

MESSAGE FROM THE MOUNT

MFTM

Celebrating a Mother's Love



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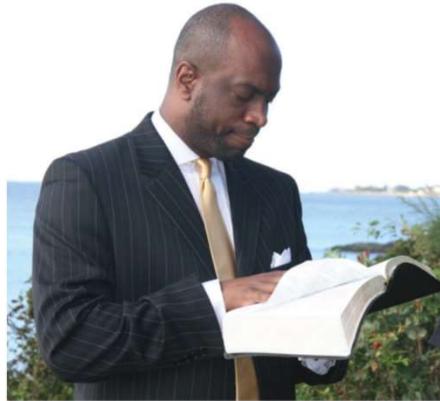


Audrey Barr
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contents

MFTM Team	2
Pastor's Pen	3
Important Dates	4
- Upcoming Events	
- Announcements	
Celebrating Pastor Bennett's 24 th Anniversary	5
Bulletin	6
- Vision Statement	
- Healing and Prayer Lists	
- Hospitalized/Nursing Home	
- Bereavement	
- Welcome Song	
General News	7
- Ministry of the Month	
- "Stop The Bleed"	8
- A Biblical Response to Trauma	8
- Palm Sunday	9
- Resurrection Day	9
Healthy Habits	10
Recipes	12
Youth Speak	13
"Young, Gifted & Black"	13
- Mother's Day Crossword	14
- Children's Poems	15
G.R.A.C.E.	16
- Word Search	16
- African American Senior Citizens	17
Security Corner	18
Financial Freedom	20
Black History	21
Birthdays	23
Calendars	
Prayer Calendar	24
Events Calendar	25
Advertisements	26-28

Pastor's Pen



Namaste my Brothers and Sisters in Christ,

Happy 95th Anniversary. Yes, that's right. This month of May we will honor the history, praise God for our present and affirm our faith for God's future. There are so many people (literally thousands) who over our 95 year journey have been used by God to help usher us into the blessing we have become. Mount Aery's impact has been felt locally, statewide, nationally and yes even internationally. I pray during this month that you will make special effort to thank God and all those who have come before us as well as recommit yourselves to doing what you can to insure that the vision of God through the ministry of Mount Aery will continue well into God's future.

Having said this, I would not move into this month of celebration without thanking God and you, Mount Aery, for an awesome month of April. The Lord honored our worship on Resurrection Sunday. God also honored our celebration of 24 years in partnership as pastor and people. Pastor Ivan Pitts is a uniquely gifted preacher teacher pastor and throughout the month of April, every Wednesday evening afforded us the blessed opportunity to hear God's word through our associates under the general theme of *Jesus and Justice*. Each associate did an outstanding job. Thank you Mount Aery for your participation.

We continued our push forward through resurrection life during our health ministry *Passport to Healthy Living* weekend. I wish to thank Betty Hill and all of the internal and external organizations that worked to make that weekend a grand success.

And now we move into the actual month of our 95 years of ministry and mission. We invite you to check the monitors and come on out to our services, block party and culminating worship experience.

Mount Aery, the best is yet to come!

God bless,

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

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.

As we prepare for our 95th Church Anniversary, we want to look good as a congregation. You will now be able to order your Mount Aery 95th Anniversary T-shirts! Adult sizes small through 3x-large are \$20 each and children sizes small through large are \$10 each. You can place your order in the church office or online at www.mtaerybaptist.org until Friday May 11th.

Message from the Mount, Nurses and First Aiders and the Security Team are having a donation drive for families in transition. We are collecting travel-size personal hygiene products for our local women/children's shelter. A collection box will be located in Narthex until May 6th. Let's make a difference!

Our next Child Dedication is Sunday, May 13th at the 11am worship as we celebrate Mother's Day. Forms are available in the Narthex. All forms are due in the church office by Sunday, April 29th. The mandatory Parent meeting is on Tuesday, May 1st at 6pm.

The Annual Shopping trip to English Town, New Jersey will be on Saturday, May 5th. The bus will be leaving the George Street parking lot at 6:30 AM. Donation is \$35 with a non-refundable \$15 deposit. Any questions or for further information, please see Ms. Liza 203.449.6820 or Ms. Blackwell 203.367.0287

Sisters at the Well Annual Retreat, September 13th through September 16th. Please see them in the Narthex after service.

Here's an 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 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.

Generation Next Youth Ministry is calling all youth ages 3-18. Youth Church for the 2018 year will be held at the 11:00 am services on 2nd and 3rd Sunday of each month! Please see Minister Michael Walton for more information!

Volunteers needed to serve at Merton House. Please see Karen Whittington

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 for the month are Deacon Gardner and Deacon Vermont.

Submissions of announcements and due dates:

Message From The Mount

Send information to mftm@mtaerybaptist.org by the second Wednesday after the first Sunday

Monitors in the Sanctuary

Send information to 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

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

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. The Quiet Room is for parents with infants only. **Please keep your children with you at all times.**

Thank you
for thinking
it not
robbery...
...to partner
with us
for the last
24 years
and
beyond...



— 24 —



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

Shirley Borum	Mary McRae
Elease Breedlove	Autumn Mitton
Isaiah Brown	Caleb Mitton
Carol Carter-Mims	Spring Mitton
George Cauthen	Edward A. Morris
Lucille Cauthen	Deacon Regina Mosely
Joan H. Colley	Hadassah Nightingale
Minister Odell Cooper	Austin Perkins
Tracey Nicole Craig	Eulalia Pettway
Deaconess Louise Cunningham	Terrance Quiller
Richard Dailey	Arthur Ragsdale
Frances Dicks	Frances Riley
Ruth Hasty-Dove	Esther Ryan
Sandra Dunn	Rose Samuel
Rose Evans	Sandra Simpson
James Freeman	Linda Suggs
Deacon Minnie Grant	Herb Sutton
Ruth Harvin	Rev. Velva Jean Tucker
Deacon Jeffrey Hill	Paula Watkins
Deacon Naomi Holmes	Dorothy Watts
Deacon Primus Jackson	Gwen Williams
Beverly James	June Williams
Maria Knight	Barbara Wilson
Theresa Lazarus	Michelle Lisa Wilson
Cheryl Lewis	Jacqueline Tyson-Wright
Jordan Alexander Lewis	Willie Mae Wright
Deacon Melvin Lowe, Sr.	Jessie Wright
Reanna McCoy	Khadyah
Lemme McIntosh	Ayisha
	Marcella

Welcome Song

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

Clyde McLaughlin

Maefair Health Care Center, 21 Maefair Court, Trumbull, CT 06611

Mary Ryan

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

Sandra Stephenson

Bridgeport Hospital, 267 Grant St 9th fl East #9016, Bridgeport, CT 06610

Roger Mullins, Sr.

