

MESSAGE FROM THE MOUNT

# MFTM

Mount Aery Baptist Church Publication November 2021/Volume 142/[www.mtaerybaptist.org](http://www.mtaerybaptist.org)

# MAAFA

I N F L U E N C E  
RESILIENCY & RESISTANCE



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BPT MOMS Partnership Program

Centers for Disease Control  
and Prevention

[library.nashville.org/blog/2019](http://library.nashville.org/blog/2019)

[face2faceafrica.com](http://face2faceafrica.com)

[Squigly's Playhouse.com](http://Squigly's Playhouse.com)

[Wellsfargo.com](http://Wellsfargo.com)

Rocket HQ

[Wikipedia.com](http://Wikipedia.com)

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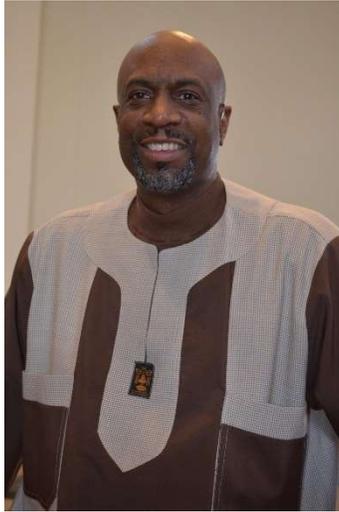
## Mount Aery Baptist Church

73 Frank Street

Bridgeport, CT 06604

Church Office: 203.334.2757

[www.mtaerybaptist.org](http://www.mtaerybaptist.org)



## *Pastor's Pen*

Namaste My Brothers and Sisters in Christ,

We are grateful and thankful for the grace of God giving us the privilege to see the eleventh month of 2021. I am reminded of the song that our male chorus has sung on numerous occasions which has a line, *through it all, I've made it through another day's journey. God kept me here.* Indeed, God has allowed us to remain on this earth even as we have had to say our earthly goodbyes to those who have died in our midst. While we grieve our loss of them, we also, gain a renewed appreciation for the breath we breathe and for this gift we call life.

I am thankful for the church staff and leadership of Mount Aery for their continued efforts to coordinate and “hold it down” on behalf of God and Mount Aery. Let me also thank you each for your continued support of Mount Aery’s vision and ministry.

During this month of November, you will be blessed by viewing of the ministry of Dr. Melanie Hill and our very own Tenisi Davis and Germar Gardner. We are also blessed to have Rev. Dr. Heber Brown in our pulpit on today.

November is the time when we pause as a nation to give thanks for our bountiful blessings. Yet every year, I remind us that every day is a day of thanksgiving for the believer in Christ.

I look forward to seeing you in person or in the virtual sanctuary.

God bless,

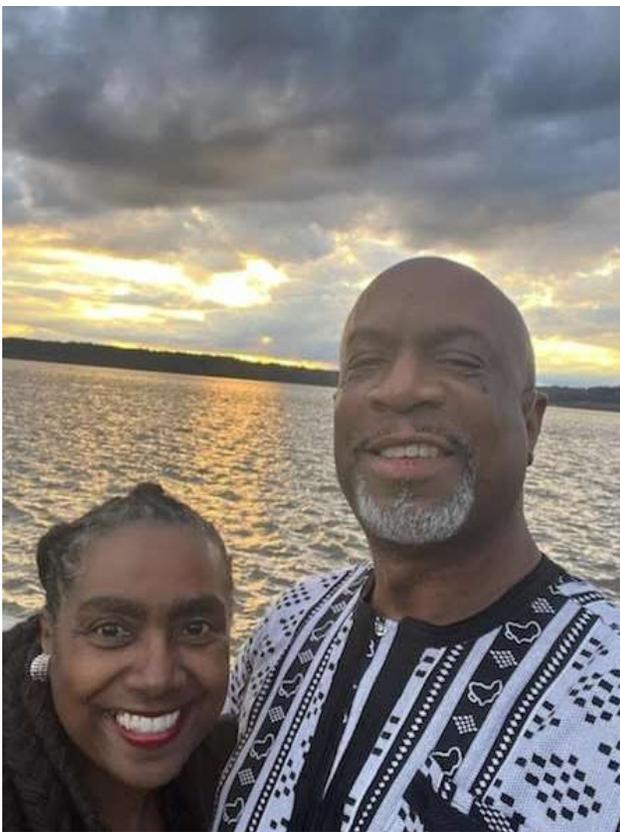
A handwritten signature in black ink that reads "Pastor Anthony Bennett". The signature is written in a cursive, flowing style.

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



*Happy 28th Wedding Anniversary  
to Pastor and Sister Donna*

May God continue to bless your ministry  
of marriage for many more years to come!



## 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



### Please Pray for Our Prayer List

Clifford Bazalias	Deacon Melvin Lowe, Sr.
Volney Bryan	Reanna McCoy
Isaiah Brown	Mary McRae
Linda Lee Brown	Autumn Mitton
Carol Carter-Mims	Caleb Mitton
Joan H. Colley	Spring Mitton
Minister Odell Cooper	Edward A. Morris
Rayvon Cox	Deacon Regina Mosely
Tracey Nicole Craig	Austin Perkins
Frances Dicks	Eulalia Pettway
Ruth Hasty-Dove	Miriam Powell
Sandra Dunn	Terrance Quiller
Bernardine Edwards	Rose Samuel
Rose Evans	William Henry Sims Sr.
Willie Freeman	Kathy Stephenson
Leonard Grace	Herb Sutton
Deacon Minnie Grant	Gloria Tucker
Leslie Green	Rev. Velva Jean Tucker
Jodi Green	Curtis Jerome Turner
Ruth Harvin	Paula Watkins
Deacon Naomi Holmes	Dorothy Watts
Gerard James	Gwen Williams
Barbara Jones	June Williams
Maria Knight	Barbara Wilson
Theresa Lazarus	Michelle Lisa Wilson
Cheryl Lewis	
Jordan Alexander Lewis	

### 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
---	---

### Hospitalization & Nursing Home List

Please be aware that there are strict legal and ethical guidelines regarding giving outpatient 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..

**Mary Ryan**  
Laurel Ridge Health Care Center  
642 Danbury Road, Ridgefield, CT 06877

**Jena Simmons**  
Westchester Medical Center  
100 Woods Road, 2<sup>nd</sup> floor,  
Valhalla, NY 10595

*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 family of Linda "Peaches" Suggs on her passing
- Deacon Bo Dewitt Smith and family on the loss of his brother, Phillip Ray Smith in Charlotte, NC

## IMPORTANT DATES ✓

During this season of prayer,  
call in to the prayer line  
at 7:00am daily at 319-527-3510.  
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.

### Thank you for trusting God with your finances. Ways to give:

- Mail in checks and money orders –  
73 Frank Street, Bpt. CT 06604
- Utilize Pushpay
- Offering baskets at the door before  
or after worship



Here's an exciting way to join in worship with us. Simply visiting our website at [mtaerybaptist.org](http://mtaerybaptist.org) and click one WATCH LIVE in the upper right hand corner. Pass the link on to your friends and family as well so they can be blessed by our ministry <http://www.mtaerybaptist.org/watch-us-live>

### Deacons on Call for the month: Deacons Holmes & Vermont



#### Submissions of announcements and due dates:

##### Message From The Mount

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

##### 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.

Last month, the Nurses Ministry distributed to the entire congregation, pink copies of these breast cancer awareness tips along with pink rubber bracelets and a lapel pin. Special thank you to Nurse Betty Hill and her entire team.

