardio machine, or running in place.
3. Don't forget work, or home is a great place to get a workout. Take the stairs a couple of times of day. On your break go for a walk with a co-worker, or if you are home, take a few laps up and down your street.

If you are going to "Start Next Week" then make every plan to ensure you will do just that. Preparation is the key to success when making a life change. Begin by going grocery shopping so you can plan out your meals. While in the store, limit the time you spend in the middle aisles. That is where the unhealthiest foods are. They are usually the canned goods packed with sodium, or the sugary cereals. If you must visit those aisles, make sure you have a specific list of what you need. While I want you to exercise, and walking is a great way to do so, please do not pick the center of the store as your place to linger. Just grab what you need and head to the perimeter of the store. Here you can take as much time as you need. This is where the nutritious foods are located; the veggies and fruit, your protein packed meat and fish. And yes, even some dairy as long as you take advantage of the low fat milk and cheese.

After you plan out your meals, next make a date with "you". Yes I said you. You are the most important person in your life, so set aside some time in each day where you do something good for you and make sure part of that time includes some physical movement. Take a walk to the corner; search your television for one of the fitness channels. They have the same workouts as the gym, and you won't feel intimidated in your own home. Even if you venture out to the gym, remember to always do what you are comfortable with, but try and dedicate at least 30 minutes to whatever you select. Make the moments you spend with yourself, really something special and worth the time.

# healthy habits

# recipes

## Cowboy Caviar

by Jennifer Bruton, RDH, MS Master of Science, Human Nutrition

*Namaste family! This month's recipe is a flavorful alternative to traditional dips that are high in fat. A perfect football day snack!*

### INGREDIENTS:

- 2 Cans shoe peg Corn
- 1 can black beans
- 1 cup celery chopped fine
- 1 jar pimento chopped fine
- $\frac{1}{2}$  cup white sugar
- $\frac{1}{2}$  olive oil
- $\frac{1}{2}$  white vinegar

### DIRECTIONS:

Simmer together white sugar, oil, and vinegar

Add to well drained beans, corn, celery and pimento. Refrigerate overnight.  
Serve with Tostitos scoop



## general news

# Fellowship Ministry

The purpose of the Fellowship Ministry is to provide fellowship for new members that have joined the church. They welcome Mount Aery's visitors each week as well as host the Mount Aery Cafe each first Sunday of the month.

### Fellowship Ministry Mission Statement

As servants of the most high God we believe in promoting personal holiness as we seek peace and unity with all men. It is our goal to be an influence in the community in every way, as we demonstrate the love of Christ to all through courteous and gracious behavior.



## Mount Aery Baptist Church *Ministry of the Month*



### *Fellowship Ministry*

**Pictured:** Laura Hudson, Denise Maxwell, Elizabeth Nelson, Liz Powell-Sargent, Sadie Bristow, Delores Crawley  
Melissa Sargent, Wanda McClain, Leola Jones, Gloria Lee, Maureen King, Beatrice Weaver  
Deacon Nieja Jackson, Mildred Howard, Karen Young, Ed McClain, Deacon Leroy Haggins, Volney Bryan

---

**Not Pictured:** Carolyn Blue, Angie Colbert, Doreen Cotter, Betty Hill, Benjamin E. Maxwell, Byron McLennon  
Mary Mendes, Alicia Mims, Debbie Moore, Lillie Moore, Dee Dee Pirro, Samantha Sims, Barbara Wilson, Ollie Haggins  
Mary Wilson, Emma Jones, Sandra Hairston, Sheila Morgan

# general news

Christmas 2016, Watch Night Service, and New Years Day



# general news

Christmas 2016, Watch Night Service, and New Years Day



Kwanzaa







## youth speak

# Our Lives Matter...To God

### 'Why My Life Matters To God'

My life matters to God because he created me to live in his name and know right from wrong. Throughout my life, I've never been in life threatening situations and I believe that the reason for this blessing is because my life matters to God. If my life didn't matter to God, then he wouldn't let me make to school every day safely and arrive home from school safely. God protects my family and me because he loves me. I am thankful for everything God has blessed me with and he knows that. So, whenever I'm about to do something, I ask myself if this is what God wants me to do. I know through the thick and thin that God will always have my back.

Noah Seawright

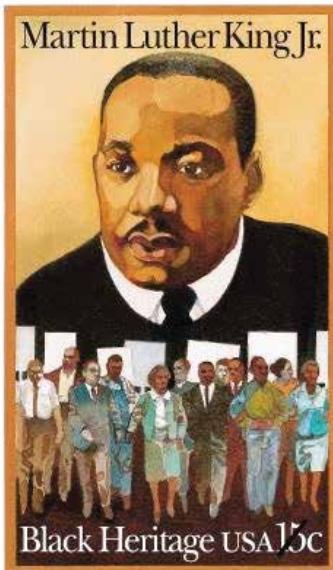
Age 15



## youth speak

# I Have A Dream Speech, August 28, 1963

by Rev. Dr. Martin Luther King, Jr.