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

Frances Riley

Bridgeport Healthcare, 600 Bond Street, Room 525, Bridgeport, CT 06610

Lemme McIntosh

West River Rehab, 245 Orange Avenue, Milford, CT 06461

Eunice Roundtree

Northbridge Rehab, 2875 Main Street, #322, Bridgeport, CT 06606

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



Bereavements

Deacon Terrance and Regina Vermont on the loss of her grandfather, Deacon Randolph Harris of East End Baptist Church.

Shalishea Laws and family on the loss of her grandfather, Ebenezer Pettway.

Minister-in-training Tonya Langley and family on the loss of her mother-in-law, Paulette Cook.

Barnetta Pettway and family on the loss of her son, Dennis Pettway.

Rev. Alicia Tyson - Sherwood on the loss of her cousin, Kevin Johnson in Alabama.

Rev. Alicia & Charles Sherwood on the loss of his Aunt.

MINISTRY OF THE MONTH

Mission Statement:

To share current church activities, advertise upcoming events, contribute entertaining material, and report on specialty information to benefit the health, well-being, and financial literacy of the entire Mount Aery Baptist Church family and beyond.

MOUNT AERY BAPTIST CHURCH

MINISTRY OF THE MONTH



MESSAGE FROM THE MOUNT

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Pictured: Michele Bryant, Audrey Barr, Cathy Patton, Deacon Henry Smalls, Jr., Deacon Cynthia Seabrook, Min. Michael Walton, Deacon Kathy Tabb-Smalls, Claudine Mosely-Walton Leslie Green, Talia Lazaro-Simpson, Jennifer Bruton, and Kerry Fulton

“Stop the Bleed”

Training Comes to The Mount

On March 28, 2018 at 10am, Mount Aery Baptist Church Security Team, collaborating with our Nurses & First Aide Ministries, hosted ‘Stop the Bleed’ and ‘Narcan’ training sessions right here at Mount Aery. The turnout was spectacular, with Deacons, Trustees, and Security Teams from Messiah Baptist Church of Bridgeport, First Baptist Church of Milford, First Baptist Church of Stratford, StreetSafe Bridgeport, “a street-based non-law enforcement program focused on reducing group/gang and gun violence among the city of Bridgeport’s youth ages 14 to 24”, as well as our very own MABC Security Team, Minister Michael Walton of GBAPP, Nurses & First Aide Ministries, were all in attendance.

“Launched in October of 2015 by the White House, ‘Stop the Bleed’ is a national awareness campaign and a call to action. ‘Stop the Bleed’ is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a ‘bleeding’ emergency before professional help arrives.” The ‘Stop the Bleed’ instructions delivered by Betty Hill and Jennifer Lucky, both disciples of MABC Nurses Ministry, were spot on! Using simulated body parts, these instructions included how to pack gauze into an open wound in order to stop the bleeding. Everyone present agreed that because of these ladies’ efforts, a tremendous amount of knowledge was definitely gained by all. Live demonstrations also utilizing simulated body parts on how to properly use a tourniquet around an injury, were administered by two retired military Airmen, in the persons of Retired TSgt Frank Bruton and Retired TSgt Henry Smalls, Jr., both of Mt. Aery Baptist Church Security Team. Everyone present was given the opportunity to try their hand at both activities resulting in a success rate of 100%.



At the conclusion of these hands-on demonstrations, participants were awarded a “Stop the Bleed” Certificate of Completion, acknowledging their successful completion of the ‘Stop the Bleed’ training. Lastly, Minister Michael Walton is credited for sharing information about Narcan, “the opioid antagonist used for the complete or partial reversal of opioid overdose”. Everyone present gained a wealth of knowledge regarding the opioid epidemic, needle exchange program, and the use of Narcan.

A special thank you is extended to Nurse Betty, Nurse Lucky, Ret. TSgt Bruton, Min. Walton, and everyone in attendance, for making this training a huge success. Please be on the lookout for more training sessions like this in the near future.

A Biblical Response to Trauma



Be Well,
Deacon Henry

Palm Sunday

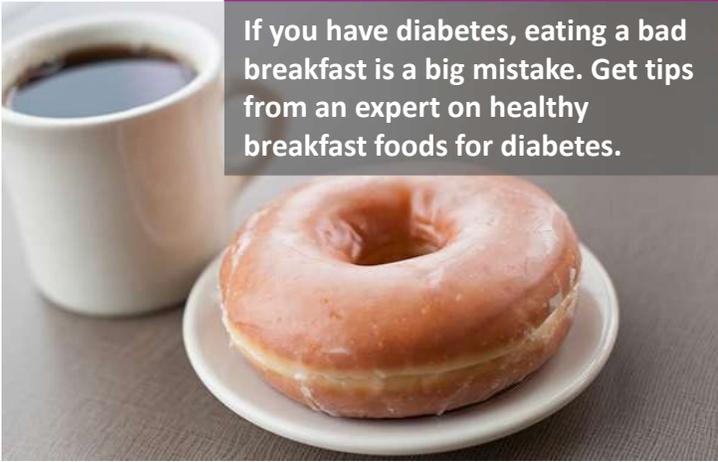


Resurrection Sunday



Diabetes Breakfast Mistakes to Avoid

If you have diabetes, eating a bad breakfast is a big mistake. Get tips from an expert on healthy breakfast foods for diabetes.



Here are some other breakfast mistakes to avoid:

Don't fly on a sugar high. If you don't have a lot of time in the morning for healthy breakfast foods, you may be tempted to wolf down a doughnut and coffee for the extra sugar and caffeine, but this is a mistake. "Breakfast should be a meal that provides your body fuel for the next couple of hours," O'Connor says. "It should be a valuable source of energy, not just quick energy." From a doughnut and coffee with sugar, she says, "you'll get a temporary sugar high, but you won't have done your body any favors, and it'll wear off quickly, likely resulting in a blood-sugar crash."

Don't forget fiber. Breakfast is also a great opportunity to get some fiber, which is good for diabetes because fiber fills you up without raising your blood sugar. That can mean better blood-sugar control and fewer calories. Try to get 7 to 10 grams of fiber every morning as part of a healthy breakfast for diabetes.

Add protein for a balanced breakfast. "Breakfast should combine healthy sources of carbohydrates, around 15 to 30 grams, with a small amount of lean protein," O'Connor says. "Think of the carbohydrates as the energy your body needs and the protein as what gives it staying power." Protein also helps you feel fuller.

