

# MFTM

## Women's History Month



**Director of Operations**  
Deacon Henry C. Smalls Jr.

**Frame Layout**  
Claudine Mosely

**Photographers**  
Deacon Henry Smalls, Jr.  
Jennifer Bruton

**Layout/Design**  
Kerry Fulton

**Production Team**  
Deacon Henry Smalls, Jr.

**Editing Team**  
Deacon Kathy Tabb-Small  
Claudine Mosely

**Contributors**  
Pastor Anthony L. Bennett, D. Min.  
Jennifer Bruton, RDH, MS  
Cathy Patton  
Deacon Kathy Tabb-Small  
Deacon Henry C. Smalls, Jr.  
Samantha Burton  
Squigly's Playhouse  
Adidas.com  
History.com  
The Collected Works of  
Langston Hughes  
(University of Missouri Press)  
www.dhs.gov  
Kiara Taylor/Finances  
[https://en.wikipedia.org/wiki/Bayard\\_Rustin](https://en.wikipedia.org/wiki/Bayard_Rustin)

*Cover Art:*  
<https://www.digitalsignagefederation.org/rise-vision-creates-free-black-history-month-posters-for-schools/>

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



**Deacon Henry C. Smalls, Jr.**  
Director of Operations,  
Production, Photography



**Deacon Kathy Tabb-Small**  
Editing Team,  
G.R.A.C.E., Youth Speak



**Tom Butcher**  
Staff Writer  
Men's Fellowship



**Claudine Mosely**  
Frame Layout, Editing Team,  
Black History



**Jennifer Bruton**  
Recipes



**Kerry Fulton**  
Layout, Design



**Audrey Barr**  
Copy Center



**Cathy Patton**  
Healthy Habits



**Deacon Cynthia Seabrook**  
Financial Freedom



**Samantha Burton**  
Youth Speak Poet

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## Pastor's Pen

Sawubona my Brothers and Sisters in Christ,

We pray that this moment find you strengthened in God. We have come through so much. As the words of that great hymn of the church, *through many dangers, toils, and snares, we have already come, tis grace hath brought us safe thus far, and grace will lead us home.* It is God's grace that has allowed us to see the first Sunday in March 2022. The first two months of the year proved cold in terms of weather, yet the warmth of God's Holy Spirit has kept our fellowship rich and growing.

Let me thank everyone for their participation in our Black Histories activities, Go Red Sunday, Bible studies, worship and any other expression of Black pride in how our God has created us. We have nothing to be ashamed of, yet everything to give God glory and honor. I also wish to thank Min. Jalen Parks for his participation in our Wednesdays Bible Study. We can certainly expect great things from him in the future.

As we move through the month of March, we will once again engage in our annual Lenten sacrifice and season of reflection. This year, we will use the book by Rev. Dr. Renita Weems, *Listening for God, A Minister's (disciples) Journey through Silence and Doubt* in our Bible Study, Saturday Institute as well as in our sermons. We will also be honored with Sister Michelle Black Smith Tompkins and Pastor Dionne Boissierre during our Bible Studies. I look forward to great discussions and deeper dives into the words of our God. It is my prayer that you participate fully either in person or virtually as God's Spirit continues to manifest in mighty ways in our midst.

God bless,

Pastor Anthony L. Bennett  
Lead Pastor

## 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 Bazelias  
Volney Bryan  
Isaiah Brown  
Linda Lee Brown  
Carol Carter-Mims  
Joan H. Colley  
Minister Odell Cooper  
Rayvon Cox  
Tracey Nicole Craig  
Rev. Queen Curran  
Frances Dicks  
Ruth Hasty-Dove  
Sandra Dunn  
Bernardine Edwards  
Rose Evans  
Johnnie Mae Foxworth  
Willie Freeman  
Leonard Grace  
Deacon Minnie Grant  
Leslie Green  
Jodi Green  
Deacon Leroy Haggans  
Deaconess Ollie Haggans  
Deacon John Hill  
Ruth Harvin  
Deacon Naomi Holmes  
Gerard James  
Barbara Jones  
Maria Knight

Theresa Lazarus  
Cheryl Lewis  
Jordan Alexander Lewis  
Deacon Melvin Lowe, Sr.  
Deacon Benjamin Maxwell  
Reanna McCoy  
Autumn Mitton  
Caleb Mitton  
Spring Mitton  
Edward A. Morris  
Deacon Regina Mosely  
Austin Perkins  
Eulalia Pettway  
Miriam Powell  
Terrance Quiller  
Rose Samuel  
Kathy Stephenson  
Herb Sutton  
Gloria Tucker  
Rev. Velva Jean Tucker  
Curtis Jerome Turner  
Paula Watkins  
Dorothy Watts  
Gwen Williams  
June Williams  
Barbara Wilson  
Michelle Lisa Wilson



## 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

- Fran Spinks and Tasha & Lonnie Spaulding on the loss of their sister and aunt, Mary McRae
- Celestina Wells and family on the loss of her son, Edward Lee Fraser, Jr
- Donna Brooks and family on the loss of her brother, Carlton Spencer



## IMPORTANT DATES ✓



During this season of prayer, call in to the prayer line at 7:00am daily at 716-427-1336

The participant access code is 111933#.

The calls are recorded so please mute your phone to eliminate background noise.

There is a new callback #: 716-427-1343

*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 visit our website at [mtaerybaptist.org](http://mtaerybaptist.org) and  
click on 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>**

**COVID** test kits are available  
while supplies last – Sunday after  
worship and Tuesday through  
Friday between 10am and 2pm

### Deacons on Call for March: Deacons Smalls and Tabb-Smalls



#### Submissions of announcements and due dates:

#### Message From The Mount

Send information to  
[mftm@mtaerybaptist.org](mailto:mftm@mtaerybaptist.org)  
by the 15<sup>th</sup> of each month.

#### 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.



## IMPORTANT DATES ✓

## RECOGNITIONS

- **Joseph Maxwell** is in the 8th grade and was accepted to St. Joseph High School, Notre Dame High School, and Fairfield College Preparatory School for high school. These programs offer generous financial aid based on academics.
- **Rev. Ron Blackwell**, Kingdom University, 4.0 with Superior Distinction
- **Ramir Johnson** graduated from North Carolina Central University, Magna Cum Laude

*Congratulations*

Submit in person or via email  
at [admin@mtaerybaptist.org](mailto:admin@mtaerybaptist.org)

IN *Spring*

COMING SOON

**Leadership Institute**

**April 2<sup>nd</sup>**

Dr. D. Darrell Griffin

**Pastor's Anniversary**

**April 3<sup>rd</sup>**

Dr. D. Darrell Griffin

**Resurrection Sunday**

**April 17<sup>th</sup>**

Lenten Fast ends

**99<sup>th</sup> Church Anniversary**

**May 22<sup>nd</sup>**





We're Back  
in the Sanctuary!