I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation.

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

But one hundred years later, the Negro still is not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languished in the corners of American society and finds himself in exile in his own land. So we have come here today to dramatize an shameful condition.

In a sense we've come to our nation's Capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir.

This note was a promise that all men, yes, black men as well as white men, would be guaranteed the unalienable rights of life, liberty, and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check; a check which has come back marked "insufficient funds."

But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check- a check that will give us upon demand the riches of freedom and the security of justice.

We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism.

Now is the time to make real the promises of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to lift our nation from the quicksand's of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children.

It would be fatal for the nation to overlook the urgency of the moment. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force.

The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny. And they have come to realize that their freedom is inextricably bound to our freedom. We cannot walk alone.

And as we walk, we must make the pledge that we shall march ahead. We

cannot turn back. There are those who are asking the devotees of civil rights, "When will you be satisfied?"

We can never be satisfied as long as the Negro is the victim of the unspeakable horrors of police brutality.

We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities.

We cannot be satisfied as long as the Negro's basic mobility is from a smaller ghetto to a larger one.

We can never be satisfied as long as our children are stripped of their selfhood and robbed of their dignity by signs stating "for whites only."

We cannot be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote.

No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair.

I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident; that all men are created equal."

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today.

I have a dream that one day down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification, that one day right down in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.

I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith that I will go back to the South with. With this faith we will be able to hew out of the

mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood.

With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with new meaning, "My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the Pilgrims' pride, from every mountainside, let freedom ring."

And if America is to be a great nation, this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania.

Let freedom ring from the snow-capped Rockies of Colorado. Let freedom ring from the curvaceous slopes of California. But not only that; let freedom ring from the Stone Mountain of Georgia. Let freedom ring from Lookout Mountain of Tennessee.

Let freedom ring from every hill and molehill of Mississippi. From every mountainside, let freedom ring.

And when this happens, and when we allow freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! Free at last! Thank God Almighty, we are free at last!"

## Word Search

by Deacon Kathy Tabb-Smalls

### EQUALITY

I Y Y Z A F Y V E S H S J O E N M P T S Y L A L N  
Y D N H D O B M N S J Y V C R O O V O H T N O U U  
O B E O L O L Y V E X B A E H I D P U K I P X V J  
F Q J N M D K B I N L E D G S T E C F R N W P Z E  
W X V I T R W D R R P R S C K A E P D I U W X S M  
U U B U E I A O O I O Z H J T R R J H M T Z M D O  
I A H B G G T H N A S O G O S O F R X Z R U V J W  
K N A Z E C O Y M F O U L U Q P T Y S N O F T E X  
H X O J L F M B E L M E T Z B R E B C O P Y K G S  
E C U K L V G W N Q R W L A S O A H T N P C Y T R  
R R Y W O R J O T A E D E E T C X F A V O A D B D  
V I A T C N G Y N O I D J X M S K Q A U W R R I O  
S O G C I E G C S I X I E R H P C P A A E C E U R  
S S T H H U E D J O S X S S E S L D J Y Q O L R Z  
W A K I T T Q H L L A T S L V N Q O E Z P M I M L  
X Y E H V S L E X G F N H F Z V W P Y P E E G I C  
J U S T I C E A J I E V O W J P N O T M D D I D I  
G F I W T Q T T E T T V Y I Z Q R D E P E O O V C  
S N I P Q W J U K H Y S K A T N B P Y M S N N H S  
X D P J L G B U Z H D C Q Z M A A L C S O C T O S  
S E I T I L I B I S N O P S E R C A C A E H D U E  
I V K A Q J S O Y E M C I G S G O U R E Q N R S C  
A M B I T I O N S P T H D D U E S D D E U K E I C  
F K H R C X H D L V W S D W W O F Z O E A U A N U  
W F U N I T Y T Q Z W Q P U Z I X W S E L M M G S

AMBITION	EQUAL	HOUSING	RESPONSIBILITIES
COLLEGE	EQUITY	IDENTITY	RIGHTS
CORPORATION	FAIRNESS	JUSTICE	SAFETY
DEMOCRACY	FOOD	LOVE	SCHOOL STATUS
DREAM	FREEDOM	OPPORTUNITY	SUCCESS
EDUCATION	HARMONY	ORDER	TOLERANCE
EMPLOYMENT	HEALTHCARE	PEACE	UNITY
ENVIRONMENT	HOMEOWNER	RELIGION	

## **new disciples orientation**

# Welcome To New Disciples Orientation!

### **Our Vision Statement**

To equip the disciples of Mount Aery Baptist Church with the biblical and relational wisdom for the spiritual, educational and social work of ministry beginning in the Hollow Section of Bridgeport, then spreading throughout the Greater Bridgeport Area.