Include fruit and vegetables for fiber plus nutrition. Colorful fruits and vegetables are a low-calorie source of carbohydrates. Include them in your breakfast for vitamins, minerals, and fiber. If your diabetes diet incorporates 2,000 to 2,400 calories, you should get four servings each of fruits and vegetables daily — and breakfast is a good time to get started.

Mom is still right: Breakfast is the most important meal of the day, especially when you have type 2 diabetes.

Your diabetes diet needs to give you a healthy supply of energy to jumpstart your body in the morning. "Remember that first thing in the morning, you've gone many hours without eating and your body needs fuel," says Kelly O'Connor, RD, director of diabetes education at the endocrinology center at Mercy Medical Center in Baltimore. "If you're not giving it any, it will create its own in the form of stored blood sugar that gets released into your bloodstream — which often results in blood sugar that's too high."

Healthy breakfast food is also a must when it comes to diabetes control and weight management. "Remember that when your body is fasting, you're not giving it any energy, so it slows down to conserve what it has left, which is counterproductive," O'Connor says. The trick is to keep your metabolism going all day long at a steady rate. "The simple solution to both of these issues is to eat a good breakfast," she says.

Avoiding Breakfast Mistakes

Breakfast blunders can happen during the week when you wake up late and try eating breakfast while running out the door, or on the weekend when you go out for a big breakfast.

However, the biggest mistake to avoid is skipping breakfast altogether. When you go too long without eating, your body goes into starvation mode. And when you finally give in to hunger later in the day (and probably overeat), your body will grab all the fat from your meal and store it. That's bad for anyone, especially for someone with type 2 diabetes.

Don't drink your breakfast. Although some people like breakfast drinks, "better nutrition comes from whole foods," O'Connor says. "Juicing is a popular trend, but keep in mind that one large serving of juiced fruits contains significant carbs and calories." That means you can experience a rise in blood sugar and weight gain from juicing too frequently.

Avoid processed meats and other bad breakfast choices. Bacon, sausage, and ham don't add carbs to your diet, but they're not healthy protein choices either. "Bad breakfast choices provide excessive calories with little or no nutrition," O'Connor says. "Stay away from breakfast bars, large coffee drinks with whipped cream and caramel, sweetened cereals, and breakfast pastries."

Eating a Healthy Breakfast for Diabetes

Knowing what not to eat for breakfast is only part of the battle when you have diabetes. Understanding what makes for a healthy breakfast food is just as important. O'Connor offers these balanced-breakfast solutions:

For meals on the go, choose a piece of fruit with low-fat or fat-free Greek yogurt or cottage cheese. Or try a breakfast burrito with scrambled egg whites on a whole-wheat tortilla.

To get more fiber in your breakfast, try oatmeal with fresh fruit and low-fat or fat-free yogurt, whole-grain cereal, toasted whole-wheat bread or English muffins, or breakfast wraps or burritos made with whole-grain tortillas.

For healthy and lean protein sources, try a handful of almonds, natural peanut butter, or a slice of low-fat cheese. An occasional egg is also fine. (You can eat egg whites or egg substitutes more often since they don't have cholesterol.) Low-fat or fat-free Greek yogurt and cottage cheese are also good sources of breakfast protein.



If you want to juice your breakfast, keep the portion to a maximum of 8 ounces. O'Connor recommends substituting vegetables for some of the fruits to create a better blend and a lower-carb beverage. You can add some protein powder, too.

It's also important to check your blood sugar two hours after eating breakfast. "If it's above the target your doctor has set, you're consuming too many carbs and need to cut back," says O'Connor.

As long as you make healthy food choices, breakfast for diabetes can be a chance to get better control of your blood sugar and your weight. But if you're struggling with the right breakfast for diabetes — or any other meal in your diabetes diet — ask your doctor or diabetes educator for some help.

- everydayhealth.com



Candida's Healthy Stuffed Peppers

by Jennifer Bruton

Serves six

Preparation time 30 minutes

Baking time 35-45 minutes

Ingredients

6 Bell peppers (red, green, orange or orange or a combination of any of the above)

1 cup finely chopped bell pepper (use the tops of the peppers)

1 small onion (finely chopped)

1 clove of minced garlic

1 lb. of ground turkey

2 cups of cooked brown rice

1 14 oz can of petite diced tomatoes

Or

1 can Ro tel mild or original

1 cup shredded cheddar cheese (optional)

1/2 cup water or chicken broth

2-3 tablespoons of olive oil

Salt and pepper to taste



Directions

Preheat the oven to 350 degrees

Cook the brown rice according to package directions. Place in a large mixing bowl.

Cut the tops off of the peppers, remove seeds and devein. Remove the stems from the pepper tops and finely chop. Finely chop the onion and mince the garlic clove. In a large pan brown the ground turkey.

Drain and place in a large mixing bowl. Add the olive oil to the pan and cook the onion and peppers over medium heat until the onion is translucent (approximately 5-7 minutes) add the garlic and cook for one minute more. Place in the bowl with the rice and ground turkey. Add the can of tomatoes or Rotel, salt and pepper and mix until well combined. Spoon into the peppers. Pour the water or chicken broth in the bottom of a glass baking dish. Place the peppers in the dish, cover with aluminum foil and bake.

At the last ten minutes of baking time remove foil and sprinkle the cheese on top of the peppers.

Bake until the cheese is melted. Serve.

College is often seen as the beginning of a young person’s path into adulthood, but apparently these eight young black geniuses couldn’t wait. Some of these young college graduates began taking classes before they were legally able to drive. While hitting the books in law, medicine and science, these young graduates have broken records.



Top: Ola Orekunrin, Gabrielle Turnquest, Anne-Marie Imafidon, Polite Stewart Jr.
Bottom: Cortlan Wickliff, Brittney Exline, James Martin, Thessalonika Arzu-Embry.

For the next 8 months, Youth Speak will highlight each of these gifted young people’s individual stories. Stay tuned!

1. Thessalonika Arzu-Embry

She’s not old enough to have a learner’s permit, but Illinois resident, Thessalonika [Arzu-Embry](#) graduated from Chicago State University at the age 14 in 2013. In college since the age of 11, Arzu-Embry maintained a 3.9 GPA with a major in psychology. With college under her belt, she plans on pursuing graduate education in psychology.

2. Cortlan Wickliff

At the age of 22, Cortlan [Wickliff](#) became the second-youngest black man to finish Harvard University Law School. Wickliff was admitted into college at the age of 14, first completing coursework at the University of North Texas and then going on to graduate from Rice University. Now that he’s solidified his place in Harvard Law’s history, he’s pursuing a Ph.D. in engineering from Texas A&M University.