9:30 AM



MASKS MANDATORY  
73 FRANK STREET | BRIDGEPORT, CT

WWW.MTAERYBAPTIST.ORG



PRAYER  
LINE

DAILY CONFERENCE CALL  
AT 7AM EST  
716.427.1336

ACCESS CODE  
111933#

WWW.MTAERYBAPTIST.ORG





# GRIEF SUPPORT GROUP

Help and encouragement after the death of  
a spouse, child, family member, or friend

GriefShare is a special weekly seminar and support group designed to help you rebuild your life after losing a loved one. Our group is led by caring people who have experienced grief and want to help you through the difficult days ahead.

We know it hurts, and we want to help.

**Contact Us Today**

**Wednesdays 6:30 pm – 8:30pm  
February 23 - May 18, 2022  
Mount Aery Baptist Church  
Bridgeport, CT 06604  
Dr. Anthony L. Bennett, Pastor  
[www.mtaerybaptist.org](http://www.mtaerybaptist.org)**

GRIEF  SHARE

IT'S  
**TAX  
TIME**



Tithing Statements  
*Available*

**REQUEST  
VIA EMAIL OR PHONE**



**finance@mtaerybaptist.org**



**203.334.2757**

**WWW.MTAERYBAPTIST.ORG**

MOUNT AERY BAPTIST CHURCH

**TECH TUNEUP**



**WEDNESDAYS 11AM**



**SIGN UP: 475.977.1734**

**FOR MORE INFO: TECHLAB@MTAERYBAPTIST.ORG**

73 FRANK STREET | BRIDGEPORT, CT  
WWW.MTAERYBAPTIST.ORG



**SATURDAY @ 10 AM**

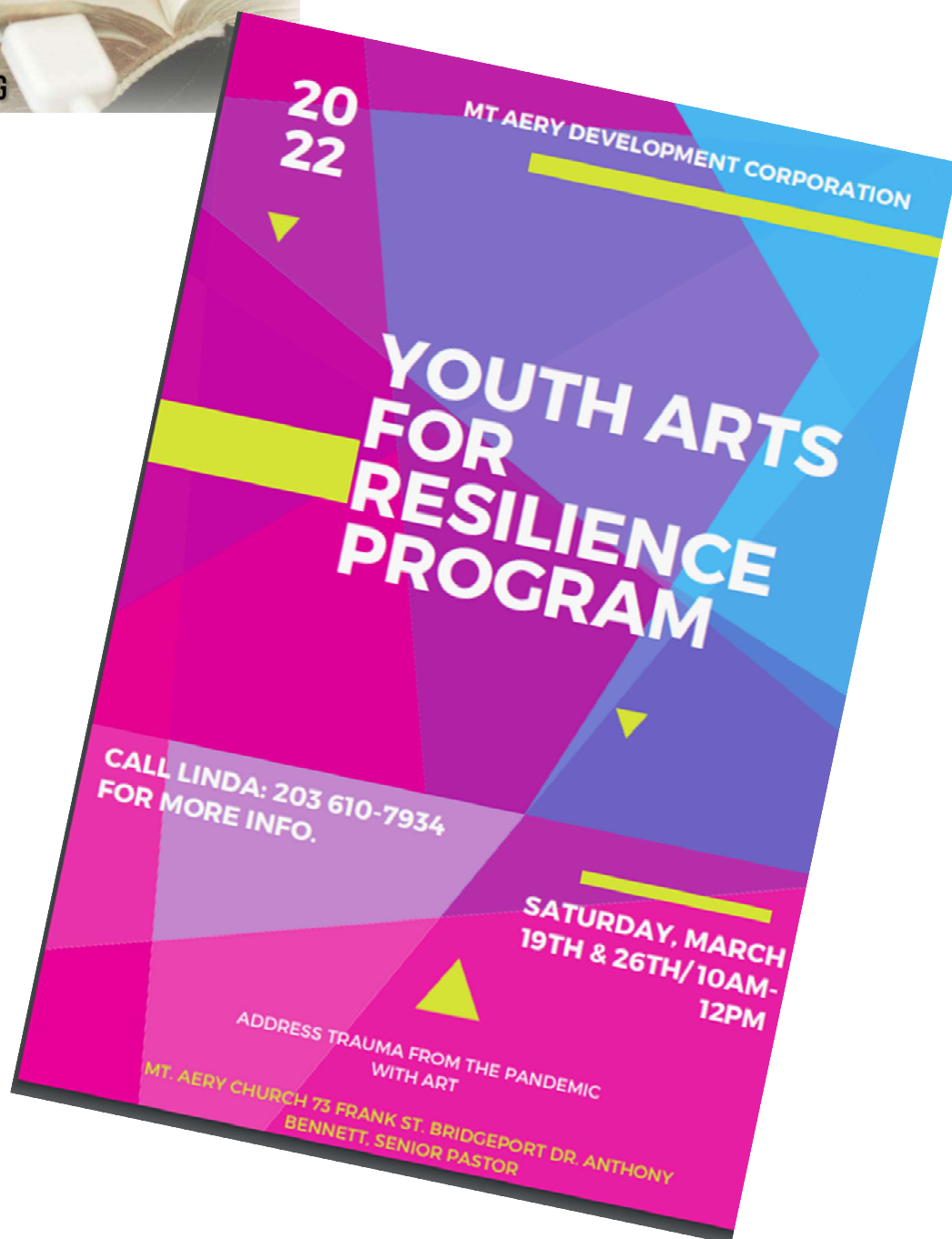


**MEETING ID: 856 1585 5751**

**PASSCODE: 667489**

**PHONE IN: 646 876 9923**

**WWW.MTAERYBAPTIST.ORG**





## *Lighter Nachos*

### Ingredients

1 Lb of ground Turkey  
1 small onion (chopped)  
2 tablespoons of olive oil  
Salt and pepper to taste  
1 can black beans (rinsed and drained)  
1 package taco seasoning mix  
3/4 cup of water  
3/4 to 1 cup of reduced fat cheddar cheese  
1 bag of Scoops corn chips  
(regular or whole grain)  
Additional toppings (optional)  
Salsa, fat free Greek yogurt, chopped avocado



### Directions

Over medium high heat, heat the olive oil in a large pan. Add the ground Turkey, onion and salt and pepper. Cook until the turkey is no longer pink. Drain the turkey and onion mixture. Place back in the pan. Add the beans, taco seasoning mix and water. Stir the mixture over medium heat until it is well combined and the sauce begins to thicken ( approximately 2-3 minutes). Spoon the ground Turkey mixture into the scoops. Sprinkle the cheese over the scoops. Bake at 375 degrees until cheese melts. Remove from oven add toppings if desired and serve.