*Ephesians 4:11-12 & Acts 2:44-47 Edify ~ Equip ~ Engage*

Saturday Classes Only

9:00 am – 12:00 noon

January 28th

April 15th

July 15th

October 21st

December 16th

### **Contact:**

New Disciples Ministry – 203-334-2757 ext.145

Sister Fran Spinks – 203-395-2067

Sister Kathy Adams – 203-224-8481

*“Be hospitable to one another as such has received a gift. Minister to one another as good stewards.” 1Peter 4:9-1*



## testimony

# God's has been Good to Me!

by Michelle Lisa Wilson

On this past Watchnight service, I was with my granddaughter, Keyarra and Rev. Porsha opened the floor up for testimonies. Keyarra immediately nudged me to give mine. I hesitated and 2 people gave theirs. Right as the 2nd one was about to finish, I thought to myself that I should do this because she felt I should, but suddenly someone walked right past me. So as he did, I sat down and Rev Porsha said he would be the last and if anyone still wanted to give their testimony, they can do so in the MFTM. When I heard the words, "that will be the last one" I thought to myself that I was off the hook. Then when Rev Porsha said what she said, I said "Alright God, now I have no excuse!"

On April 11th 2016 I went to the emergency with so much pain in my body and in particular my legs, where I could barely walk. After several hours, all I got was take something for pain and call a Neurologist. I went to my primary care doctor the next day and she ordered the blood work the hospital didn't. I was in the bed from then until Friday. I was very nauseous, so I call my PCP and she ordered some meds. I take the meds after my son, Mark picked them up. Now even after I take it, I started violently vomiting. About 15 minutes later I knock on Marks door and told him I have to go to the emergency. I voiced my dissatisfaction with the Tuesday visit and said I did not want to be treated by that same physician, they took note and I was almost immediately taken to a room. They drew blood and after what seemed to be a short time the doctor came back and said I had to be admitted. My creatinine was 5.5, I was in Kidney failure. After admission and further tests, I was advised I also had Sepsis (infection in the blood). After a few days, I was then advised my blood levels were low and I had to have a blood transfusion. After a few more days with antibiotics, tests and treatments, my creatinine and blood levels haven't improved much and I have to have another blood transfusion. My legs have swollen as well. I started having dreams about my grandmother, Celia Williams, who passed away 9/9/14 and my mother Barbara Wilson. In the dream with my grandmother, she was speaking to me and I couldn't understand her, so my brother, Mark Anthony Wilson came to my door and I tried to tell him, but I could not speak and started having trouble breathing, then I woke up. In my dream with my mother, I was walking downtown and decided to sit on a bench; suddenly I was having difficulty breathing. I closed my eyes and when I opened them, it was because my mother was calling my name,



then I woke up. I told the doctors each morning that I was having trouble breathing and they would check my lungs and said they were clear. Now it's about day 7 or 8 and they decide to do an ultrasound of my legs. Now red flags go up, so they also decide to do the lung test. It was determined that I have blood clots in both legs and lungs. I truly believe my dreams through my mother and grandmother helped to save my life! God was truly with me! I left the hospital after 2 1/2 weeks. Many people under those circumstances would not have made it! I will be 57 in a less than 7 weeks and I have been so Blessed to survive all of this, so thank you for the nudge Keyarra! I am going to put myself out there a little more, because God did not bring me through this and every other thing I have in the past to leave me! He has always been there and is today! I have Diabetes, Neuropathy, Asthma, High Blood Pressure, Kidney Failure, Arthritis (legs, hands, back and hips), Gerd, Spondylosis (curving of 4th-5th vertebrae), High Cholesterol, Gastritis, Anemia, Bursitis, Tendonitis, Rotator cuff, IBS and Fibromyalgia (soft tissue Rheumatism). We all suffer from some illness or sickness, but I do believe I have more than my share! I don't say that with anger, as I have learned to take things in stride. As people learn of all my conditions and how many surgeries I have had, they often say, I don't look like what is on paper. Yes, I do not look like what I've been through! All Glory Goes To God! I actually laugh and say to people, "what option do I have, die?!!" God makes no mistakes and everything does happen for a reason! Rather than let these things kill my hope, I choose to keep moving, which includes Hope, Faith and Prayer! I hope and Pray that my testimony can help somebody! Peace, Health and Blessings!