3. Anne-Marie Imafidon

As part of “[Britain’s brainiest family](#),” Anne-Marie Imafidon has a lot to live up to. By the age of 15, [Imafidon](#) was admitted to Oxford University. At 20 she went on to finish her master’s at Oxford, making her the youngest master’s graduate in the school’s history. Known as a STEM expert, Imafidon has gone on to found [STEMettes](#), a program to foster women’s development in the science and technology fields.

4. Polite Stewart Jr.

Polite [Stewart](#) Jr.—one of *The Root*’s Young Futurists in 2013—is believed to be the youngest graduate in Southern University and A&M College’s history. After enrolling at the Baton Rouge, La., university at age 14, Stewart graduated at 18 with a degree in physics.

5. Ola Orekunrin

After the tragic death of her sister, Ola [Orekunrin](#) decided that she would dedicate herself to emergency-medical work in Nigeria. With her medical degree in hand at the age of 21, London-raised Orekunrin went on to found the first air-operated medical services in Nigeria, [Flying Doctors Nigeria](#).

6. Brittney Exline

After being admitted to the University of Pennsylvania at the age of 15, Brittney Exline became the youngest African American to attend an Ivy League school. Her bachelor’s degree under her belt, Exline became the youngest black engineer at the age of 19. Exline currently works as a software engineer.

7. James Martin

Known to refer to himself as “lazy,” James [Martin](#)—a 2014 Young Futurist—began college at 14. With a major in molecular biology, Martin maintained a 3.9 GPA. Since graduating from Florida Atlantic University at the age of 17, Martin has gone on to work as a research technician for a Nobel laureate at Princeton University. He plans to pursue graduate study in molecular biology.

8. Gabrielle Turnquest

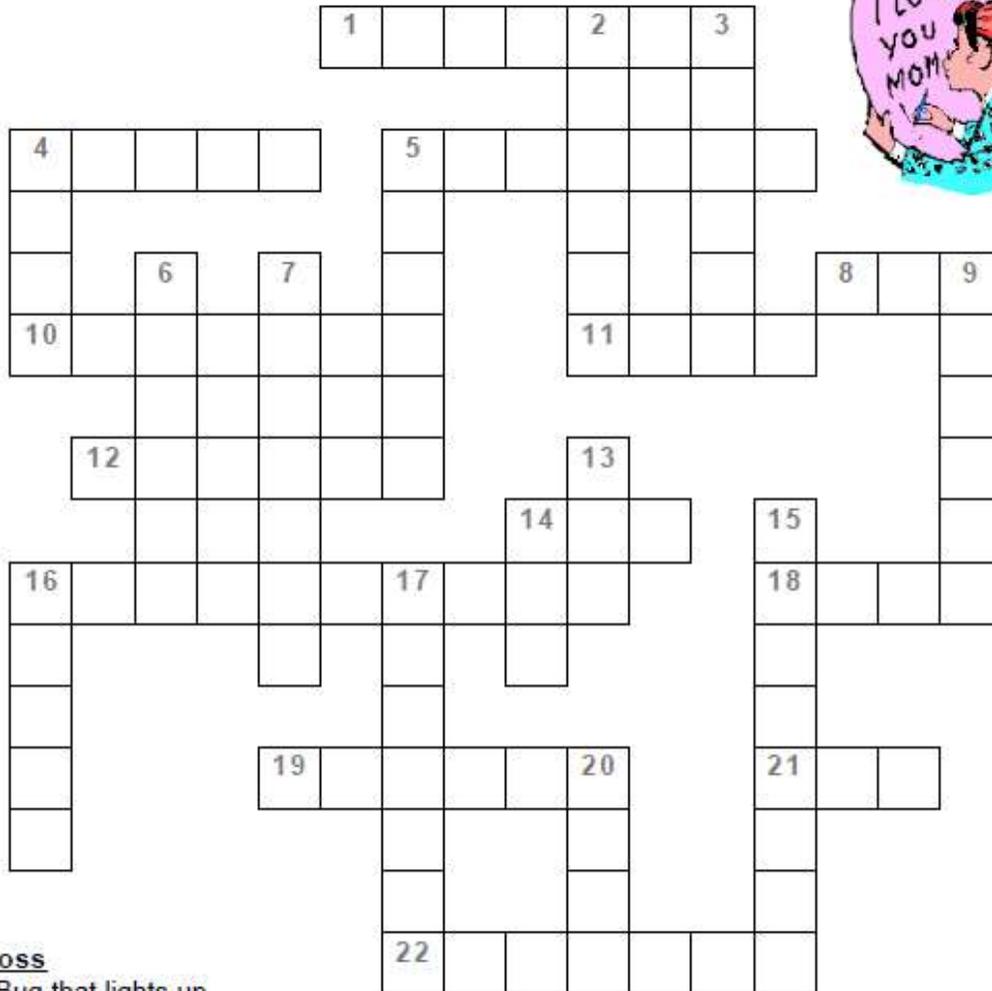
Nineteen-year-old Gabrielle [Turnquest](#) has had the pleasure of making history twice. First, at age 16, she became the youngest graduate of Liberty University in Virginia. In 2013, at age 18, Turnquest became the youngest person to ever pass the U.K. bar exam. The newly minted barrister plans to become a fashion-law specialist and recently finished her studies at the Fashion Institute of Design & Merchandising.



Interviews by Diamond Sharp

Diamond Sharp is an editorial fellow at The Root. Follow her on [Twitter](#) www.theroot.com

Mother's Day Crossword



Across

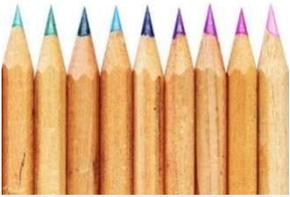
- 1. Bug that lights up
- 4. What you sow in your garden
- 5. He owns this playhouse
- 8. Baby bear
- 10. Warm, cold, sunny, etc.
- 11. Opposite of up
- 12. A suit in cards
- 14. Used a chair
- 16. May 9
- 18. Night birds
- 19. Outdoor meal
- 21. Opposite of no
- 22. Red bug with black spots

Down

- 2. Someone you like
- 3. Colour of the sun
- 4. _____ and tell
- 5. Lends, takes turns
- 6. Mom or dad
- 7. Opposite of lengthen
- 9. Children under 1 year old
- 13. Spring month
- 14. Liquid from trees
- 15. Baby frog
- 16. Another name for mother
- 17. Out of the ordinary
- 20. Warm and comfortable