## October Breast Cancer Awareness Month

- Breast cancer is the most commonly diagnosed cancer in women and it is the second leading cause of death among women.
- Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer and 410 will die each year.
- Know your risk: learn about your family history and talk to your doctor about your personal risk of breast cancer.
- Get screened: Ask your doctor about having a mammogram and do self-exams regularly.
- Know what is normal for you and see your health care provider if you notice any breast changes:
  - Lump, hard knot or thickening inside the breast or under area
  - Swelling, warmth, redness or darkening of the breast
  - Change in the size and shape of the breast
  - Dimpling and puckering of the skin
  - Itchy, scaly sore or rash on the nipple
  - Pulling in of your nipple or other parts of the breast
  - Nipple discharge that starts suddenly
  - New pain in one spot that does not go away
- Make healthy lifestyle choices
- Maintain a healthy weight, exercise, limit alcohol intake.



Mt Aery Baptist Church Nurses Ministry  
Pastor Anthony L. Bennett, D. Min. Lead Pastor  
Assistant Pastor Rev. Kathy Williamson



# Grieving?

*Know someone who is?*



When you are grieving a loved one's death, the holiday season can be especially painful. Our ***Surviving the Holidays*** seminar helps participants discover:

- How to deal with emotions
- What to do about traditions
- Helpful tips for surviving social events
- How to find hope for the future

## **SURVIVING THE HOLIDAYS**

Please join us for this encouraging seminar.



[www.griefshare.org/holidays](http://www.griefshare.org/holidays)

Wednesday, November 17, 2021 @ 6:45 PM  
Mount Aery Baptist Church ZOOM  
Bridgeport, Connecticut  
[www.mtaerybaptist.org](http://www.mtaerybaptist.org)  
email: [griefshare@mtaerybaptist.org](mailto:griefshare@mtaerybaptist.org)

# BPT MOMS

Partnership Program

# MOMS

PARTNERSHIP

Every Mother Matters

Bpt MOMS Partnership is a new program offered to mothers. The program is provided by the Department of Human Services (DHS), which is collaborating with Yale University where the MOMS Partnership® program was developed. The purpose of MOMS is to support mothers with life stress. MOMS literally meets mothers where they are, providing services in places like grocery stores and libraries.

## WHAT YOU CAN GET OUT OF BPT MOMS

- Skills to help you manage the stress you deal with
- Steps for problem-solving
- Communication styles
- Referrals to community resources
- Balancing stress and fun



Please contact

**Aisha Thomas**  
Community Mental Health Ambassador  
Office phone: 475-476-7517  
Email: athomas@alliancct.org

Are you experiencing emotional struggles, constant worry, or feeling overwhelmed? You may be eligible to participate.

**You will receive**

- 8 weeks of counseling and skill building in a virtual group setting
- Cash incentives for participating
- Referrals to community resources

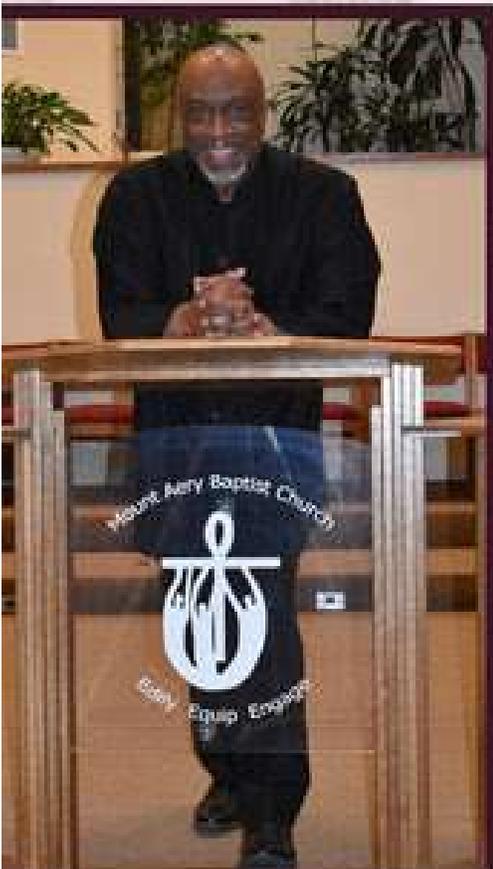
**Dajauna Delvalle**  
Clinician  
Office phone: 203-366-8255 ext. 111  
Email: ddelvalle@gbapp.org

ANNOUNCEMENTS

MOUNT AERY BAPTIST CHURCH

*Worship Back  
in the Sanctuary!*

9:30 AM



MASKS MANDATORY  
73 FRANK STREET | BRIDGEPORT, CT

WWW.MTAERYBAPTIST.ORG

## Aunt Jay's Meatballs in Tomato Sauce

### Ingredients

#### For the tomato sauce

- 2 24-ounce cans of crushed tomatoes
- 2-3 ounces of red wine
- 1 medium onion chopped
- 2-4 cloves of garlic crushed
- 1 tablespoon of dried oregano
- 1 tablespoon of dried basil
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2-3 tablespoons of olive oil



#### Instructions

In a heavy pan or dutch oven place the olive oil and chopped onions and sauté over medium low heat until translucent. Add the crushed garlic. Cook for a few more minutes, stirring constantly. Add the crushed tomatoes and the rest of the ingredients listed above. Cook on low heat, stirring occasionally.

#### For the meatballs

#### Ingredients

- 2lbs of ground beef
- 4 large eggs
- 1 cup of plain breadcrumbs (more if needed)
- ½ to ¾ of a cup of grated parmesan cheese
- 1 teaspoon salt
- 1 teaspoon black pepper
- Red wine to roll the meatballs in

#### Instructions

Place all the ingredients listed above except for the red wine in a large bowl and mix with your hands until the ingredients are well combined. Place the red wine in a small bowl. Roll the meatball mixture into 1-inch balls and then roll in the red wine. Place the meatballs directly into the sauce and simmer until the internal temperature of the meatballs reaches 165 degrees. Serve with your favorite pasta.

# 8 CDC HEALTH TIPS FOR A SAFE AND HEALTHY HOLIDAY



**Eat Healthy and Be Active**      **Get Your Flu Vaccination**



**Food Safety**      **Handwashing**      **Cold Weather Safety and Home Heating**



**Cope with Stress**      **Travel Safety**



**Prevent Injuries**



The holidays are a great opportunity to enjoy time with family and friends, to celebrate life, to be grateful, and to reflect on what's important. They are also a time to appreciate – and safeguard – the gift of health.

“The holiday season is a time to reflect on family and friends, but don't forget to take time to care for yourself,” said CDC Director Robert R. Redfield, M.D. “We wish you a healthy and happy New Year, and send along some reminders on how best to keep you and your family well this winter.”

Here are some holiday tips to support your efforts for health and safety during the season.

### **Eat Healthy and Be Active**

It can be challenging to eat healthy and stay active during the holidays. Healthy eating is all about balance and moderation. Holiday parties and big family meals may tempt us away from our healthy eating habits. Allow yourself to have your favorite foods but stick to smaller servings and balance them with healthier options. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods and drinks.

Staying active can help you keep a healthy weight during the holiday season. Look for opportunities to work physical activities into your holiday: Go for a stroll after a family meal, take a walk at the mall, or dance to your favorite holiday music. Aim to get at least 150 minutes a week of physical activity. For example, that could be at least 20 minutes a day or 30 minutes five days a week. It's important to move more and sit less.

### **Get Your Flu Vaccination**

Influenza (flu) is more than a cold, or even a “bad cold.” It can result in serious health complications like pneumonia, bacterial infections, hospitalization, or death. Few people get vaccinated against flu after the end of November even though flu activity peaks between December and February and can last as late as May. If you didn't yet get a flu vaccination this season, it's not too late! CDC recommends that everyone age 6 months and older get vaccinated now if they have not already been vaccinated this season.