# angel tree celebration

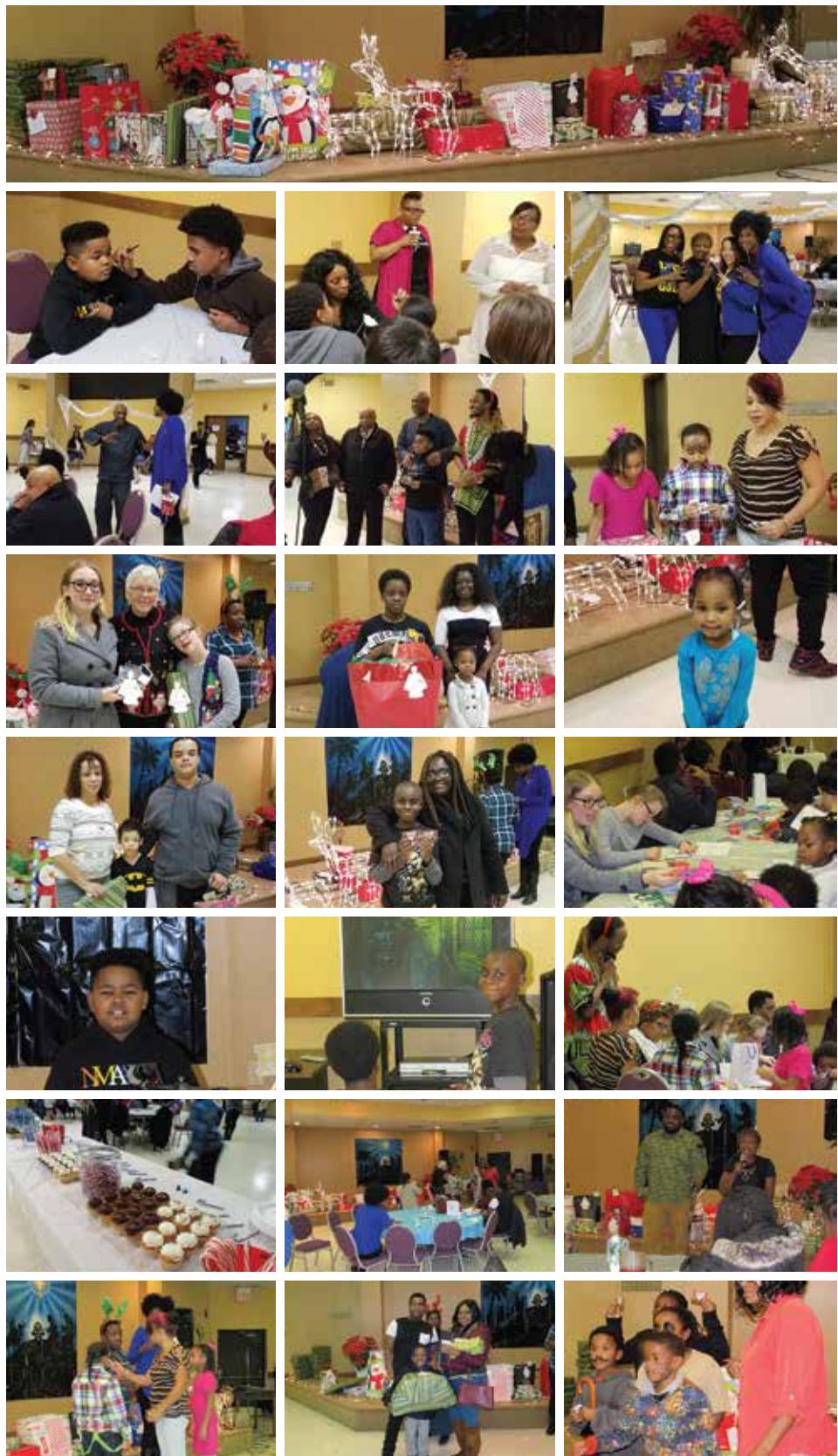
## 2016 Angel Tree Celebration

by Andrea Barge

The 2016 Mt Aery Re-Entry /Angel Tree Program was a great event and once again Mt Aery's outpouring of generosity was phenomenal. Mount Aery was able to bless 24 families and 54 children with store and grocery gift cards as well as general gifts. The Mt Aery congregation came together to celebrate the children of incarcerated parents by donating their time talent and treasures.

The event consisted of fellowship, food and fun. The children were given an opportunity to engage in face painting, arts and crafts, and games. We also had an Mt Aery's got talent segment, where everyone was able to join in a little holiday fun by signing Jingle Bells in a particular music genre. Just imagine hearing Jingle Bells with a reggae beat!

We thank everyone that participated in any way, in supporting this year's event. Special thanks to RYASAP (Regional Youth Adult Social Action Partnership), Webster Bank and Sigma Gamma Rho Sorority Incorporated, Iota Chi Sigma Chapter for their generous donations. Most of all Mt Aery you truly displayed the spirit of the season, giving unselfishly to ensure the families and children felt the love of their incarcerated parents.



## **financial freedom**

# **2017 is here...Ready to be a homeowner? Steps to Prep Your Bank Account to Buy a Home**

by Deacon Jackie Seawright



*Buying a home is a big commitment, costs a lot of money and can be stressful — to get the mortgage you want at the best interest rate possible, organize your financial house for home-buying success.*

- Set a specific goal**

What will the purchase of a home cost you? 20% down saves on PMI (Private Mortgage Insurance). Calculate at least 6% for closing costs\*. The seller may be willing to pay up to 3%. Once you calculate the total amount needed break it down by month. For example, if you need to save \$10,000, plan to put away \$833.33 per month

- Designate a savings account specifically for your down payment fund**

Research online banking accounts options often these accounts allow you to have multiple accounts that you can designate specific goals and possibly at higher interest rates. Shop around sometimes credit union offer higher interest and lower fees

- Set up an automatic transfer**

This connects to the “pay yourself first” theory. You can make savings a priority by moving it into a designated account first. This way you won’t forget to save or fall short of your goal because the money is automatically moved monthly into the home buying savings account.