Let Me Be A Child

Let me know when I make you proud. And Help me to have pride in my own accomplishments. Let me earn your trust. Then trust me. I won't let you down. Let me try my wings. If I fail, let me know it's OK. And encourage me to try again.
 Let me know you love me. With a hug. Or a pat on the back, or when I need it, with a firm but gentle "no." Let me be.
 Let me change. Let me grow. Let me tell you when I'm feeling bad... or angry... Even at you. And let me know that even on my worst days, you still like me. Let me dream. Share my joy when my dreams come true. Share my tears when they don't.
 Let me feel secure in my home. Help me realize that love is always there ... that I can depend on you no matter what.
 Let me run ... let me laugh ... let me play. And most of all, let me be a child!
 —Anonymous



Children Learn What They Live

If a child lives with criticism, they learn to condemn.
 If a child lives with hostility, they learn to fight.
 If children live with fear, they learn to be apprehensive,
 If children live with pity, they learn to feel sorry for themselves,
 If a child lives with ridicule, he learns to be shy.
 But do not despair ...
 If a child lives with tolerance, they learn to be patient.
 If a child lives with encouragement, they learn confidence.
 If a child lives with praise, they learn to appreciate.
 If a child lives with fairness, they live with justice.
 If a child lives with security, they live to have faith.
 If a child lives with approval, they learn to like himself.
 If a child lives with acceptance and friendship.
 they learn to find love in the world.

— Dorothy Law Nolte



When You Thought I Wasn't Looking

When you thought I wasn't looking,
 I saw you hang up my first painting on the refrigerator,
 and I wanted to paint another one.
 When you thought I wasn't looking,
 I saw you feed a stray cat, and I thought it was good
 to be kind to animals.
 When you thought I wasn't looking,
 I saw you make my favorite cake for me, and I knew that little things are special things.
 When you thought I wasn't looking,
 I heard you say a prayer, and I believed there is a God I could always talk to.
 When you thought I wasn't looking,
 I felt you kiss me goodnight, and I felt loved.
 When you thought I wasn't looking,
 I saw that you cared, and I wanted to be everything that I could be.
 When you thought I wasn't looking,
 I LOOKED....
 and wanted to say thanks for all the things I saw when you thought I wasn't looking.

— Connie Back

WORD SEARCH

by Deacon Kathy Tabb-Small

G.R.A.C.E. 

HONOR

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

ACCOLADE AWARD COMMEMORATE CREDIT
DISTINCTION ESTEEM EXALT GLORY HAIL
HONOR JOY KUDOS LEGACY MEDAL MERIT
PLEASURE PRAISE PRESTIGE PRIDE
PRIVILEGE RECOGNITION RESPECT REWARD
RIBBON SALUTE

African American Senior Citizens

By Lindsay Woolman

G.R.A.C.E. 



African American senior citizens represent a minority group in the United States. They have seen a lot of changes in the course of their lifetime, but still face adversity in some situations.

The Good and the Bad

African American senior citizens have witnessed vast improvements in social and economic status over the past decades. From the civil rights movement in the 1960s, to electing the first African American president in 2008, these seniors have been a part of many significant events offering increased opportunities. However, the senior population, and the population as a whole, still faces serious struggles and instability, such as low income and lack of financial security.

A recent report, [Severe Financial Insecurity Among African American and Latino Seniors](#), showed that African American seniors and other minorities are especially at risk for lack of health care and living in poverty. These problems include:

- **Health costs:** Many African American seniors simply cannot afford health care and out-of-pocket medical expenses. This creates more senior health problems, such as an increase in diabetes in this group.
- **Housing costs:** The high housing costs put many African American and other minority seniors at risk for losing their homes, or being sent to a nursing home.
- **Lack of savings:** Many people in this group do not have the savings in place or the financial resources to cover all of their expenses. Also, many African American seniors continue to live with a lower quality of life despite the awareness and implementation for equal rights.

Senior Abuse More Common

An especially alarming statistic is that African American seniors are more likely to be victims of senior abuse, including mental and emotional abuse, and are more likely to be taken advantage of financially. According to a recent study, senior bullying or abuse to this age group occurs starting around age 60. This includes stealing checks and swindling money from unknowing or confused seniors.

Honor African American Senior Citizens

Despite the increased level of problems that many African American seniors face, there is no difference between the issues this group faces and the issues facing senior citizens as a whole group, regardless of race. One of the best ways to combat the higher levels of senior problems among African Americans is to make sure seniors are aware of what their rights are. One way to bring awareness to African American seniors is to celebrate [African American History Month](#). Every February, African American History Month is a culmination of events that pay tribute to African Americans of all ages.

Here are some ways to make this celebration more personal for senior citizens:

- Plan a special event in your community to raise awareness about older African Americans
- Share information with the public about the risks and needs of this group
- Raise awareness about the abuse and mistreatment to African American seniors
- Educate this group of seniors about their rights, including the definition of abuse
- Encourage seniors to lead group events and participate in helping each other
- Teach about some of the most inspiring African American leaders, both today and in the past
- Share 101 black history facts to encourage empowerment
- Give African Americans quotes to inspire them as they age
- Discuss the history of this population of people as a whole, highlighting the changes in the last two centuries.

Aging with Dignity

As positive changes and increased levels of education are enjoyed by all groups of Americans, including African American seniors, this group can pave the way for a better life for all elderly people.

Resource: Lifestyle/lovetoknow

SECURITY CORNER

by Deacon Henry 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 "Home /Office Security"

Part 1

April is here and it's still a little chilly out, but warmer weather will be quickly upon us. In this two-part series, we will cover securing your home/office from theft. We recently had our Mount Aery Community Clean-Up Day! It's springtime, and just as you begin to clean up around your home/office and prepare your lawn, etc., you should also secure your home/office from break-in threats. First step in home/office crime prevention is to eliminate the opportunity, and it's up to you to lessen those chances. Many people think break-ins occur during the nighttime, but most burglaries occur during the daylight hours when most people are at work, school, or running errands. It's important to take precautions during the day, at night, and anytime you leave the house or office to make certain everything remains secure. When protecting your family, employees, co-workers, and your valuables, etc., you can never be too careful. Do not allow your home/office to fall prey to a thief; make it a big waste of their time to even think of your property or belongings as easy prey. Here's how:

Protecting Your Home or Office from the Outside:

Walk around the exterior of your home and scout out its weaknesses. The best way to protect your home/office from the outside is to survey it with the eyes of a burglar. If you can easily tell that a window could be pried open, a thief will definitely be able to come to the same conclusion. You can even contact your local police department and they'll provide a courtesy home assessment that can help you identify your home's weak spots.

While you're checking for vulnerable spots, take note of any expensive electronics, art, or furniture that is easily spotted through windows. You don't have to redecorate your entire home to keep expensive items out of sight, but it doesn't hurt to make small adjustments where you can. No need to tempt thieves any more than you have to!