Flu vaccination can reduce your risk of getting sick with flu and can prevent serious flu complications. Flu vaccine has other benefits, too, including being life saving for children, protecting pregnant women and their babies, and reducing the risk of heart attack in people with heart disease.

### **Food Safety**

Food poisoning can ruin even the most festive celebrations. Each year, an estimated 1 in 6 Americans get sick from eating contaminated food.

Take simple steps to protect your family's health when you prepare and serve holiday meals such as:

- Wash your hands and work surfaces before, during, and after preparing food, and before eating.
- Keep raw meat, poultry, seafood, and eggs separated during preparation.
- Cook food at the right internal temperature to kill harmful germs. Use a food thermometer to check.
- Refrigerate perishable foods, including leftovers, within two hours of buying or cooking.

### **Handwashing**

Handwashing is one of the most effective ways to prevent the spread of germs and to keep kids and adults healthy, especially during the winter months. Evidence shows handwashing can help prevent 1 in 5 respiratory illnesses like the cold or flu, so understanding how and when to wash hands is critical for staying healthy.

CDC's newest handwashing campaign – “Life is Better with Clean Hands” – includes resources and educational materials to help spread the word about the importance of healthy hand hygiene. If soap and water are not available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.



### **Cold Weather Safety and Home Heating**

Outdoor activities during cold weather can expose you to several safety hazards, but you can take steps to be prepared while getting the exercise you need.

Start by wearing warm clothing, a wind-resistant coat or jacket, mittens, hats, scarves, and waterproof boots. To protect from hypothermia, don't forget to dress in layers. Additional safety precautions when participating in outdoor recreation include: always carry a cell phone, work slowly when doing outside chores, sprinkle cat litter or sand on icy patches, and take along a buddy and an emergency kit.

Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year to keep your family safe from carbon monoxide (CO) poisoning. Install a battery-operated or battery backup CO detector where it will awaken your family at night if the alarm is triggered. Each year, more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 20,000 visit the emergency room, and more than 4,000 are hospitalized.

### **Cope with Stress**

Everyone—adults, teens, and even children – experiences stress from time to time. Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Learning healthy ways to cope with stress and getting the right care and support can help reduce stressful feelings and symptoms. For more information, see Suicide Resources for articles, publications, and additional resources.





## Travel Safety

Winter storms and cold temperatures can be dangerous. Stay safe and healthy this winter by planning ahead. Whether you're traveling across town or around the world, ensure that your trip is safe:

- Get your car ready for cold weather before winter arrives.
- Don't drink and drive – and don't let others drive when they've been drinking.
- Wear a helmet when riding a bicycle or skateboarding to help prevent head injuries.
- Wear a seat belt every time you drive or ride in a motor vehicle, and always buckle your child in the car using a car seat, booster seat, or seat belt appropriate for their weight, height, and age.

Before traveling abroad, check out health and safety risks at your destination. Don't forget to get needed vaccinations at least 4 to 6 weeks before you leave to ensure protection by the time you travel. CDC's latest traveler's health updates include information about measles and malaria. For more information see Traveling Abroad for the Holidays.

Anyone traveling more than four hours, whether by air, car, bus, or train, can be at risk for blood clots. Blood clots can form in your legs during travel because you are sitting still in a confined space for long periods of time. Protect yourself during the holiday travel season by moving your legs frequently, know the symptoms of blood clots and when to get help and if you are at risk for blood clots talk to your doctor.

## Prevent Injuries

Injuries can happen anywhere, and many occur around holidays. Take these steps to avoid common injuries:

- Use step stools instead of climbing on furniture when hanging decorations.
- Leave fireworks to the professionals.
- Wear a helmet when riding a bicycle or skateboarding to help prevent the most serious types of head and brain injuries.
- Prevent chain saw injuries by wearing proper protective clothing and glasses. Always operate, adjust, and maintain chain saws according to manufacturer's instructions.

Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended.

Carbon monoxide poisoning is 100% preventable. Don't use generators, grills, or other gasoline or charcoal-burning devices inside your home or garage.

Brighten the holidays by making your health and safety a priority. These tips will help keep you and your loved ones safe and healthy—and ready to enjoy the holidays. For more information about Holiday Healthy and Safe Tips

visit <https://www.cdc.gov/family/holiday/index.htm> and enjoy CDC's 12 Days of Health Holiday Song.

# God's Love Through the Storm

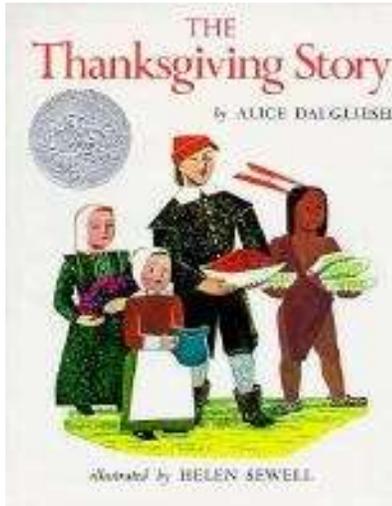
by Samantha Burton

YOUTH SPEAK 

God, it seems like I've been in the storm for too long  
It seems like I've reached my lowest point and I continue to fall  
The disappointments in my life have made me lose my faith,  
and my hope is all gone  
Lord, please help me, I can't take this pain at all  
And the Lord replied:  
My precious child, I am the Lord your God, and I will never leave you or  
forsake you  
Through your times of sadness, I will only show you love and compassion  
I will wash away your tears  
I will erase all your fears  
My mighty power will strengthen you  
You won't feel weak  
But you will say that you are strong  
I will be your beacon of light through the storm  
And I will carry you out of the storm with my power and glory  
I will restore you  
I will renew you  
You will stand Tall  
You will shout for joy that the storm is over  
You will shout for joy that you are free  
You will have Faith and Hope again  
And my Holy Light will forever shine bright in you



# Tackling Racism in Children's Classics: The Thanksgiving Story



This blog post is part of a series examining classic children's literature titles that have been deemed racist. Whether or not you choose to share classic books such as these with the children in your life, we encourage you to have open conversations with them on the topic of race.

As I write this, it is November, and for most of us, this month brings to mind the Thanksgiving holiday: food, family, days off from work and school, shopping on Black Friday, and football. And yes, giving thanks and generally being grateful for the good things in our lives, such as, for example, any of the above (I would replace football and shopping on Black Friday with naps and reading a good book, however).

Thanksgiving also brings to mind the annual classroom lessons of Pilgrims and Indians, complete with buckled black hats, feather headdresses, and of course, the meal shared by these new friends. This is the story with which many of us are familiar, and the one we continue to teach in our classrooms and tell our children. It's an uncomplicated story of food, friendship, and national origins.

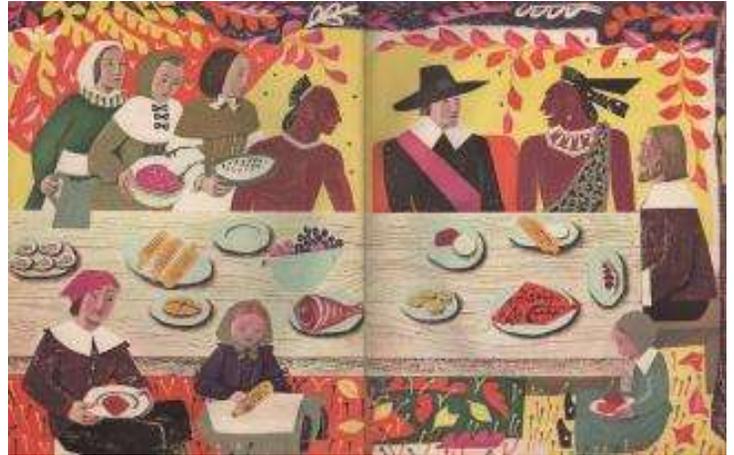
It's the story that children's book author and publisher [Alice Dalgliesh](#) tells in the declaratively named *The Thanksgiving Story*.