Were you aware that November, the 11<sup>th</sup> month of year, is National Togetherness Month. Then in August, the 8<sup>th</sup> month of year, host National Friendship Day. So I subtracted 8 from 11 and ended up with 3. The 3<sup>rd</sup> month of the year and that is March and that is

## National Let's Get Healthy Month

Just so you are aware, I made the last sentence up. March is really not National Let's Get Healthy Month, but in my opinion every month and day should be. As spring approaches, you will begin to see more people heading to the gym. There will be more people running, lunch periods will again be used to take a brisk walk. Fit-bits and smart watches will be flying off the shelves, and sneakers and workout gear stocks will rise.

The motivator to all these actions is the end of winter (goodbye snow!), which means heavy layers come off and lighter clothing takes over. Whatever the catalyst to move you toward healthy lifestyle habits, it is welcomed. While it is easier to make these changes with a level of support from those around you, ***don't let it stop you*** if others are not on-board with your decision to take care of you!

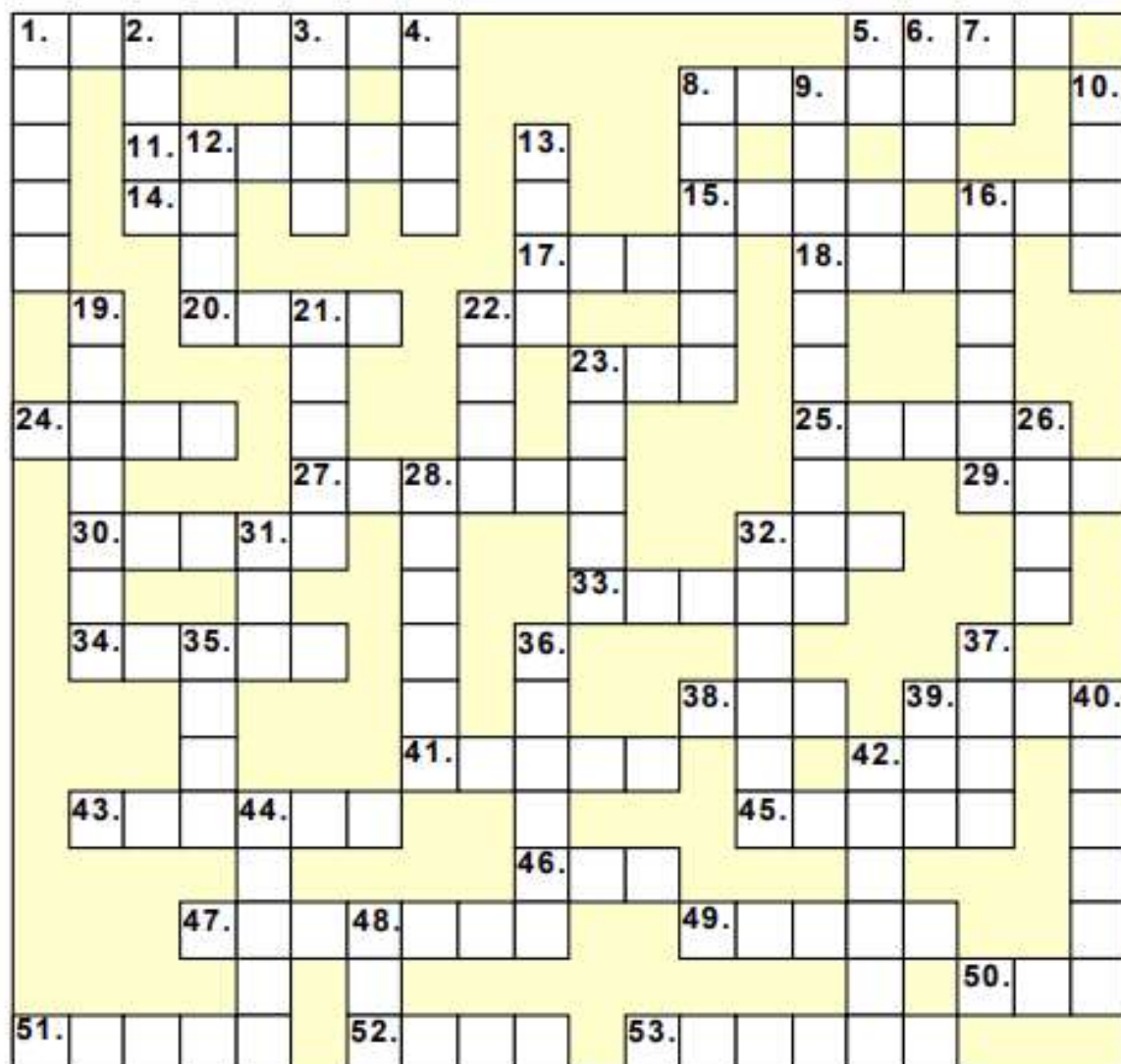
Winter is not over yet, but while we patiently wait to see no white stuff on the ground, and hear good news from the Meteorologist on your local news station, use this time to prepare for the new you.

- Make appointments for your annual visits to your physicians and let them know your plans to begin exercising and changing your eating habits
- Educate yourself on the best meals plans that would work for you and begin to compile your shopping list
- Select activities that will keep you moving and ones you will look forward to doing at least 3-5 times a week
- Have fun picking out new workout outfits and find comfortable footwear for the workouts that you will begin



It seems ridiculous to actually have a day, or month on which we are asked to focus on being a *friend*, or working towards *togetherness*, however the result is that it brings focus to something we should be doing everyday. Much like taking care of our health, each month of the year has a different disease, or ailment that the medical world wants people to pay more attention to in the hopes those who may be afflicted by them, or has a family history of, seek the help they may need.