- Review your budget**

You can only save the money if it is available. Evaluate your bills and living expenses maybe you can reduce them. Asking credit cards for lower interest rates or eating out less can be simple ways to save. Consider areas you can cut, reduce your budget to meet your goal.

- Allocate extra funds to home-buying goal**

If you are blessed with a windfall put it toward your designated savings account. Income such as overtime pay, quarterly or annual bonuses from work, or extra money you make on the side (but be sure to set aside funds to cover taxes on your added income). Consider saving at least half of cash gifts too.

- Resist making large transfers before applying for a mortgage**

You have calculated home-buying budget, you’ve chosen a lender/bank, and now you’re ready to apply for a mortgage. Do not do anything drastic with any of your bank accounts. Remember, when you apply for a home loan, the lender will scrutinize your financial activity. You’ll need to explain the source of any large transfers and provide documentation for proof.

Talk to your lender about what kind of funds they’ll approve and what cash they won’t allow you to use toward a down payment. Ask what documentation or proof you need for different kinds of transfers. By doing this it will help you prepare to buy a home in 2017 and secure the mortgage you need to help you reach your goal.

Source: [https://www.trulia.com/blog/how-to-prep-your-bank-account-to-buy-a-home/?ecampaign=con\\_cnews\\_digest&eurl=https://www.trulia.com%2Fblog%2Fhow-to-prep-your-bank-account-to-buy-a-home%2F#sthash.7lbKa97L.dpuf](https://www.trulia.com/blog/how-to-prep-your-bank-account-to-buy-a-home/?ecampaign=con_cnews_digest&eurl=https://www.trulia.com%2Fblog%2Fhow-to-prep-your-bank-account-to-buy-a-home%2F#sthash.7lbKa97L.dpuf)

## security corner

# Travel Safety

by Deacon Henry C. Smalls, Jr

*Namaste Brothers and Sisters! The major goal of the MABC Security Team is to provide a safe environment for you and your family here at The Mount. This starts with keeping you informed, but remember, security is everyone's responsibility. In this installment, we will cover Travel Safety.*

With winter upon us, people start to head out for warmer climates to just get away from the cold or to fight the winter weather blues. You may only take a domestic trip to Florida, but these International travel tips can help you as well. Always remember to check and know your surroundings, and if you see something, say something if you come across unattended baggage or something or someone that just doesn't feel right. Safe Travels!

Travel can be exhilarating but also scary at times. When you're venturing into the great unknown, follow these 10 safety tips to protect yourself and ensure a happy and secure journey.

### Choose your ground transportation wisely

According to the World Health Organization (WHO), motor vehicle crashes are the No. 1 cause of death for U.S. citizens abroad. Whenever possible, travel in a vehicle that is in good condition and offers working seat belts. Research the safety records of bus companies, and avoid using less-safe vehicles like rickshaws and mopeds.

### Check in with the State Department

Did you know that the State Department provides updated safety information for every country in the world? You can search the website and get trustworthy details about wherever you're visiting. Find out everything, from which vaccinations you need to the local laws to any travel warnings (including crime and security warnings). While you're on the website, head over to the State Department's Smart Traveler Enrollment Program (STEP) page, where you can register your travel plans. In the event of an emergency (whether it's a natural disaster, an emergency back home or civil unrest), they will be able to contact you.

### Review the escape route in your hotel room

Let's be honest -- when you check in to a hotel room, you're more focused on scoping out the amenities than studying the map on the back of your door. But before you get too settled in, you should take a quick look at the emergency escape routes. You'll be glad you did if an emergency arises in the middle of the night.

### Leave an itinerary and emergency contact

Unplugging while on vacation can be great, but try not to go too under the radar, especially if you're traveling alone. Leave your itinerary (even if it's just as basic as which city you'll be visiting and when you'll return) with a trusted friend or family member back home, and try to check in with him or her every day. That way, if something happens, they can alert authorities on your behalf.



### Scan a copy of your passport

Before you leave, scan a copy of your passport, e-mail it to yourself and take a photo of it to save on your cell phone. That way, if you need your passport while out (but it's locked up in your hotel safe), you'll have access to all your details. Plus, if it's stolen, getting a replacement will be that much easier.



## Confirm visitors with the hotel desk

You're in your hotel room and there's a knock at the door from someone claiming to be maintenance or housekeeping. Before you let this person in, call down to the front desk to verify that someone from the property needs access to your room. Criminals have been known to pose as hotel workers in order to get inside rooms.