Beginning with the Pilgrims' (or [more accurately identified as Separatists](#)) voyage from Europe to North America on the Mayflower, the book presents a familiar story of arrival, hardship, and of course, encounters with Indians—that is, the Native peoples already living on the land. The “friendly Indian” [Squanto](#) makes an appearance in Dalgliesh's account, serving as interpreter and teaching the colonists how to fertilize planted corn with a dead fish (I vividly remember this detail from my own childhood Thanksgiving lessons!). The story concludes with, of course, the traditional Thanksgiving meal shared by the new arrivals and “Massasoit, the great chief” and a “long, long line of Indians” numbering ninety people. Somehow, there is food enough for all, and the colonists offer prayers giving thanks to “God for homes and food and safety in a new land.”

That's it. That's the story. It's rather tidy, isn't it? Everyone gets along, everyone gets to eat, and because of it, we now celebrate Thanksgiving every year. In schools, children put on pageants, we eat dry school cafeteria turkey, and teachers put together lessons plans featuring pilgrims and Indians.

But that's not **The Thanksgiving Story**, Alice Dalgliesh's assertion notwithstanding.

The real story of Thanksgiving, or a more accurate one, rather, is a lot more complicated. It's a story of [conflict and colonization](#). For Native children and their parents, it is often a painful and [living history](#). The lessons we learn in school relegate Indigenous voices to the past and present Native Americans as one generic group of people, their tribal diversity notwithstanding. In other words, we are telling our children a [story](#) marked by fabrications, misrepresentations, and racist tropes.



Feast Image from *The Thanksgiving Story* by Alice Dalgliesh

### How do we begin to tell our children the truth, then?

One way is to change our starting point. The focus of Dalgliesh's book, and of most accounts of Thanksgiving, is on the European settlers. Among the actual passengers of the Mayflower that Dalgliesh names in *The Thanksgiving Story* are three children: [Giles](#), Constance, and Damaris Hopkins, along with [their parents](#).

But what about the people the Hopkins family and their fellow passengers encountered, those already living on the land? No part of the story is told from the point of the view of the Wampanoag, the nation to which Squanto, (or Tisquantum) the friendly Indian, and [Mannasoit](#), "the great chief," belonged. How did they feel about the new arrivals, particularly considering their numbers [had already been decimated by 90% due to epidemic diseases](#) brought by earlier European visitors? Or what did they think of the Mayflower settlers—not finding, as Dalgliesh writes, but taking—corn, a ship's kettle, and other supplies from a now deserted Wampanoag village?

When teaching about Thanksgiving, then, let's start with the Indians, with the [native Wampanoag](#) and other nations that encountered Europeans.



2019 "Round Dance," or friendship dance, at 2019 Mashpee Wampanoag Powwow. Image courtesy of Mashpee Wampanoag Tribe.

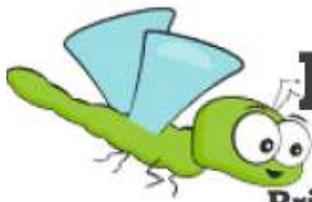
Instead of building lessons around books like *The Thanksgiving Story* and making construction paper feather headdresses, let's build lessons around books about Native characters, told in Native voices. The blog American Indians in Children's Literature (AICL) is a fantastic resource in helping us choose books that accurately portray the diversity of Native Americans. We can choose books about specific tribes, and learn about how different tribal nations today observe the changing seasons, talk about food and the harvest, and participate in rituals of giving thanks.

More importantly, however, let's not limit our reading of Native voices to one month out of the year. What message are we sending the Native students in our schools if we only read or learn about Indigenous nations around Thanksgiving? Books by a wide range of voices need to be a part of our classrooms all year long. Some places to start are below. We need to tell more than just one story.

### **Klem-Marí Cajigas**



In a former life, Klem-Marí was a Religious Studies scholar. She much prefers being the Family Literacy Coordinator for [Bringing Books to Life!](#) She wants you to read and share books with the children in your life, and for those children to see you to read as well. Originally from Puerto Rico, Klem-Marí also enjoys her cat, baking, yoga, and the works of Octavia Butler.

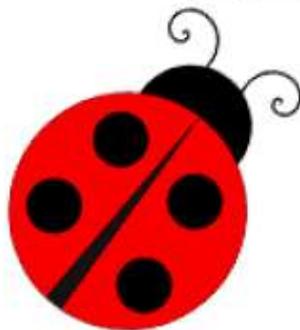


# Insect Word Search



Print and solve this insect word search puzzle.  
Can you find all the insect words hidden in the puzzle?

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



- |             |              |            |
|-------------|--------------|------------|
| ANT         | CRICKET      | LOCUST     |
| BEE         | EARWIG       | MOTH       |
| BUMBLE BEE  | FIREFLY      | SILVERFISH |
| BUTTERFLY   | GRASSHOPPER  | SPIDER     |
| CATERPILLAR | GREEN DARNER | TERMITE    |
| CENTIPEDE   | HORNET       | TICK       |
| CICADA      | LADYBUG      | WASP       |
| COCKROACH   |              |            |





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## OUR FAVORITE 15 THANKSGIVING BOOKS FOR KIDS

**We just can't resist holiday-themed books! Thanksgiving is a time for family, gratitude, and fun, and there's no better way to remind your littles of these lessons than with some of our favorite new and timeless Thanksgiving children's books.**

- ***A Very Thankful Prayer*** by Bonnie Rickner Jensen
- ***Balloons Over Broadway*** by Melissa Sweet
- ***A Family Is A Family Is A Family*** by Sara O'Leary
- ***Five Silly Turkeys*** by Salina Yoon
- ***The Friendship*** by Kat Yeh
- ***How To Catch A Turkey*** by Adam Wallace
- ***Just A Special Thanksgiving*** by Mercer Mayer
- ***If You Were A Kid At the First Thanksgiving*** by Melisa Sarno
- ***Llama Llama Gives Thanks*** by Anna Dewdney
- ***Most People*** by Michael Leannah
- ***One Family*** by George Shannon
- ***Pass It On*** by Sophy Henn
- ***Spot's Thanksgiving*** by Eric Hill
- ***Thankful*** by Eileen Spinelli
- ***The Very Stuffed Turkey*** by Katharine Kenah



### ABOUT CARRIE BUDZINSKI

Carrie Budzinski is the Vice President of LittleGuide Detroit. She grew up in Livonia and Detroit and continues to live life in both cities. Carrie loves exploring the city and finding hidden gems in the suburbs..

# Why African Americans are still holding on to Thanksgiving

Many American families, including African-Americans, will today gather around their dinner tables to celebrate what is believed to be a joyful feast between Pilgrims and Native Americans, even though many have given different meanings to the holiday due to its dark history as described by some historians.

Essentially, Thanksgiving is celebrated to give thanks for the fruits of the previous harvest. In America, the celebration dates back to 1621, when the harvest was celebrated by the [Pilgrims who had sailed from England on the ship \*Mayflower\* in September 1620](#) and were now settlers of the Plymouth Colony in what's now called Massachusetts.



African American Family celebrating Thanksgiving --- Child Safety Network



Public Domain (Library of Congress), Wiki Commons

Other accounts debunk any sort of happy feast between Pilgrims and the native Americans at the time and rather describe the situation as white colonists who invaded a land, claimed it as their own, and slaughtered the indigenous people of the land in what is called the Pequot War between the settlers and the natives.