I may have fabricated National Let's Get Healthy Month, but I hope that the meaning behind the thought gets you to a place of attention on a movement toward a healthier you!



## Down:

1. Part of a flower
2. What you scratch
3. \_\_\_\_ n' roll
4. Opposite of future
5. Hot \_\_\_\_ cold
6. Fox's home
7. Take \_\_\_\_ or leave \_\_\_\_
8. Easter \_\_\_\_
9. Easter treats
10. Jesus was buried in this
12. Speed competition
13. Spring month
16. Hare
19. Appears after the rain
21. You play these
22. Look for
23. Spring month
26. Easter flower
28. A season
31. Shake head
32. Easter colour
35. Tidy
36. Goodies
37. Beginning of leaves
39. Boy's name
40. Reach destination
42. Easter hat
44. \_\_\_\_ and field
48. Baby goat

## Across:

1. One bit of water falling from the clouds
5. Garfield's dog friend
8. Confidential
11. Early spring flower
14. Laughing sound
15. 12:00 p.m.
16. Outer edge
17. Be in want
18. Coca \_\_\_\_
20. Easter bunny hides these
22. Opposite of she
23. Spring month
24. Discover
25. Spring month
27. Spring holiday
29. \_\_\_\_ top
30. Jelly \_\_\_\_
32. Opposite of no
33. Easter bunny does this with eggs
34. Breezy
38. Ginger \_\_\_\_
39. Musical instrument
41. Spring colour
42. Resting place
43. Baby cat
45. Forests
46. Bath \_\_\_\_
47. Easter or picnic \_\_\_\_
49. Hides eggs
50. Colouring agent
51. Baby chicken
52. Water bird
53. Passes out momentarily



# A Spring Dream

by Samantha Burton

YOUTH SPEAK 

Spring represents the smell of fresh roses

Spring represents the smell of the beautiful  
flowers and the green trees

Spring represents the fresh vegetables rooting  
from the Earth

Spring showers please rain on me and wash  
away these winter blues and let the new season  
of Spring Blossom and Bloom

Spring brings hope to a new season

It is a blessing to breathe in a new season  
of fresh air

It is a blessing to see a new season of God's love  
everywhere

Plant the seed of spring in all of your hearts

Let It shine like the Sun

And let it form like a rainbow that would never  
fall apart and that is the definition of A Spring  
Dream!



Newly published author of  
**"The Freedom of a Butterfly"**  
now on Amazon Kindle.

Across  
Down  
1. Root  
2. Rich  
3. Rock  
4. Past  
5. Or  
6. Den  
7. It  
8. Sunday  
9. Chocolate  
10. Tomb  
11. Race  
12. He  
13. Eggs  
14. Cola  
15. Need  
16. Rm  
17. Moon  
18. Den  
19. Past  
20. Secret  
21. Rock  
22. Rich  
23. Root  
24. Root  
25. Root  
26. Root  
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47. Root  
48. Root  
49. Root  
50. Root  
51. Root  
52. Root  
53. Root

# The Unwritten Rules in Sport & The Black Women Who are Rewriting Them



Six incredible Black women are shaking up sports and culture by pushing the boundaries on outdated rules and breaking down barriers.

There is no picture of sport and no picture of adidas without Black excellence. This month we're celebrating and sharing the stories of Black women who shatter expectations, break down barriers and are changing the game for the next generation. Kahleah Copper, Imani Dorsey, Kendra Harrison, Angel McCoughtry, Sarah Nurse, and Erica Wheeler are six incredible women that are pushing both sport and culture forward by rewriting outdated rules of expression, physical appearance, mental health, and identity. Not only are they continuously overcoming and challenging societal expectations and assumptions – they are also enabling a new generation of leaders to find strength in the power of authenticity and vulnerability. We're honored to share their stories of achieving the impossible.



## UNWRITTEN RULES

Despite the unwritten rules set against Black women at the top of their game, they continue to triumph and lead the fight for equality and social justice, inspiring change not only in the next generation of girls in sport, but in the communities around them. These women are the catalyst for change, championing their game and re-writing the script of what it means to show up as your authentic self.



But despite that unwritten rule, I've never let the stereotype define me or make me feel as though I was less capable than any other athlete. You have to believe in yourself no matter what any unwritten rule says, and if you do that, you will see success.

**Kendra Harrison – Professional Hurdler**

# The Unwritten Rules in Sport & The Black Women Who are Rewriting Them

(continued)

YOUTH SPEAK 

## THE POWER OF AUTHENTICITY

Authenticity is how the game is changed – but what does that entail? It means showing up unapologetically yourself, setting your own standards, putting your mental health first, and loving your body, your sport, and yourself without compromise. These Black women are the ones pushing the needle forward— taking the impossible and making it possible.



If you know me, then you know I don't play about my hair and a good skin care routine. I'm out here trying to impress myself. I love to dress it up. It's important to show myself in my element off the court, my style and where I'm from.

**Kahleah Copper- Professional Basketball Player**



For me, I would turn down interviews, I would turn down paid gigs if I can't be myself. If I can't give out real, I won't ever do it.

**Erica Wheeler – Professional Basketball Player**

Throughout my journey I've learned the importance of being my own authentic self and not worrying about fitting in. I feel my best and perform my best when I'm unapologetically me and not letting society or anyone dictate to me what a hockey player should be like.

**Sarah Nurse – Professional Hockey Player**





# The Unwritten Rules in Sport & The Black Women Who are Rewriting Them

(continued)

YOUTH SPEAK 

## TO BE HEARD IS TO BE SEEN

By harnessing the power of their voice and showing up first and foremost for themselves, Black women in sport pave the way for the next generation and show us all the power of possibility. It's facing these unwritten rules head on that opens the door to change.



I know that change doesn't happen tomorrow, but I'll continue to plant the seeds for a better future. Yes, it takes time to grow but in due time amazing things will bloom. It's just really an ongoing fight to get our ideas and stories to the forefront. People are listening to us, and they're coming to fruition. I feel like this is just the beginning. I want our new generations to not grow up in this mess that we're in now. That's what it's all about to inspire the kids.

**Angel McCoughtry – Professional Basketball Player**

## THE PATH TO POSSIBLE

Through sport, we have the power to change lives. Reflecting on who you are and pushing forward during these tough moments are made possible when you believe in yourself. This mindset is how we can all harness our talent, creativity, skill and even our vulnerability—turning the impossible into possible.