Keep shrubbery around entrances and walkways trimmed. The last thing you want is to make it easier for a thief to hide when attempting to break in, so eliminate his options for hiding spots. He may only need a few minutes of cover to make his entry but with no place to hide while doing it, he's less likely to even try. You could even plant thorny shrubs by your windows to make it not only difficult to break in, but painful!

Build a fence. If you don't have one already, a fence can be an excellent way to keep unwanted visitors off your property. Open chain-link or ornamental metal fencing tend to be preferable and are ideally secured into concrete to prevent lifting. Solid fences can be easier to climb and offer thieves a place to hide, though some homeowners prefer them for privacy and noise reduction. You can better secure them by having sharp pointed tops or, if you don't mind rough barbed wire fencing.

SECURITY CORNER

Stow expensive items like grills, cars, and bikes in the garage. Though it may seem like a hassle to roll out the grill for every barbecue, leaving it out makes it an easy target for thieves. They don't even have to enter your home to grab it, and if it's got wheels it can be a breeze to sneak away with. If your area only offers street parking, always lock your car and be sure to park in a well-lit area.

Use curtains on garage and basement windows. Chances are these areas don't need the sunlight, so put up curtains or blinds for privacy and protection. Stowing your outdoor valuables only does so much good if they're constantly on display!

Install motion sensor lighting around your home, especially at entrances. Shine a spotlight on a potential intruder before he can even touch your doors or windows by adding extra lighting with motion detectors at entrances and especially dark corners of your home. If you live in an apartment, ask your landlord to install sufficient lighting in walkways and halls to eliminate dark corners.



Get to know your neighbors. Crime tends to be lower in tight-knit communities because neighbors are more likely to look out for each other and can easily spot a stranger. Your neighbors can be one of your best assets in home crime prevention because they offer extra eyes and an outside perspective. Plus if they have a different work or school schedule from yours, they might be around during the day when you're away and can alert you to any suspicious activity that may occur in your absence.

Keep your yard free of toys, tools, and ladders.

A yard littered with toys signals to a thief that the house may be filled with equally interesting entertainment, like game consoles, tablets, or laptops. A ladder or toolbox left out even briefly for an afternoon can give an opportunistic thief help in gaining access to your house.

Talk to your neighborhood association about increased lighting on your street. Burglars often case an entire street or neighborhood to determine if it's a good target, but often prefer to do so in the dark of night. A well-lit neighborhood will likely deter him from your area, or at the very least make it very difficult for him to slip away undetected.

Source: <https://www.homeadvisor.com>

Suze Orman's 10 Tips for a Fresh Financial Start

1. No blame, No shame

Whatever mistakes you have made with money, you need to put in the past. You can move forward only after removing the "shackles of guilt".

2. Take a snapshot of your finances

Take a mental picture of your before finances. This will help you prioritize to see where you are heading.

3. Adopt a fool proof credit card strategy

Tackle credit card debt. Get your interest lowered if it is too high.

4. Try hard to save

Set money goals for saving.

5. Separate your savings account from your investment account

6. Know your credit score

7. Evaluate your retirement plan

8. Diversify your assets- Fidelity and Vanguard are a few that offer one-on-one options to assist you.

9. Don't obsess over your home's value

Love your house for what it is and what you have made of it.

10. Protect your family and your nest egg-

Get life insurance and establish a living trust and will to give direction as to how your assets should be distributed.

Take a deep breath...EXHALE! Now you are ready to put you financial house in order.

(Information taken from the January 2009 issue of O. The Oprah magazine)



Black History Moment

Lonnie Johnson



Lonnie George Johnson, most famous for inventing the Super Soaker water gun, was born on October 6, 1949, in Mobile, Alabama. His father worked as a truck driver and his homemaker mother occasionally worked service jobs. His parents also picked cotton in the summer, on a farm belonging to Johnson's grandfather.

Inspired by innovator George Washington Carver, Johnson took an early interest to inventing and science. While in high school, he constructed a robot out of scrap which he named "Linex." Linex won a state science fair in 1968, during Johnson's senior year of high school. Based on academic merit and his science fair win, Johnson was awarded a math scholarship to Tuskegee University.

Johnson earned a Bachelor of Science degree in mechanical engineering from Tuskegee in 1973. Two years later, he completed a Master of Science degree in nuclear engineering. Johnson spent the next few years working for Oak Ridge National Laboratory and the United States Air Force.

In 1979, Johnson joined the Jet Propulsion Laboratory in Pasadena, California, where he worked on the Galileo spacecraft, which was launched on a flight to Jupiter. In 1982, he returned to the US Air Force, where he worked until 1987. It was during this period that Johnson came up with the idea for the Super Soaker water gun. On his own time, Johnson had been attempting to engineer a cooling system which would run on water instead of Freon, and accidentally stumbled on the concepts behind the Super Soaker.

Black History Moment



Lonnie Johnson

Johnson had difficulty finding a manufacturer for the water gun, and returned to work at the Jet Propulsion Laboratory in 1987. He worked on the Mars Observer spacecraft and the Cassini mission to Saturn, where his job was to make sure that all systems on the spacecraft were redundant. Meanwhile, he was feverishly promoting the Super Soaker to toy manufacturers.

In 1989, Johnson successfully licensed the Super Soaker to Larami, a company which is now a subsidiary of Hasbro. He also formed his own engineering firm, Johnson Research and Development. The Super Soaker became a tremendous success after its release in 1990. In 1991 and 1992, it was the best-selling American toy.

Since its release, the Super Soaker has generated hundreds of millions of dollars in sales. In the wake of his success, Johnson currently runs several companies, which are researching energy-related topics such as batteries and power-conversion techniques. Johnson holds dozens of patents for his various inventions, and the number is sure to grow.

Sources:

<http://www.johnsonrd.com>; Timothy Roche, "Soaking in Success," *Time* 156: 23 (December 4, 2000); William J. Broad, "Engineer at Play: Lonnie Johnson; Rocket Science, Served Up Soggy," *The New York Times*, July 31, 2001.

 BIRTHDAYS

MAY

May 1st

Berry, Polly
Dewitt- Smith Rawles, Savanua
Grier, J.R.