## Don't flash your cash or valuables

Keep your cash separated, with some spending money easily accessible and the rest hidden, so that you're not showing off a big wad of cash every time you pay. Although it's tempting to have your smartphone out constantly to look up directions or take photos, be mindful of your surroundings -- thieves love to grab cell phones from people using them on trains and run off at the next stop.

## Steer clear of animals

Cute stray dogs and cats roaming the streets may make for good photo opportunities, but resist the urge to get too close. Wild animals can carry all kinds of not-so-fun diseases (including rabies) that could ruin your trip.

## Keep an emergency car kit

Whether you're driving your own car on a road trip or renting one abroad, make sure you keep a fully stocked kit in case of emergency. This should include a backup battery for your phone, a first-aid kit, reflective warning signs, blankets, non-perishable food, a tire gauge, a flashlight, bottled water and a snow shovel.

## Save emergency numbers

Remember, you can't call 911 everywhere. Find out what the local emergency hotlines are and save them to your phone (preferably on speed dial). Also research the nearest U.S. embassies or consulates and save those addresses and phone numbers as well.

Be Safe & Be Well!

Ref: <http://www.usatoday.com/story/travel/advice/2015/02/19/safety-tips/23617237/>



**IF YOU SEE  
SOMETHING,  
SAY  
SOMETHING.**

# security corner

# black history moment

## John Lewis



John Lewis

John Lewis was born in Troy, Alabama on February 21, 1940. In 1961 he received a B.A. from American Baptist Theological Seminary in Nashville, Tennessee. In 1967 he received an additional B.A. from Fisk University located in Nashville, Tennessee.

While attending American Baptist Seminary, Lewis emerged as a civil rights leader after his participation in the Nashville sit-in movement in 1960 and the Freedom Rides the following year. In 1963 at the age of 23, Lewis helped plan the March on Washington and was one of the keynote speakers. Lewis also served as chairman of the Student Nonviolent Coordinating Committee (SNCC) from 1963 to 1966. By the time he assumed the leadership of SNCC he had been arrested 24 times as a consequence of his protest activities. Lewis became nationally known after Alabama State Troopers and other police attacked him and 500 other protesters as they attempted to cross the Edmund Pettis Bridge during the 1965 Selma to Montgomery Voting Rights March. To this day some of the wounds from his beating are still visible.

In 1966 Lewis left SNCC as it embraced a “black power” ideology, and started working with community organizations in Atlanta, Georgia. Later that year he was named director of community affairs for the National Consumer Co-op Bank in Atlanta.



Lewis first ran for office in 1977 in an unsuccessful attempt to win the vacant 5th District Congressional Seat created when President Jimmy Carter appointed Congressman Andrew Young to be Ambassador to the United Nations. Lewis lost the special election to the future U.S. Senator Wyche Fowler who at the time was an Atlanta City Councilman. Four years later Lewis was elected to the Atlanta City Council, a position which helped him gain crucial experience and exposure for his next congressional race. In 1986 Fowler decided to run for the U.S. Senate which left his seat open. Lewis ran for the seat, winning the Democratic primary and then the general election. John Lewis was only the second African American since Reconstruction to represent the state of Georgia in Congress. He has been reelected nine times with only token opposition. Since 2002 no one has opposed him.

Lewis rose in power among Congressional Democrats. Since 1991 he has been senior chief deputy whip. He is also a member of the Congressional Black Caucus. Lewis has been a strong and vocal opponent of the Iraq War. He was also the first member of the House to call for the impeachment of President George W. Bush for his unlawful authorization of wiretaps without a warrant. Lewis has been a strong pro-choice supporter and has called for federal funding of stem cell research. In addition he is a strong supporter of civil rights and education

John Lewis was married to Lillian Miles Lewis, who died in 2012.

*See more at:*

<http://www.blackpast.org/aah/lewis-john-r-1940#sthash.Eyn6RqIx.dpuf>

*Photo: John Lewis, 23, Speaks at the March on Washington (1963)*

*Image Ownership: Public Domain*



# FEBRUARY 2017 BIRTHDAYS

## February 1st

Bradley III, Alfonso  
Cuttino, George  
Henderson, Mary  
Marshall, Robert  
Nesmith, Tasha

## February 2nd

White, Frank  
Hayward, David A.  
Porchia, Latanya  
Thomas, Bessie

## February 3rd

Young, Ambrose  
Diaz, Frances  
Jones, Shanice  
Myrie, Brian  
Nichols, Gregory

## February 4th

Smith, Valerie  
Black, Kerry-Ann  
Bristow, Sadie  
Brooks, Evelette  
Gardner, Laura  
Laing, Roslyn  
Mack, Kynessa  
McKnight, Eugene  
Oaks, Sherlawn  
Smallwood, Sonja  
Velasquez, Adam