The Pilgrims and Thanksgiving — theberkshireedge.com

It is recorded that in the year 1637, Massachusetts Colony Governor, John Winthrop, declared “Thanksgiving” to celebrate the safe return of the colonist volunteers who left for war against the Pequot Indians. This war resulted in the massacre of about 700 natives (Pequot Indians).

All these happened at about the same period of slavery when the earliest ships of African slaves arrived in America. Although Thanksgiving is linked to the struggles and massacre that these Africans endured in early American history, they embraced the celebration even during slavery.

In 1777, when the Continental Congress delivered a decree for the 13 colonies to give thanks for reaching a victory over the British at Saratoga, the African slaves also took part in the celebration that generally was appreciative of rain and plenty harvest.

Since their masters allowed them to celebrate the day, the slaves who worked in the fields usually went out to catch wild game for their family and close friends while the women would prepare cornmeal cakes, or pone cakes to go along with the game. The house slaves had it better than the field slaves as house slaves feasted on the leftovers from the “main house” after the slave-owners finished their meals, accounts by *Black Then* said.

Generally, Thanksgiving, for most blacks, was along the Christian faith and throughout black churches in Antebellum America, pastors would openly preach against slavery and the struggles of black people, with hopes that their troubles would cease in the near future. Despite their worries and struggles, these slaves continued to give thanks.

“There is a very good chance that at the first African American Thanksgiving dinners, there were slaves with scarred backs of raised skin, a result of brutal discipline of the owner. There is a very good chance that at those first Thanksgiving dinners there was a little slave girl who had been violated. There is a very good chance that all individuals there had no control of their lives. But without question there is a very good chance that at those first African American Thanksgiving dinners the slaves held hands and prayed to God for better days,” writes William Covington in Our Weekly.

Later, on January 1, 1808, the U.S. Congress outlawed the importation of slaves into the U.S. though this did not end the brutal slavery in America.

Absalom Jones, one of the first African-American ordained ministers, delivered these words to commemorate the New Year of 1808:

“Fifthly, and lastly, let the first of January, the day of the abolition of the slave trade in our country, be set apart in every year, as a day of publick thanksgiving for that mercy. Let the history of the sufferings of our brethren, and of their deliverance, descend by this means to our children, to the remotest generations; and when they shall ask, in time to come, saying, What mean the lessons, the psalms, the prayers and the praises in the worship of this day? Let us answer them, by saying, the Lord, on the day of which this is the anniversary, abolished the trade which dragged your fathers from their native country, and sold them as bondmen and sold them in the United States of America.”

Meanwhile, slaves took advantage of Thanksgiving to escape as their slave masters were often far away from them and some also gave their slaves the opportunity to participate in various holiday traditions. Work was suspended for the slaves to celebrate and visit their spouses and children who were owned by different masters, therefore living on other properties.

Scores of slaves used this opportunity to visit their families to escape the horrors of slavery – they used what was called passes granted them by their masters to facilitate their escape and delay the discovery of their escape.

And as the importation of slaves in America did not end despite the U.S. Congress outlawing it in 1808, most of the freed black slaves immigrated to Africa to the then newly founded colony of Liberia, where they still celebrated Thanksgiving to thank God for their freedom and for the new colony they had found.

And then what they and their African colleagues back in America had been waiting for arrived; on January 1, 1863, President Abraham Lincoln signed the Emancipation Proclamation, a presidential proclamation and executive order that changed the federal legal status of more than 3.5 million enslaved African Americans in the designated areas of the South from slave to free.

That same year in October, Lincoln signed the proclamation of a national Thanksgiving Day, which unified the various regional practices that had already been taking place throughout the nation. It is important to note that though the first national Thanksgiving Day was proclaimed by President George Washington in 1789, it did not become a regular holiday in the United States until 1863 when Abraham Lincoln declared that the last Thursday in November should be celebrated as Thanksgiving.

Since then, many African-Americans have been celebrating Thanksgiving away from the church with family and friends. For such people, the Day is to celebrate their journey of living in America and to turn those struggles into something positive.

For critics who do not celebrate the Day, the root of Thanksgiving which is about the slaughter of the Indian natives is linked to the years of slavery that Africans endured in America and the harsh treatment and attacks their descendants endure today in the form of racial attacks and deaths in the black community often overlooked by authorities.



## Lead Us to the Lighthouse

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

BEACON BLAZE BRILLIANCE FLASH FOLLOW GLARE  
GLEAM GLIMMER GLOW ILLUMINATION LANTERN  
LEAD LIGHT MORNING RADIATE RAY SHEEN SHINE  
SHIP SPARKLE SPLENDOR SUNBEAM SUNRISE TORCH  
TOWER WARNING

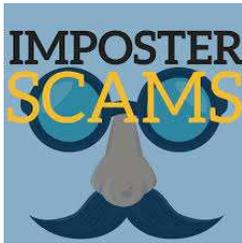
*Namaste Brothers and Sisters!*

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:

## "How to spot Imposter Scams"

SECURITY CORNER 

by Deacon Henry Smalls, Jr.



### HOW TO SPOT AN IMPOSTER SCAM:

#### 3 things you can do to help avoid the deception

Imposter scams use a variety of tricks to gain your trust and steal your money, but they often start with a simple call, email, or message impersonating a person or company you know to trick you into giving them your money. Here are a few common scenarios to look out for and what you can do to help avoid them:

#### Family Imposters

*"I received a message from a 'family member' asking me for money ASAP..."*

Scammers may hack social media accounts to impersonate a relative in need.

**How to avoid:** Before sending any money, always call your relative to confirm their actual situation.

#### Financial Imposters

*"Someone from 'Wells Fargo,' who already knew some of my personal information, asked for my access code..."*

Scammers can spoof their caller ID number and use bits of your personal information to convince you to reveal your access code and steal your money.

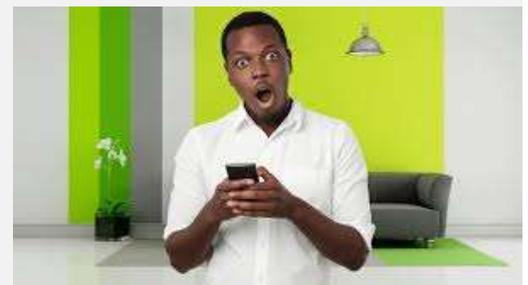
**How to avoid:** Don't ever share your temporary access codes or PIN with anyone who calls you unexpectedly. Your bank or the government will never ask you for this information.

#### Refund Imposters

*"I got a call from an online company about a 'refund' for something I don't remember..."*

Scammers often impersonate well-known retail and tech support companies to gain access to your personal device or bank account.

**How to avoid:** Never give control of your device to a stranger. Never send money to anyone claiming to be from companies asking for payment or offering a refund for something you didn't order.





## How To Maintain Financial Health During COVID-19

With COVID-19 making headlines around the world, it's normal to feel uncertain about many aspects of life right now, including your finances. Even if you don't catch COVID-19, you could be financially impacted by the fallout. Throughout this tumultuous period, your health is obviously the No. 1 priority. You can, and should, make your best efforts to stay healthy. However, maintaining your financial health during this situation can be critically important. With a solid handle on your finances, you'll be better prepared for whatever life throws your way in the coming weeks and months. Let's take a closer look at how you can keep your finances in order as the COVID-19 situation develops around the world.