Vega, Rosalie
Williams, Nicola
Williams, Tiffany

May 2nd

Collins, Jewon
Gallimore, Terrence
Moore, Jewon
Taylor, Susie
Tucker, Darrell

May 3rd

Aekins, Regina
Craig, James
Godfrey, Princess
Hairston, Sandra
Harrison, Linda
Lanham, Kevin
Roseboro, Jeanette
Wilson, Ruby

May 4th

Bynes, Weonard
Clark, Liza
Davis, Carl
Garcia, Daeja
Grant, Ryan
McNeil, Vontese
Murray, Sha'Quaysha
O'Brien, Tremayne
Rhoden, Desiree'
Ryan, Melvin

May 5th

Brewer, Warren
Carter, James
Cauthen Sr., George
Lewis, Celestine
McClain-Darby, Tammy
Murphy, Daniel
Pettway, Willeon
Prince, Lakisha
Stephenson, Sandra

May 6th

Ben, UJ
Cheatham, Motisha
Green, Aliyah
Grey, Derrick
Hill, Jeffery
McIntyre, Sharon
Paulin, Jennifer
Savariau, Nathalie
Staton, Lydia
Wallace, Paris
Wilkins, Patrick
Yarboro, Bonita

May 7th

Barnes, Elizabeth
Burroughs, Steven
Edwards-DaRosa, Ryan
Green, Milton
Jones, Sean
Manning, Shaunette
Pulliam, Joe
Williams-Bryant, Debra

May 8th

Alston, Steven
Brown, Krishna
Clemons, Dominique
Dailey, Richard
Daniels, Selina
Morton, Chelsea
Newton, Kayla
Turnage, Tiara
Ward, Shanae

May 9th

Bennett, Ahmad
Langston, William

May 10th

McFadden, Clarence
Mesidor, Ronald
White, Christine

May 11th

Deavens, Gregory
Gordon, Maxine
Oliver, Anthony
Sharpe, Mark
Telford, John
Young, Vernon

May 12th

Daniels, Terrance
Dickey, Heather
Fernandez, Theresa
Malone, Jaeque
Miller, Davida
Norris, Tiffany

May 13th

Newsome, Edward
Nurumah, Bomani
Void, Shamika

May 14th

Cato, Natasha
Gerald, Florence
Lynch, Eddy

May 15th

Brown, Sophie
Davis, Tania
Fain, Chanece
Hatton, Esther
Leak, Lonna
Loman, Diana
Pittman, Linwood
Robinson - Fuller, Bonita

May 16th

Benbow, Jamal
Burgin, LaMaurice
Ess, Juliet
Irby, Jyles
Long, Tracy
McCulloug, Willie
Rowe, Marisa
Sims, Brittany
Walker, Marcia

May 17th

Baskin, RaSheme
Crowder, Latavia
Gallimore, Kiana
Green, Tiffani
Grisby, Lee
Jones, Craig
McIntyre, Simeon
Slade, Brandon
Tyson-Wright, Jacqueline

May 18th

Counts, Christy
Donnell-Jackson, Angela
Hudson, Vance
Langston, Craig
Lewis, Cheryl
McKinney, William
Patton, Garland
Smith, Richard
Wright, Rakeema

May 19th

Collins, Lisa
Johnson, Diane
Little, Natasha
Williams, Irene
Wright, Jaime

May 20th

Fernandez, Jose`
Freeman, Zelda
Goldiamond, Stacie
LaRose, Juliet
Turner, Simone
Tweedy, Omesha
Vermont, Jasmine

May 21st

Belcher, Toni
Cook, Melanie
Irby, Avery
McCray, Anita
Perry, Eric
Taylor, Debbie
Williams, Jeffrey
Williams, Latrice

May 22nd

Bowens, Tyiesha
Davis, Joyce
Eady, Margaret
Francis, Marion
Hill, John
Hoarde, Vinnell
Malcolm, Jason
Page, Jonathan
Scales, Kelvin
Walton, Myron

May 23rd

Brown, Linda C.
Hudson, Gladys
Jones, Frances Mae
Leger, Rose Marie
Lincoln, Tawanda
McCoy, Reanna
Mohamed, Lily
Small, Jimmy
Still, Capresha
White, Harold

May 24th

Adams, Michele
Bawala, Siphoseth
Custis, Akeem
Jenkins, Rina
May, Sarah
Murphy, Jetaya
Webb, Ciayra

May 25th

Adetona, Adekunle
Cox, Rayvon
Garner, Michael
McIntosh, Mary Ann
Peeler, Donald
Robinson, Linda

May 26th

Kennedy, Taquaisa
King, Charles
Manning, Jeanette
Smith, Pamela
Timmons-Shelton, Taja
Watts, Dorothy

May 27th

Barthelemy, Ingrid
Blake, Margaritta
Carter, Tiffany
Christie, Markis
Dupree, Marion
Horton, Rarnetta
Joseph, Jaden
Richards-Franklin,
Sharon

Sims, Aimee
Stoogenke, Katrina
Talyor, William
Watley, Renee

May 28th

Baldwin, Samuel
Bryant, Michele
Davis, Leah
Jackson, Sylvia
Jones, Cecil
Long, Cynthia

May 29th

Ferguson, Mark
Gee, Geraldine
Jackson, Aiesha

May 30th

Allen, Patricia
Anderson, Tiffany
Dixon, Reginald
Gallimore, Frederick
Hunter, III, William

May 31st

Bradley, A'Licia
Butts, Curtis
Douglas, Charles
Edmondson, Zandra
Peeler, Donte
Richards, Natalee
Torres, Kieth

MAY 2018 ~ PRAYER, PRAISE & PRACTICE

Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 5/1/2018 through 5/31/2018. Conference Dial-in Number: 319-527-3510, Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. To playback prayer: 319-527-3518, access code is 111933#. 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. Ephesians 4:11-13 NIV Reference number for May 1, 2018 is 2280#

SUN	MON	TUE	WED	THU	FRI	SAT
		1 2 Tim 1:9 Pastor Bennett	2 1 Peter 2:9 Sis. Barnes	3 1 Cor. 7:15 Bro. Hill	4 Colossians 3:15 Bro. Newton	5 Galatians 5:13 Sis. Donna Thompson-Bennett
6 Matthew 5:4 Rev. Sherwood	7 2 Cor. 1:3 Deacon Gardner	A CALL TO THE CHURCH		10 Psalm 34:18 Rev. Williamson	11 John 16:22 Deacon Paul	12 Psalm 46:1 Sis. Hasan
13 Isaiah 44:24 Bro. Cummings	14 Jeremiah 1:5 Bro. Smith	15 Jeremiah 29:11 Rev. Tucker	I REMEMBER MAMA		18 1 Samuel 1:11 Min. Blackwell	19 Psalm 139:13-14 Rev. Boissiere
20 Ephesians 4:16 Deacon P. Jackson	21 Matthew 16:18 Rev. Kingwood	22 Psalm 150:1 Deacon Vermont	23 Acts 20:28 Bro. White	24 Nehemiah 4:6 Sis. Ellis	25 I Cor. 3:9 Bro. Smith	26 Matthew 5:14 Deacon Hurst
27 1 Timothy 6:6 Bro. Newton	28 Proverbs 3:22 M.I.T. Langley	29 Matthew 6:20-21 Min. Walton	95 YEARS OF MINISTRY			
		30 Psalm 78:4 Deacon Adetona	31 Psalm 145:4 Deacon A. Febres			
		A LEGACY OF LOVE				