## February 5th

Walker, Delores  
Commodore Jr., Josh  
Holmes, Lucille  
Johnson, Anne  
Torres, Marcos

## February 6th

Wallace, Ameenah  
Barge, Erik  
Boston, Felicia

## February 7th

Haggans, Ollie  
Arrington, Keith  
Barnes, Tyshon  
Bass, Nichelle  
Bevel, Wenyatta  
Milton, Genester  
Norris, Lakena  
Rankin, Vestina

## February 8th

Torti, Brandon  
Bowens, Beverly  
Gary, James  
Goggins, Reginal

## February 9th

Lawrence, Malinda  
Alexander, Rodney  
Brigman, Willie

## February 10th

Edwards-DaRosa,  
Daphne  
Gee, Mary  
Henderson, Troy  
Lyles, Brianna  
McKnight, Mildred  
Parker, Timajh  
Pettway, Anniemaxine  
Roebuck, Carol  
Slade, Alanna

## February 11th

Wade, Anthony  
Brown, Maria  
Doss, Iman  
Howard, LaShonda  
Jefferson, Shane  
Reid, Thashea

## February 12th

Taylor, Ronald  
Barge, Shanek  
Davis, Corey  
Dicks, Justina  
Jones, Terry  
Langston, Unique  
Maye-Hazel, Shantana

## February 13th

Romero, Juan  
Billings, Tiquan  
Dorsey, Ashley  
Hobbs, Robert  
Norwood, Levina  
Rawls, Robin  
Smith, Tracy

## February 14th

Baldwin, Barbara  
Brown, Karen  
Coleman, Marquess  
Davis, Victoria  
Davis-Green, Leslie  
Dennis, Darius  
Gary, Shermont  
Nelson, Kimberly  
Pettway, Lena  
Salahuddin, Aneesa

## February 15th

Spears, Davida  
Cathey, Chanel  
Glenn, Assan  
Griggs, Leonard  
Harris, Curtis  
Jacobs, Koshayna  
Johnson, Percy

## February 16th

Mendez, Delia  
Bethune, Annie  
Diu Dlu, Delta  
Epps, Sakia  
Garner, Wayne  
Gee, Imani  
James, Eric  
Lozada, Tina

## February 17th

Reed, Keiya  
Clarke, Colin  
Council, Ralph  
Ebron, Semager  
Gallimore, Ricky  
Jimason, Erika  
Lewis, Kenney  
Miller, Colby  
Mincey, Shirelle  
Munford, Elizabeth  
Thigpen, Alicia  
Thompson, Danielle  
Thompson, Ida

## February 18th

Venable, Donna  
Burton, Annette  
Ellington, Monique  
Gaines, Earnest  
Jackson, Sandra  
Walker, Lashonda

## February 19th

Walker, Nelson  
Bradley, Lee  
Caviness, Deva  
Comer, Andrea  
Gary, De'Gene  
Henry, Bobby  
Jowers, Michael  
Lazaro, Zuri  
Leger, Leanne V.

## February 20th

Lewis, Nicole L.  
Henderson, Kelley  
Jackson, Jr., Walter  
Langston, Cymande  
Robinson, Nathaniel  
Shelton, Anthony  
Stevens, Tyrone  
Stewart, Tymisha

## February 21st

Wilson, Carey  
Byrd, Mozetta  
Marshall, Ashley  
Newton II, Ernest

## February 22nd

Pettway, Irene  
Davis, Jamura  
Dunham, Terrell  
Jackson, Ina  
Murray, Anthony  
Smith, Troy  
Williams, David

## February 23rd

Williams, Stephanie  
Alfred, Getha  
Bell, Sean  
Thomas, Dean  
Williams, Tyese  
Winston, Elizabeth

## February 24th

Woods, Sharon  
Boston-Randolph,  
Farrah  
Codrington, Dametria  
Codrington, Ladale  
Garrett, Robert  
Hudson, Tomeka  
Jenkins, Russell  
Johnson, Brenda  
McMillan, Lorissa  
Paris-Cooper, Stephanie

## February 25th

Potts, Ja'qhan  
Rogers, Ronald

## February 26th

Sloan, Alicia  
Adetona, Durojaiye  
Cheatham, Theyonda  
Murray, Deshonna  
Revis, William  
Swinton, Jahquashia  
Tucker, Portia

## February 27th

Watkins, Paula  
Barge, Andrea  
Fleming, Ashle'  
Frye, Henry  
Pierre, Richardre

## February 28th

Rodriquez, Evelyn  
Davis, Bryan  
Harper, Rufina  
Jones Jr., Michael  
Jones-Buchanan, Karen  
Pettway, Jolisa

# FEBRUARY 2017 ~ PRESENTATION OF THE LORD

## Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 2/1/2017 through 2/28/2017. Conference Dial-in Number: 712-432-0490, Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. To playback prayer: 712-432-0508, access code is 111933#.