Sport has given me so many opportunities. It's given me a college education, the opportunity to see the world, meet incredible people, but most importantly learn more about myself. I've endured a lot of challenges, but I have always come out the other side. Sport has made me resilient and forced me to learn more about myself, what I need to be happy, and how I can help others. This has been incredibly empowering.

**Imani Dorsey- Professional Soccer Player**



# Why Do We Celebrate Women's History Month?

Women's History Month is a dedicated month to reflect on the often-overlooked contributions of women to United States history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States.

The actual celebration of Women's History Month grew out of a weeklong celebration of women's contributions to culture, history and society organized by the school district of Sonoma, California, in 1978. Presentations were given at dozens of schools, hundreds of students participated in a "Real Woman" essay contest and a parade was held in downtown Santa Rosa.

A few years later, the idea had caught on within communities, school districts and organizations across the country. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. The U.S. Congress followed suit the next year, passing a resolution establishing a national celebration. Six years later, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March.

## International Women's Day

International Women's Day, a global celebration of the economic, political and social achievements of women, took place for the first time on March 8, 1911. Many countries around the world celebrate the holiday with demonstrations, educational initiatives and customs such as presenting women with gifts and flowers.

The United Nations has sponsored International Women's Day since 1975. When adopting its resolution on the observance of International Women's Day, the United Nations General Assembly cited the following reasons: "To recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women; and to acknowledge the contribution of women to the strengthening of international peace and security."

### Women's History Month Theme

The National Women's History Alliance designates a yearly theme for Women's History Month. The 2022 theme is "Women Providing Healing, Promoting Hope." This theme is "both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history."

# Women's History Month

G.R.A.C.E.   
by Deacon Kathy Tabb-Small

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

ACHIEVEMENT  
AMENDMENT  
COMFORT  
COMMUNITY  
CONSTITUTION  
COURAGE  
EQUALITY  
HEALING

HERITAGE  
HISTORY  
HOPE  
INDISPENSIBLE  
LEADERSHIP  
LOVE  
MARCH  
NATION  
NATIONAL

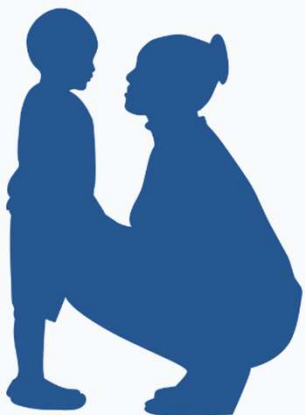
ORGANIZATION  
PRIDE  
PROCLAMATION  
RECOGNITION  
RIGHTS  
STRENGTH  
STRUGGLE  
VISION  
VITAL  
WOMEN



# Mother to Son

by  
**LANGSTON HUGHES**

Well, son, I'll tell you:  
Life for me ain't been no crystal stair.  
It's had tacks in it,  
And splinters,  
And boards torn up,  
And places with no carpet on the floor—  
Bare.  
But all the time  
I've been a-climbin' on,  
And reachin' landin's,  
And turnin' corners,  
And sometimes goin' in the dark  
Where there ain't been no light.  
So boy, don't you turn back.  
Don't you set down on the steps  
'Cause you finds it's kinder hard.  
Don't you fall now—  
For I've still goin', honey,  
I've still climbin',  
And life for me ain't been no crystal stair.



Namaste Brothers and Sisters!

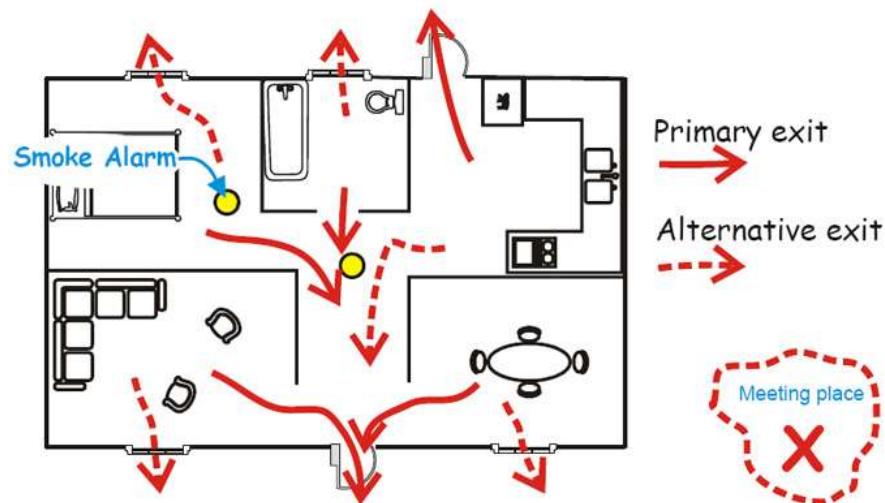
The major goal of the MABC Security Team is to provide a safe environment for you and your family here at The Mount.

This starts with keeping you informed, but remember, security is everyone's responsibility.

The Colleyville Synagogue hostage situation in Texas this past January 2022 and threats to HBCU's (Historically Black Colleges & Universities) is troubling to say the least, therefore in this installment, we will be revisiting Emergency Egress for Fire & Weather and Active Shooter situations.

In this installment, we will be revisiting

## Emergency Egress for Fire & Weather and Active Shooter situations



## EMERGENCY EGRESS

You always want to be aware of the location of all exits anytime you enter a room at a restaurant, your workplace, sporting events/concerts, or even at church. You want it to be second nature in the event of an emergency evacuation. When entering the Narthex or Sanctuary at The Mount, always check the placards placed on the walls to familiarize yourself with the information giving guidance on how to exit in case of an emergency egress. Also, always follow the direction of the MABC Security Team and the Ushers, so that everyone can safely exit the building. There may be situations where Security and/or Ushers, will require that you utilize an exit door that's not assigned to the area where you are sitting. In these instances, it is imperative that you follow their directions, as they may have information regarding what's beyond your assigned exit door that you may not be aware of.

## ACTIVE SHOOTER

Good practices for coping with an active shooter situation:

- Be aware of your environment and any possible dangers
- Take note of the two nearest exits in any facility you visit
- If you are in an office, stay there and secure the door
- If you are in a hallway, get into a room and secure the door
- As a last resort, attempt to take the active shooter down. When the shooter is at close range and you cannot flee, your chance of survival is much greater if you try to incapacitate him/her.