### Stretch Your Savings Farther

One potential impact of the current situation is that you could be required to stay home for weeks at a time. With that, you may lose your income for that time if your employer doesn't offer paid leave or the ability to work from home. Instead of panicking, focus on finding ways to stretch your money farther. A few ideas include cutting nonessential spending from your budget. Since you'll be staying at home more, you'll likely be able to easily save money that would have been spent eating out and traveling. In addition to these potential savings, you can find free ways to entertain yourself at home. For example, many libraries are offering their always-free resources such as e-books and audiobooks.

### Boost Your Emergency Fund

If you're lucky enough to be able to continue working from home, then consider boosting your emergency fund. After all, you'll mostly be at home in the coming weeks, so it will be easier to resist the temptation of spending money on impulse buys. Plus, you'll be saving on your regular commuting costs. One easy way to boost your emergency savings is to save your tax refund. If you haven't spent the funds yet, consider stashing it away to help weather any storms that come your way.

### Take Stock Of What You Have

Shelves across the country are being emptied of everyday essentials such as food and toilet paper. Before you give in to the impulse to panic buy everything, take stock of what you already have at home. Many of us already have well-stocked pantries that could help us survive for many weeks. Personally, I am guilty of having enough pasta and rice on hand to feed us for a month thanks to a recent BOGO sale at my local grocery store. Plus, I have several bottles of hand soap in our bathroom cabinet compliments of a semiannual sale that always seems to keep my cabinets full. With that, I have not gone out of my way to clear the shelves of emergency supplies that I might need at some point. Instead, I realize that others may not already have these supplies on hand. I'd rather use what I already have and let someone who needs those goods today.

(continued)

Take a look at your current pantry and bathroom cabinet. If you already have some supplies on hand, then consider holding off on stocking up. Your wallet and your community will thank you.

## Contact Your Lenders And Landlords For Help

If the impacts of this virus have affected your income, then you may run into trouble keeping up with your bills. Without an emergency fund, you could find yourself in dire straits quickly. Although it can be scary, make sure to approach the situation with a clear head. Instead of allowing late payments to damage your credit score for years, reach out to your lenders and landlord. Contact them as soon as you realize that you'll be unable to make an on-time payment.

If you're a Rocket Mortgage ®1 client, you can apply for assistance online. Forbearances are being offered as an initial step. This is a temporary pause of your mortgage payments. Once you're able to resume payments, they'll go over your repayment options. Before you make contact, prepare to explain your current situation and how much you can afford to pay at the moment. Also, consider when you believe you'll be able to resume your normal payments. You might be surprised, but lenders may be willing to work with you throughout this difficult time. Most lenders will go out of their way to help you successfully navigate this difficult financial time, especially if you've consistently made on-time payments in the past.



## Keep Calm And Stick To Your Investment Plan

One apparent impact of COVID-19 is the increased volatility of the stock market. Although it can be tempting to panic and sell your stocks during this time of crisis, that's not a good option right now. In fact, choosing to sell your stocks now could result in a realized loss of thousands of dollars. It can be extremely painful to watch the value of your nest egg crumble. However, it's overwhelmingly likely that the market will recover.

Personally, I never planned on touching the money I have invested in the market until retirement, so I'm not going to change that mindset now. Instead, I plan to hold on for what looks like a wild ride ahead. I fully expect a bumpy ride, but I know that selling my stocks for a 20% loss is not the answer. Evaluate your investment plan and find the willpower to stick to it.

## Consider Taking Advantage Of Low Interest Rates

As the feeling of uncertainty takes hold around the world, interest rates are dropping. If you have a good credit score, then you can likely take advantage of extremely low rates for all kinds of borrowing.

If you have outstanding debt such as a mortgage or student loans, then now is the time to refinance. You could potentially save thousands over the course of your loan. Although refinancing can involve quite a bit of paperwork, it will give you something to do from the comfort of your home as we tackle the weeks ahead. Rocket Mortgage ® can help you look for refi options.

## The Bottom Line

The world is on edge due to the COVID-19 situation, but that doesn't mean your finances need to suffer. Take action to build your emergency fund before the virus impacts you in any way. If you have already been affected by the virus, then take steps to mitigate the long-term financial damage.

**Kizzmekia "Kizzy" Shanta Corbett (born January 26, 1986)<sup>[1]</sup> is an American viral immunologist. She is the Shutzer Assistant Professor at the Harvard Radcliffe Institute and assistant professor of immunology and infectious diseases at Harvard T.H. Chan School of Public Health.<sup>[2]</sup> She joined Harvard following six years at the Vaccine Research Center (VRC) at the National Institute of Allergy and Infectious Diseases, National Institutes of Health (NIAID NIH) based in Bethesda, Maryland.<sup>[3][4]</sup> She earned a PhD in microbiology and immunology from the University of North Carolina at Chapel Hill (UNC-Chapel Hill) in 2014.<sup>[5]</sup> Appointed to the VRC in 2014, Corbett was the scientific lead of the VRC's Coronavirus Team,<sup>[6]</sup> with research efforts aimed at propelling novel coronavirus vaccines, including a COVID-19 vaccine.<sup>[7][8]</sup> In February 2021, Corbett was highlighted in the Time's "Time100 Next" list<sup>[9]</sup> under the category of *Innovators*, with a profile written by Anthony Fauci.<sup>[10]</sup> Corbett was born in Hurdle Mills, North Carolina 1986, to Rhonda Brooks.<sup>[4]</sup> She grew up in Hillsborough, North Carolina,<sup>[11]</sup> where she had a large family of step-siblings and foster siblings.<sup>[3]</sup>**



Corbett went to Oak Lane Elementary School in Roxboro NC<sup>[12]</sup> and A.L. Stanback Middle School.<sup>[11][13]</sup> Her fourth grade teacher, Myrtis Bradsher, recalls recognizing Corbett's talent at an early age and encouraging Kizzy's mother to place her in advanced classes. "I always thought she is going to do something one day. She dotted i's and crossed t's. The best in my 30 years of teaching," Bradsher said in a 2020 interview with The Washington Post.<sup>[12]</sup>

In 2004, Corbett graduated from Orange High School in Hillsborough, North Carolina.<sup>[11]</sup> In 2008, Corbett received a B.S. in biological sciences and sociology from the University of Maryland, Baltimore County (UMBC), as a student in the Meyerhoff Scholars Program.<sup>[3]</sup> Corbett is among a cohort of recent UMBC graduates (also including Kaitlyn Sadtler) who have risen to prominence in biomedicine during the COVID-19 pandemic.<sup>[14][15]</sup> In 2014, Corbett received a PhD in microbiology and immunology from the University of North Carolina at Chapel Hill. For her doctoral work, Corbett worked in Sri Lanka to study the role of human antibodies in dengue virus pathogenesis.<sup>[5]</sup>

While in high school, Corbett realized that she wanted to pursue a scientific career, and as part of a program called ProjectSEED, spent her summer holiday working in research laboratories, one of which was at UNC's Kenan Labs with organic chemist James Morkin.<sup>[1][3][11]</sup> In 2005, she was a summer intern at Stony Brook University in Gloria Viboud's lab where she studied Yersinia pseudotuberculosis pathogenesis. From 2006 to 2007, she worked as a lab tech in Susan Dorsey's lab at the University of Maryland School of Nursing.