**This is not a toll free call. Long Distances Changes May Apply.** Note: Do not announce yourself if you call after 6:58am. Please mute your phone so that prayer will not be disturbed. Ephesians 4:11-13 NIV Reference number for February 1, 2017 is 1832#

SUN	MON	TUE	WED	THU	FRI	SAT
5 Isiah 58:1-9a (9-12) Pastor Williams	6 Psalm 119:105-112 Rev. Sherwood	7 Proverbs 6:6-23 Deacon Gardner	8 John 8:12-30 Sis. Thompson-Bennett	9 James 1:12-16 Sis. Green	10 1 John 2:7-17 Rev. Williamson	11 Matthew 15:1-9 Deacon Paul
12 Deut. 30:15-20 Sis. Hasan	13 James 1:2-8 Sis. Gist	14 James 2:1-13 Bro. D. Smith	15 Matthew 19:1-12 Deacon J. Seawright	16 1 Corin. 10:23-11:1 Deacon D. Seawright	17 Galatians 5:2-6 Deacon JeanBaptiste	18 Matthew 7:1-12 Min. Blackwell
19 Lev. 19:1-2, 9-18 Deacon Cotter	20 Psalm 119:33-40 Deacon P. Jackson	21 1 Corin. 3:10-11 Rev. Kingwood	22 Matthew 5:38-48 Deacon Vermont	23 Hebrews 8:1-7 Bro. H. White	24 Hebrews 11:23-28 Sis. Ellis	25 Mark 9:9-13 Rev. Kearney
26 Exodus 24:12-18 Deacon Hurst	27 Psalm 99 Bro. Newton	28 2 Peter 1:16-21 Sis. Langley				
						PREPARED FOR WHAT'S NEXT

# February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			12:00 PM Daytime Bible Study 7:00 PM Bible Study	6:30 PM Deacon Min. Mtg. 6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal	11:00 AM National Black HIV Awareness Day	8:30 AM Men's Fellowship Ministry Mtg. 10:00 AM Ministers' Meeting 12:30 PM Music Ministry Rehearsal
<b>5</b>	<b>6</b>	<b>7</b>				
7:45 AM Prayer 8:30 AM Worship Celebration 9:45 AM Mount Aery Cafe' 10:00 AM Sunday School 11:00 AM Worship Celebration	7:00 PM Music Ministry Rehearsal	12:00 PM Daytime Bible Study 1:00 PM Quilters 7:00 PM Bible Study	6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal 7:00 PM Ushers			
<b>12</b>	<b>13</b>	<b>14</b>		<b>15</b>	<b>16</b>	<b>17</b>
7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church 1:00 PM Go Red Sunday Blood Pressure Screenings	6:00 PM Fellowship Ministry Meeting 7:00 PM Re-Entry Ministry	6:30 PM Trustee Ministry Meeting 7:00 PM Music Ministry Rehearsal	12:00 PM Daytime Bible Study 7:00 PM Bible Study	6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal	8:30 AM System of Care Training	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>		<b>22</b>	<b>23</b>	<b>24</b>
7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church	7:00 PM Music Ministry Rehearsal		12:00 PM Daytime Bible Study 1:00 PM Quilters 7:00 PM Bible Study	6:30 PM Sisters at the Well-Bk Social Setup 6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal	7:00 PM Black Social	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>				
7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration	7:00 PM Re-Entry Ministry		9:00 AM System of Care Meeting 7:00 PM Music Ministry Rehearsal			

Mount Aery Baptist Church  
SAW ministry  
Presents

## *“Our Sisters Keeper”*

History teaches us that if we fail to own our stories, they will somehow be told on our behalf. Who is it that will be naming any of us? Who is it that will be telling our story? Theologian, Dr. Emilie Townes describes it as such, "What they will know will be caricatures that sit like so many rows of false teeth molded to fit someone else's head". It is important, therefore that we as women begin to embrace our strengths, our uniqueness, our complications and our flaws, all of it. But what we won't do is allow anyone to define who we are or speak on our behalf. This month's Well is designed to embrace the uniqueness that is found in every woman, to celebrate every woman, their gifts, their talents, their experiences and to do so in a safe space... Because truly we are, "Our Sister's Keeper"



Join Sisters at the Well Saturday  
February 11, 2017, 12:00pm at  
Mount Aery Baptist Church,  
If you have any questions please see any SAW facilitator

# F.R.A.N.GELISM SUNDAY

***BRING A FRIEND, RELATIVE, ACQUAINTANCE, OR  
NEIGHBOR TO CHURCH!***

SUNDAY, FEBRUARY 19, 8:30AM & 11AM WORSHIP CELEBRATIONS

MOUNT AERY BAPTIST CHURCH  
73 FRANK STREET, BRIDGEPORT, CT 06604  
PASTOR ANTHONY L. BENNETT, D.MIN., LEAD PASTOR  
[WWW.MTAERYBAPTIST.ORG](http://WWW.MTAERYBAPTIST.ORG)