CALL 911 WHEN IT IS SAFE TO DO SO

(continued)

## HOW TO RESPOND WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY:

Quickly determine the most reasonable way to protect your own life.

### 1. RUN

**If there is an accessible escape path, attempt to evacuate the premises. Be sure to:**

- Have an escape route and plan in mind
- Evacuate regardless of whether others agree to follow
- Leave your belongings behind • Help others escape, if possible
- Prevent individuals from entering an area where the active shooter may be
- Keep your hands visible
- Follow the instructions of any police officers
- Do not attempt to move wounded people
- Call 911 when you are safe

### 2. HIDE

**If evacuation is not possible, find a place to hide where the active shooter is less likely to find you.**

**Your hiding place should:**

- Be out of the active shooter's view
- Provide protection if shots are fired in your direction (i.e., an office with a closed and locked door)
- Not trap you or restrict your options for movement
- To prevent an active shooter from entering your hiding place:
  - Lock the door
  - Blockade the door with heavy furniture
- If the active shooter is nearby:
  - Lock the door
  - Silence your cell phone and/or pager
  - Turn off any source of noise (i.e., radios, televisions)
  - Hide behind large items (i.e., cabinets, desks)
- Remain quiet
- If evacuation and hiding out are not possible:
  - Remain calm
  - Dial 911, if possible, to alert police to the active shooter's location
  - If you cannot speak, leave the line open and allow the dispatcher to listen





(continued)

### 3. FIGHT

**As a last resort, and only when your life is in imminent danger, attempt to disrupt and/or incapacitate the active shooter by:**

- Acting as aggressively as possible against him/her
- Throwing items and improvising weapons
- Yelling
- Committing to your actions



#### **HOW TO RESPOND WHEN LAW ENFORCEMENT ARRIVES:**

**Law enforcement's purpose is to stop the active shooter as soon as possible.**

**Officers will proceed directly to the area in which the last shots were heard.**

- Officers usually arrive in teams of four (4)
- Officers may wear regular patrol uniforms or external bulletproof vests, Kevlar helmets, and other tactical equipment
- Officers may be armed with rifles, shotguns, and handguns
- Officers may use pepper spray or tear gas to control the situation
- Officers may shout commands, and may push individuals to the ground for their safety

#### **HOW TO REACT WHEN LAW ENFORCEMENT ARRIVES:**

- Remain calm, and follow officers' instructions
- Put down any items in your hands (i.e., bags, jackets)
- Immediately raise hands and spread fingers
- Keep hands visible at all times
- Avoid making quick movements toward officers such as holding on to them for safety
- Avoid pointing, screaming and/or yelling
- Do not stop to ask officers for help or direction when evacuating, just proceed in the direction from which officers are entering the premises

#### **INFORMATION TO PROVIDE TO LAW ENFORCEMENT OR 911 OPERATORS:**

- Location of the active shooter
- Number of shooters, if more than one
- Physical description of shooter/s
- Number and type of weapons held by the shooter/s
- Number of potential victims at the location

**The first officers to arrive to the scene will not stop to help injured persons. Expect rescue teams comprised of additional officers and emergency medical personnel to follow the initial officers. These rescue teams will treat and remove any injured persons. They may also call upon able-bodied individuals to assist in removing the wounded from the premises.**

**Once you have reached a safe location or an assembly point, you will likely be held in that area by law enforcement until the situation is under control, and all witnesses have been identified and questioned. Do not leave until law enforcement authorities have instructed you to do so.**

Don't let your finances stress you out to the point of inaction. Instead, take control of your finances. Start budgeting. Don't use your budget to set unrealistic goals.

The last few years have been very difficult. For some, going out less has helped you stay in control of your budget. The fact that everything has skyrocketed in price, has sent your budget in an out-of-control spiral.

Research suggests that financial stress is at an all time high in America. This phenomenon has been brought on by the numerous hiring freezes, layoffs, high prices and fear of getting sick with Covid-19.

Financial stress can be caused by a number things: debt, unexpected expenses, or compulsion to make purchases that you can't afford.

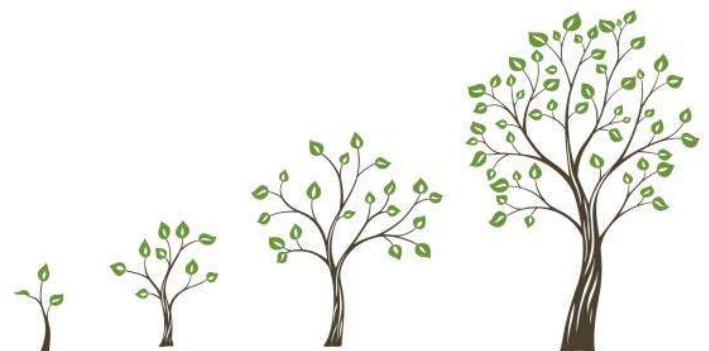
If you are suffering from financial stress, keep this in mind:

- You are not alone. There are plenty of services and people out there who can help you.

The easiest way to get and keep your finances on track is to make and follow a detailed realistic budget that you can stick to. This may sound obvious, but for many people, the experience of financial stress creates a vicious cycle. Instead, use your budget to accurately track your finances. Having a good idea of how much money you actually have of spend, is your first step toward true financial freedom.

Deacon Cynthia Seabrook

Author Kiara Taylor-Finances



**Bayard Rustin** (/ˈbaɪ.ərd/; March 17, 1912 – August 24, 1987) was an African American leader in social movements for civil rights, socialism, nonviolence, and gay rights.

Rustin worked with A. Philip Randolph on the March on Washington Movement, in 1941, to press for an end to racial discrimination in employment. Rustin later organized Freedom Rides, and helped to organize the Southern Christian Leadership Conference to strengthen Martin Luther King Jr.'s leadership and teaching King about nonviolence; he later served as an organizer for the March on Washington for Jobs and Freedom.<sup>[1]</sup> Rustin worked alongside Ella Baker, a co-director of the Crusade for Citizenship, in 1954; and before the Montgomery bus boycott, he helped organize a group, called "In Friendship," amongst Baker, George Lawrence, Stanley Levison of the American Jewish Congress, and some other labor leaders. "In Friendship" provided material and legal assistance to those being evicted from their tenant farms and households in Clarendon County, Yazoo, and other places.<sup>[2]</sup> Rustin became the head of the AFL-CIO's A. Philip Randolph Institute, which promoted the integration of formerly all-white unions and promoted the unionization of African Americans. During the 1970s and 1980s, Rustin served on many humanitarian missions, such as aiding refugees from Vietnam and Cambodia. At the time of his death in 1987, he was on a humanitarian mission in Haiti.