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:00 PM Child Dedication Parent Mtg. 6:30 PM CONECT House Meeting 7:00 PM Music Ministry Rehearsal	2 12:00 PM Daytime Bible Study 6:00 PM Safe Place Training 7:00 PM Bible Study	3 6:00 PM Imani Breakthrough 6:30 PM Deacon's Meeting 7:00 PM Music Ministry Rehearsal	4 7:00 PM Men's Night of Prayer	5 8:30 AM Men's Fellowship Ministry Mtg. 10:00 AM Ministers' Meeting 12:30 PM Shakira Simpson 1st Bday
6 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	8 7:00 PM 95th Anniversary Dance Rehearsal 7:00 PM CONECT Meeting 7:00 PM Music Ministry Rehearsal	9 12:00 PM Daytime Bible Study 1:00 PM Quilters 7:00 PM Bible Study	10 6:00 PM Imani Breakthrough 6:30 PM Ushers Meeting 7:00 PM Music Ministry Rehearsal	11	12 8:30 AM Men's Fellowship Ministry Mtg. 11:00 AM I Remember Mama Tea
13 7:45 AM Prayer 8:30 AM Mother's Day Worship Celebration 10:00 AM Sunday School 11:00 AM Mother's Day Worship Celebration-Child Dedication 11:00 AM Youth Church	14 6:00 PM Fellowship Ministry Meeting	15 7:00 PM 95th Anniversary Dance Rehearsal 7:00 PM Music Ministry Rehearsal	16 12:00 PM Daytime Bible Study 7:00 PM Bible Study	17 12:00 PM CONECT Luncheon 6:00 PM Imani Breakthrough 6:30 PM Deacon's Meeting 6:30 PM Junior Ushers Meeting 7:00 PM Music Ministry Rehearsal	18	19 8:30 AM Men's Fellowship Ministry Mtg. 10:00 AM Missionary Meeting 12:00 PM CONECT House Meeting 9:00 PM Spiritual Gifts Class (Part II)
20 7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church 3:30 PM Ushers Anniversary 5:30 PM Ushers Anniversary	21 9:00 AM System of Care Training 7:00 PM 95th Anniversary Renewal	22 9:00 AM System of Care Training 7:00 PM 95th Anniversary Renewal	23 12:00 PM Daytime Bible Study 1:00 PM Quilters 7:00 PM 95th Anniversary Renewal	24 6:00 PM Imani Breakthrough 7:00 PM 95th Anniversary Dance Rehearsal 7:00 PM Music Ministry Rehearsal	25	26 8:30 AM Men's Fellowship Ministry Mtg. 12:00 PM Church Outing Block Party
27 7:45 AM Prayer 8:30 AM 95th Anniversary Worship Celebration 10:00 AM Sunday School 11:00 AM 95th Anniversary Worship Celebration	28 7:00 PM Music Ministry Rehearsal	29 7:00 PM Music Ministry Rehearsal	30 12:00 PM Daytime Bible Study 7:00 PM Bible Study	31 6:00 PM Imani Breakthrough 6:30 PM Deacon's Meeting 7:00 PM Music Ministry Rehearsal		



Leaders' Gathering

Working Session on our 2018 Organizing Plan

Tuesday, May 8th, 7:00-9:00pm

Holy Trinity Lutheran Church,
406 White Plains Road, Trumbull

Join in as we:

- Review our 2018 Organizing Plan
- Share Initial Progress Reports on House Meetings
- Discuss Draft Issue Agenda for Candidate Actions
- Do a Training & Role Play on Effective Turnout
- Form Working Teams for our 2018 Candidate Actions
- Make Turnout Commitments for June 26th & October 18th Candidate Actions

*Please confirm your attendance with your Core Team leader(s) or by emailing or calling:
Matt McDermott (matt.mcd9@gmail.com or 773-206-8292) or
Ilana Ofgang (iofgang@gmail.com or 203-460-2562).*

185 Cold Spring St., New Haven, CT 06511 • 203-787-1090 • weconnect.org



I Remember Mama Prayer Tea

Saturday, May 12, 2018 | 11:00 am – 2:00 pm | \$10.00 Donation
Mount Aery Baptist Church | Bridgeport, CT | 203-334-2757

C O S T

CONFERENCE ONLY \$150
INCLUDES TRANSPORTATION TO/FROM RESORT SATURDAY
DEPARTING FROM MOUNT AERY BAPTIST CHURCH

CONFERENCE WITH HOTEL STAY \$400 PER PERSON
TWO CHOICES:

1. HOTEL ROOM-MINIMUM 3 GUESTS | MAXIMUM 4 GUESTS
2 KING BEDS OR 1 KING, 1 QUEEN BED
2. VILLA-REQUIRES 6 GUESTS PER ROOM
KING BEDS, QUEEN BEDS OR A MIXTURE OF THE TWO

*NUMBER OF GUESTS MANDATORY

*ANYONE REQUESTING THEIR OWN ROOM MUST MAKE

ARRANGEMENTS DIRECTLY WITH THE RESORT AT HOTEL
STANDARD RATES

ALL PAYMENTS NON REFUNDABLE

MOUNT AERY BAPTIST CHURCH
PASTOR ANTHONY L. BENNETT
D. MIN., LEAD PASTOR

75 FRANK ST | BRIDGEPORT, CT 06604
WWW.MTAERYBAPTIST.ORG

WATER'S EDGE RESORT & SPA
1525 BOSTON POST ROAD 06498 | WESTBROOK, CT
860.599.5901

FOR TICKETS AND MORE INFORMATION PLEASE CALL 203.334.2757

2018 Sisters at the Well Women's Weekend

"YOU'RE WORTH IT"

PSALM 139:13-14

EVENING WORSHIP 7 PM
MOUNT AERY BAPTIST CHURCH
BRIDGEPORT, CT

THUR
SEPT
13TH

WOMEN'S CONFERENCE 6 PM
WATER'S EDGE RESORT & SPA
WESTBROOK, CT

FRI
SEPT
14TH

WOMEN'S CONFERENCE 9 AM
WATER'S EDGE RESORT & SPA
WESTBROOK, CT

SAT
SEPT
15TH

WOMEN'S DAY WORSHIP 9:30 AM
MOUNT AERY BAPTIST CHURCH
BRIDGEPORT, CT

SUN
SEPT
16TH



GUEST PREACHER:

Dr. Eboni Marshall Turnman