After earning her bachelor's degree, from 2006 to 2009, Corbett was a biological sciences trainer at the National Institutes of Health (NIH), where she worked alongside Dr. Barney S. Graham. At the NIH, Corbett worked on the pathogenesis of respiratory syncytial virus as well as on a project focused on innovative vaccine platform advancement.<sup>[1]</sup>

From 2009 to 2014, Corbett studied human antibody responses to dengue virus in Sri Lankan children under the supervision of Aravinda de Silva at University of North Carolina at Chapel Hill (UNC-Chapel Hill).<sup>[5][16]</sup> She studied how people produce antibodies in response to dengue fever, and how the genetics of dengue fever impact the severity of a disease. From April to May 2014, as part of her research for her dissertation, Corbett worked as a visiting scholar at Genetech Research Institute in Colombo, Sri Lanka.<sup>[1]</sup> In October 2014, Corbett became a research fellow working as a viral immunologist at the NIH. Her research aims to uncover mechanisms of viral pathogenesis and host immunity.<sup>[13]</sup> She specifically focuses on development of novel vaccines for coronaviridae.<sup>[13]</sup> Her early research considered the development of Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS) vaccine antigens.<sup>[17][18]</sup> During this time, she identified a simple way to make spike proteins that are stabilized in a conformation that renders them more immunogenic and manufacturable, in collaboration with researchers at Scripps Research Institute and Dartmouth College.<sup>[19]</sup>

At the onset of the COVID-19 pandemic, Corbett started working on a vaccine to protect people from coronavirus disease.<sup>[3]</sup> Recognizing that the virus was similar to severe acute respiratory syndrome coronavirus, Corbett's team utilized previous knowledge of optimal coronavirus S proteins to tackle the novel coronavirus.<sup>[20][21]</sup> S proteins form a "crown" on the surface of coronaviruses and are crucial for engagement of host cell receptors and the initiation of membrane fusion in coronavirus disease. This makes them a particularly vulnerable target for coronavirus prophylactics and therapeutics. Based on her previous research, Corbett's team, in collaboration with Jason McLellan and other investigators at The University of Texas at Austin,<sup>[22]</sup> transplanted stabilizing mutations from SARS-CoV S protein into SARS-CoV-2 spike protein.<sup>[19]</sup> She was part of the NIH team who helped solve the cryogenic electron microscopy (CryoEM) structure of the SARS-CoV-2 spike protein.<sup>[23]</sup> Her prior research suggested that messenger RNA (mRNA) encoding S protein could be used to excite the immune response to produce protective antibodies against coronavirus disease 2019.<sup>[19][24]</sup>



To manufacture and test the COVID-19 vaccine Corbett's team partnered with Moderna, a biotechnology company, to rapidly enter animal studies. Subsequently, the vaccine entered Phase 1 clinical trial only 66 days after the virus sequence was released. The trial, to be completed in at least 45 people, is a dose escalation study in the form of two injections separated by 28 days.<sup>[25]</sup> In December 2020, the Institute's Director, Anthony Fauci said: "Kizzy is an African American scientist who is right at the forefront of the development of the vaccine."<sup>[26]</sup> In the Time's profile, Fauci wrote that Corbett has "been central to the development of the Moderna mRNA vaccine and the Eli Lilly therapeutic monoclonal antibody that were first to enter clinical trials in the U.S." and that "her work will have a substantial impact on ending the worst respiratory-disease pandemic in more than 100 years."<sup>[10]</sup> Corbett's work afforded her the opportunity to be a part of the National Institutes of Health team that had Donald Trump at the Dale and Betty Bumpers Vaccine Research Center in March 2020.<sup>[4][27][28][29]</sup> When asked about her involvement with the development of the COVID-19 vaccine, Corbett said, "To be living in this moment where I have the opportunity to work on something that has imminent global importance...it's just a surreal moment for me".<sup>[30][31]</sup> Corbett stated she cried when the efficacy results showed the mRNA-1273 Moderna vaccine worked.<sup>[32]</sup>

Corbett has called for the public to be cautious and respectful of one another during the coronavirus pandemic, explaining that regular hand washing and sneezing into one's elbow can help to minimize the spread of the virus. She has also emphasized that we should not stigmatize people who may be from areas where the virus started.<sup>[11]</sup>

Corbett has worked to rebuild trust with vaccine hesitant populations such as the Black community.<sup>[33][34][35]</sup> For example, she presented education about the COVID-19 vaccine development to Black Health Matters in October 2020.<sup>[36][37]</sup> Her race has been a focus of government outreach; after a study released by the NAACP and others revealed that only 14% of black Americans believe a COVID-19 vaccine will be safe, NIAID Director Fauci was explicit: **"the first thing you might want to say to my African American brothers and sisters is that the vaccine that you're going to be taking was developed by an African American woman."**<sup>[38]</sup>

# November BIRTHDAYS



## November 1st

Jones, Jason  
McCall, Cedric  
Ortiz, Saquoia  
Sharpe, Kiiarah  
Smalls, Tirus  
Spain, Jovonya  
Webb, Candice  
Williams, Ann

## November 2nd

Butcher, Thomas  
Dicks, Laurianna  
Milord, Nathalie  
Prince, Michael  
Sherman, Tamika  
Singleton, Eddie  
Stevenson, Jarod  
Thigpen, Wanda

## November 3rd

Bell, Tyneisa  
Bryant, Keith  
Davis, Tonia  
Forbes, Deborah  
Jackson, Rodney  
Lewis, Treasvana  
Simmons, Jean  
Stevenson, Marquita

## November 4th

Campbell, Shara  
Dickson-Chandler, Princess  
Everett, Ron  
Glover, Jimmy  
Hall-Gibbons, Terrence  
Perry, Dyshawn  
Pierre, Lisa  
Pittman, Rahteisha  
Santiago, Omaira  
Walden, Doris

## November 5th

Davis, Llewellyn Gregory  
Garcia, Nicole Caruso  
Morgan, Karen  
Newton, Tasha  
Stewart, Jeffrey  
Stewart, Sheila  
Wilson, Elise

## November 6th

Davis, Gary  
Glover, June  
Johnson, Vernetta  
Ortiz, Hiram  
Thompson, Cora

## November 7th

Bramwell, Latresha  
DeSenna, Chanelle  
Dickey, Maegan  
Elliott, Sincer  
Lincoln, Loretta  
Smith, Dyshone  
Thoby, Jenny

## November 8th

Garner, Tamoya Chanel  
Ingram, Lakeisha  
Irby, Amorise  
Moore, Rachel  
Valentine, Brenda

## November 9th

Alston-Drinks, Jeanie  
Anderson, Debra  
Drinks, Isiah  
Gill, Christopher  
Harris, Annisha  
Henderson, Gwendolyn  
Jones-Cohen, Heaven  
Moore, Thurston  
Murphy, Darryl  
Tidwell, Iliana  
Webb, Charlotte L.

## November 10th

West, Anthony  
Allen, Patricia V.  
Bristow, Bernard  
Clemons-Prunty, Catina  
Deedon, Barbara  
Gatison, Taylor  
Hamm, Colby Anne  
Holt, Denise  
Jones, Michael  
Porcher, Kisha  
Sosa, Diana

## November 11th

Brooks, Harry  
Dawson, Taylor  
Joseph, Herline  
Knight, Joy  
Moore, Carol  
Murphy, Jr., Darryl  
Paul, Edwardo  
Taylor, Emmanuel

## November 12th

Barnes, Janis  
Hill, Kermetta  
Mack, Ted  
Maxwell, Benjamin  
Simmons, Taja  
Thompson, Richard  
Williams, Adessa

## November 13th

Allen, Ana  
Evans, Davonnah  
Jacobs, Sarah  
McCoy, Wilhelma  
Moore, Marilyn  
Nash, Richard  
Prioleau, Robert  
Santiago, Tamika  
West, Chantel

## November 14th

Bullock, Karon  
Dunmore, Frances  
Langley, Kyarah  
Manning, Sirena  
Northerlington, Stacy  
Stanley, Cynthia

## November 15th

Deavens, Beverly  
Doosantos, Delane  
Rhodes, Dave  
Wallace-Davis, Doreen  
Williams, Vernita  
Wilson, Curtteesha