Rustin was a gay man and, due to criticism over his sexuality, he usually acted as an influential adviser behind the scenes to civil-rights leaders. In the 1980s, he became a public advocate on behalf of gay causes, speaking at events as an activist and supporter of human rights.<sup>[3]</sup>

Later in life, while still devoted to securing workers' rights, Rustin joined other union leaders in aligning with ideological neoconservatism,<sup>[4][5]</sup> and (after his death) President Ronald Reagan praised him.<sup>[6]</sup> On November 20, 2013, President Barack Obama posthumously awarded Rustin the Presidential Medal of Freedom.

Rustin was born in West Chester, Pennsylvania, to Florence Rustin and Archie Hopkins, but raised by his maternal grandparents, Julia (Davis) and Janifer Rustin, as the ninth of their twelve children; growing up he believed his biological mother was his older sister.<sup>[8][9][10]</sup> His grandparents were relatively wealthy local caterers who raised Rustin in a large house.<sup>[8]</sup> Julia Rustin was a Quaker, although she attended her husband's African Methodist Episcopal Church. She was also a member of the National Association for the Advancement of Colored People (NAACP). NAACP leaders such as W.E.B. Du Bois and James Weldon Johnson were frequent guests in the Rustin home. With these influences in his early life, in his youth Rustin campaigned against racially discriminatory Jim Crow laws.<sup>[11]</sup>

One of the first documented realizations Rustin had of his sexuality was when he mentioned to his grandmother that he preferred to spend time with males rather than females. She responded, "I suppose that's what you need to do".<sup>[12]</sup>

In 1932, Rustin entered Wilberforce College, a historically black college (HBCU) in Ohio operated by the AME Church.<sup>[13]</sup> Rustin was active in a number of campus organizations, including the Omega Psi Phi fraternity.<sup>[14]</sup> He was expelled from Wilberforce in 1936 after organizing a strike,<sup>[15]</sup> and later attended Cheyney State Teachers College (now Cheyney University of Pennsylvania). Cheyney honored Rustin with a posthumous "Doctor of Humane Letters" degree at its 2013 commencement.



(continued)

After completing an activist training program conducted by the American Friends Service Committee (AFSC), Rustin moved to Harlem in 1937 and began studying at City College of New York. There he became involved in efforts to defend and free the Scottsboro Boys, nine young black men in Alabama who were accused of raping two white women. He joined the Young Communist League for a small period of time in 1936, before becoming disillusioned with the party.<sup>[9]</sup> Soon after arriving in New York City, he became a member of Fifteenth Street Meeting of the Religious Society of Friends (Quakers).

Rustin was an accomplished tenor vocalist, an asset that earned him admission to both Wilberforce University and Cheyney State Teachers College with music scholarships.<sup>[16]</sup> In 1939, he was in the chorus of the short-lived musical John Henry that starred Paul Robeson. Blues singer Josh White was also a cast member and later invited Rustin to join his band, "Josh White and the Carolinians". This gave Rustin the opportunity to become a regular performer at the Café Society nightclub in Greenwich Village, widening his social and intellectual contacts.<sup>[17]</sup> A few albums on Fellowship Records featuring his singing, such as Bayard Rustin Sings a Program of Spirituals, were produced from the 1950s through the 1970s.

At the direction of the Soviet Union, the Communist Party USA (CPUSA) and its members were active in the civil rights movement for African Americans.<sup>[18]</sup> The CPUSA, at the time following Stalin's "theory of nationalism", favored the creation of a separate nation for African Americans to be located in the American Southeast where the greatest proportion of the black population was concentrated.<sup>[19]</sup> In 1941, after Germany invaded the Soviet Union, Communist International ordered the CPUSA to abandon civil rights work and focus on supporting U.S. entry into World War II.<sup>[citation needed][20]</sup>

Disillusioned, Rustin began working with members of the Socialist Party of Norman Thomas, particularly A. Philip Randolph, the head of the Brotherhood of Sleeping Car Porters; another socialist mentor was the pacifist A. J. Muste, leader of the Fellowship of Reconciliation (FOR). FOR hired Rustin as a race relation secretary in the late summer of 1941.<sup>[21]</sup>

The three of them proposed a march on Washington, D.C. in 1941 to protest racial segregation in the armed forces and widespread discrimination in employment. Meeting with President Roosevelt in the Oval Office, Randolph respectfully and politely, but firmly told President Roosevelt that African Americans would march in the capital unless desegregation occurred. To prove their good faith, the organizers canceled the planned march after Roosevelt issued Executive Order 8802 (the Fair Employment Act), which banned discrimination in defense industries and federal agencies. The leader of the organizers, Randolph, canceled the march against Rustin's advisement.<sup>[21]</sup> The armed forces were not desegregated until 1948, under an Executive Order issued by President Harry S. Truman. Randolph felt that FOR had succeeded in their goal and wanted to dissolve the committee. Again, Rustin disagreed with him and voiced his differing opinion in a national press conference, which he later regretted.<sup>[21]</sup>

Rustin traveled to California to help protect the property of the more than 120,000 Japanese Americans (most of whom were U.S.-born citizens) who had been imprisoned in internment camps. Impressed with Rustin's organizational skills, A.J. Muste appointed him as FOR's secretary for student and general affairs.

Rustin was also a pioneer in the movement to desegregate interstate bus travel. In 1942, he boarded a bus in Louisville, bound for Nashville, and sat in the second row. A number of drivers asked him to move to the back, according to Southern practice of Jim Crow, but Rustin refused. The bus was stopped by police 13 miles north of Nashville and Rustin was arrested. He was beaten and taken to a police station but was released uncharged.<sup>[22]</sup>

He spoke about his decision to be arrested, and how that moment also clarified his witness as a gay person, in an interview with the *Washington Blade*:

(continued)

As I was going by the second seat to go to the rear, a white child reached out for the ring necktie I was wearing and pulled it, whereupon its mother said, "Don't touch a n\*\*\*\*\*."