## November 16th

Brown, Linda  
Cartwright, Tasha  
Darby, Rosa  
Gordon, Capheion  
Nelson, Gary  
Randolph, Johannson  
Sims, Samantha  
Taylor, Donald  
Whitaker, Johnnie

## November 17th

Blackwell, Malcolm  
Dennis, Shi  
Moye, Jasmine  
Patton, Teal  
Walton, Ardaiah  
Williams, Paris

## November 18th

Fleury, Gerline  
Henderson, Jasmine  
Minter, Wilma  
Ross, Elizabeth  
Rucker, Willie Louis  
Smith, Richard

## November 19th

Adams, Kelly  
Byrd-Carolina, Kimberly  
Harris, Rodney  
Junes, Shaquita  
Minor, Timothy L.  
Phillips, Michelle  
Pinto, Raymond  
Sargent, Catherine  
Treadvance, Autumn

## November 20th

Adair, Althea  
DaRosa, Jose  
Draper, Shannon  
Henderson, Andrea  
Jaboin, Pierre  
Martin, Jason  
Robinson, Ramona  
Sadler, Kechia  
Scales, Shauntear  
Webster, Tiffany  
Williamson, Kathy

## November 21st

Burnes, Linell  
Day, Tre  
Desrouilleres, Carla  
Harrison, Teeshawn  
Kelly, Shaun  
Marshall, Gloria  
Muhammad, Tamir  
Sheppard, Jami  
Staton, Quiana  
Thompson, Andrea  
Turkvan, Fendi

## November 22nd

Austin, Quincy  
Berry, Ramona  
Davis, Lisa-Gay  
Davis, Laurie-Ann  
Elliott, Tykeem  
Holmes, Kenneth  
Mallard, Jessica  
Rivera, Julio  
Smith, Thomas  
Swift, Roshi  
Taylor, Celestine  
Woods, Jannie

## November 23rd

Bendolph, Jocelynn  
Brown, Thomas  
Davis, Louis  
Goode, Veronica  
Hall-Gibbons, Renee  
King, Maureen  
Marshall, Le'And  
Miller, Keilah  
Robinson, LaToya

## November 24th

Bohannon, Dorothy  
Charles, Kevin  
Dikko, Chukwudi  
Glenn, Korrell  
Green, Sandy  
Hatton-Blackwell,  
Denine  
Kingwood Small, Nancy  
Porter, Dorothy

## November 25th

Allen-Wright, Ahnomia  
Hardy-Johnson, Shane  
Hart, Odis  
Jackson, Amber  
McDonald, Matthew  
Nance, Brandon  
Rivera, Rosa

## November 26th

Knight, Maria  
Mercado, Luis  
Northington, Michael  
Reid, Mina  
Taylor, Shyiesha

## November 27th

Coote, Keith  
Craig, Norman  
Epps, Ebony  
Hamm, Jeannae  
Harrison, Kyma  
Seldon, Melissa  
Williams, Louise

## November 28th

Baldwin, Anthony  
Benett-Boykin, Maxine  
Crosby, Allison  
Daniel, Wandalarrese  
Govantes, Raheem  
James, Mishonda  
Johnson, Shanelle  
Maignan, Noah  
Martin, Geraldine  
Sebourne, Esteban  
Stone, Tyrone

## November 29th

Bullock, Crystal  
Fordham, Vilma  
Hayes, Evelyn  
Haynes, Evelyn  
Monk, Rena  
Riddick, Shakeema  
Sowell, Tammy  
Taylor, Hyacinth  
Thompson, Tamara  
Williams, Chekesha

## November 30th

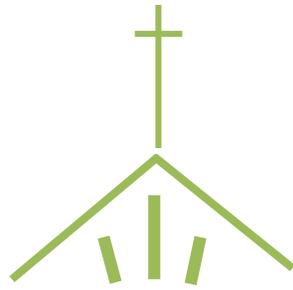
Ballard, Vavier  
Ferris, Gwendolyn  
Hall, Jacqueline  
Lamar, Jacqueline  
Taylor, Bruce

# NOVEMBER 2021 - DIRECTION

Prayer time is 7:00am to 7:10am beginning 11/1/2021 through 11/30/2021. Conference Dial-in Number: 319-527-3510, Participant Access Code: 11933#. See Rev. Alicia Tyson-Sherwood for more information. **To playback prayer: 319-527-3518, access code is 11933#.** This is not a toll free call, Long Distances Charges May Apply. Note: Do not announce yourself if you call after 6:58am. Please mute your phone so that prayer will not be disturbed. **Hobakkuk 2:2-3 NIV.**

## Organized Prayer Time

SUN	MON	TUE	WED	THU	FRI	SAT	
	1 Hebrew 12:1-3 Pastor Bennett	2 2 Timothy 4:7 Sis. Barnes	3 1 Cor. 9:25 Sis. Whitaker	4 Psalm 34:18-22 Sis. M. Lee	5 Philippians 2:16 Sis. Thompson-Bennett	6 1 John 3:2 Rev. Dr. Sherwood	
7 Ruth 3:1-5 Deacon Gardner	8 Ruth 2:23 Sis. Smith	9 Ruth 3:2 Sis. Simmons	10 Ruth 4:13-17 Pastor Williamson	11 Ruth 1:9 Deacon Paul	12 Psalm 128:2 Deacon Gist	13 Ruth 3:6 Bro. Cummings	
14 1 Samuel 1:2 Deacon Smith	15 1 Samuel 2:1-10 Rev. Tucker	16 1 Samuel 1:9-11 Min. Langley	17 1 Samuel 1:12-15 Sis. Alston	18 Daniel 12:1-3 Pastor Kingwood-Small	19 Psalm 16:1 Pastor Boissiere	20 1 Samuel 1:3 Sis. S. Jackson	
21 2 Samuel 23:5 Bro. Easley	22 Psalm 132:1-12 Deacon Vermont	23 Psalm 132:13-18 Bro. White	24 Proverbs 4:6-7 Sis. Ellis	25 Psalm 93:1 Sis. Newton-Foster	26 Daniel 7:9-10 Deacon Hurst	27 Job 12:12 Bro. Newton	
28 Psalm 34:1-6 Min. Langley	29 Hebrew 12:1-3 Deacon J. Seawright	30 2 Timothy 4:8 Deacon Adetona	<b>GAINING CLARITY</b>				
			<b>GAINING WISDOM</b>				
			<b>MAAFA INFLUENCE—RESISTANCE AND RESILIENCY</b>				
			<b>FOLLOWING GOD'S INSTRUCTION</b>				
			<b>GOD'S UNDERSTANDING</b>				



**For those who are unable to watch LIVE,  
You can call into the prayer line at 9:30 a.m.  
on Sundays to hear Pastor Bennett preach**

**And at 12:00 noon on Wednesdays  
tune into Bible Study at**

**319-527-3510  
Access Code:111933#**

Please remember to mute your phone once you join the line by pressing the mute button, or if you don't have a mute button, please press the symbol \* and the number 6. Muting your phone cancels out any background noises.

**Thank you and God Bless!**

# An Evening of Intentional Prayer Time for Pastor Bennett

## Exodus 17:2

Moses' arms soon became so tired he could no longer hold them up. So Aaron and Hur found a stone for him to sit on. Then they stood on each side of Moses, holding up his hands. So his hands held steady until sunset.

## *Please join the Deacon Ministry*

once per month on Thursdays at 6:30pm on our church's Prayer Conference Call Line, as we intentionally pray for Pastor Bennett on the following dates:



All are welcome to call in  
and listen at 319-527-3510,  
Access Code 111933#

- **November 18**
- **December 16**