If I go and sit quietly at the back of that bus now, that child, who was so innocent of race relations that it was going to play with me, will have seen so many blacks go in the back and sit down quietly that it's going to end up saying, "They like it back there, I've never seen anybody protest against it." I owe it to that child, not only to my own dignity, I owe it to that child, that it should be educated to know that blacks do not want to sit in the back, and therefore I should get arrested, letting all these white people in the bus know that I do not accept that.

It occurred to me shortly after that that it was an absolute necessity for me to declare homosexuality because if I didn't I was a part of the prejudice. I was aiding and abetting the prejudice that was a part of the effort to destroy me.<sup>[23]</sup>

In 1942, Rustin assisted two other FOR staffers, George Houser and James Farmer, and activist Bernice Fisher as they formed the Congress of Racial Equality (CORE). Rustin was not a direct founder, but was later described as "an uncle of CORE". CORE had been conceived as a pacifist organization based on the writings of Mohandas Gandhi, who used non-violent resistance against British rule in India. CORE was also influenced by his protégé Krishnalal Shridharani's book *War without Violence*.<sup>[24][25]</sup>

As declared pacifists who refused induction into the military, Rustin, Houser, and other members of FOR and CORE were convicted of violating the Selective Service Act. From 1944 to 1946, Rustin was imprisoned in Lewisburg Federal Penitentiary, where he organized protests against segregated dining facilities. During his incarceration, he also organized FOR's Free India Committee. After his release from prison, he was frequently arrested for protesting against British colonial rule, in both India and Africa.

Just before a trip to Africa while college secretary of the FOR, Rustin recorded a 10-inch LP for the Fellowship Records label. He sang spirituals and Elizabethan songs, accompanied on the harpsichord by Margaret Davison.<sup>[26]</sup>

Rustin and Houser organized the Journey of Reconciliation in 1947. This was the first of the Freedom Rides to test the ruling of the Supreme Court of the United States in Morgan v. Commonwealth of Virginia that banned racial discrimination in interstate travel as unconstitutional. Rustin and CORE executive secretary George Houser recruited a team of fourteen men, divided equally by race, to ride in pairs through Virginia, North Carolina, Tennessee, and Kentucky.<sup>[27]</sup> The NAACP opposed CORE's Gandhian tactics as too meek. Participants in the Journey of Reconciliation were arrested several times. Arrested with Igal Roodenko and Joe Felmet, Rustin served twenty-two days on a chain gang in North Carolina for violating state Jim Crow laws regarding segregated seating on public transportation.<sup>[28][29]</sup>

In 1948, Rustin traveled to India to learn techniques of nonviolent civil resistance directly from the leaders of the Gandhian movement. The conference had been organized before Gandhi's assassination earlier that year. Between 1947 and 1952, Rustin also met with leaders of independence movements in Ghana and Nigeria. In 1951, he formed the committee to Support South African Resistance, which later became the American Committee on Africa.

Rustin was arrested in Pasadena, California, in January 1953 for sexual activity with two men in their 20s, in a parked car.<sup>[23]</sup> Originally charged with vagrancy and lewd conduct, he pleaded guilty to a single, lesser charge of "sex perversion" (as sodomy was officially referred to in California then, even if consensual) and served 60 days in jail. This was the first time that his homosexuality had come to public attention (and for which he was posthumously pardoned). He had been and remained candid in private about his sexuality, although homosexual activity was still criminalized throughout the United States.<sup>[30]</sup> Rustin resigned from the Fellowship of Reconciliation (FOR) because of his convictions. They also greatly affected Rustin's relationship with A. J. Muste, the director of the FOR.

(continued)

Muste had already tried to change Rustin's sexuality earlier in their relationship with no success. Later in Rustin's life, they continued their relationship with more tension than they had previously.<sup>[31]</sup> Rustin became the executive secretary of the War Resisters League. Later, in Montana, an American Legion chapter made his conviction in Pasadena public to try to cancel his lectures in the state.<sup>[30]</sup>

Rustin served as an unidentified member of the American Friends Service Committee's task force to write "Speak Truth to Power: A Quaker Search for an Alternative to Violence,"<sup>[32]</sup> published in 1955. This was one of the most influential and widely commented upon pacifist essays in the United States. Rustin had wanted to keep his participation quiet, as he believed that his known sexual orientation would be used by critics as an excuse to compromise the 71-page pamphlet when it was published. It analyzed the Cold War and the American response to it, and recommended non-violent solutions.

Rustin took leave from the War Resisters League in 1956 to advise minister Martin Luther King Jr. of the Baptist Church on Gandhian tactics. King was organizing the public transportation boycott in Montgomery, Alabama, which became known as the Montgomery bus boycott. According to Rustin, "I think it's fair to say that Dr. King's view of non-violent tactics was almost non-existent when the boycott began. In other words, Dr. King was permitting himself and his children and his home to be protected by guns." Rustin convinced King to abandon the armed protection, including a personal handgun.<sup>[33]</sup> In a 1964 interview with Robert Penn Warren for the book Who Speaks for the Negro?, Rustin also reflected that his integrative ideology began to differ from King's. He believed a social movement "has to be based on the collective needs of people at this time, regardless of color, creed, race."<sup>[34]</sup>

The following year, Rustin and King began organizing the Southern Christian Leadership Conference (SCLC). Many African American leaders were concerned that Rustin's sexual orientation and past Communist membership would undermine support for the civil rights movement. After the organization of the SCLC, King received criticism for this action from *Harper's* magazine, which wrote about him, "Lost much moral credit ... in the eyes of the young". Although Rustin was open about his sexual orientation and his

convictions were a matter of public record, the events had not been discussed widely beyond the civil rights leadership. Rustin did not let this setback change his direction in the movement.<sup>[12]</sup>

Rustin "faded from the shortlist of well-known civil rights lions", in part because he was active behind the scenes, and also because of public discomfort with his sexual orientation and former communist membership.<sup>[35]</sup> In addition, Rustin's tilt toward neo-conservatism in the late 1960s led him into a disagreement with most civil rights leaders. But, the 2003 documentary film Brother Outsider: The Life of Bayard Rustin, a Sundance Festival Grand Jury Prize nominee,<sup>[71]</sup> and the March 2012 centennial of Rustin's birth have contributed to renewed recognition of his extensive contributions.

Rustin served as chairman of Social Democrats, USA, which, *The Washington Post* wrote in 2013, "was a breeding ground for many neoconservatives".<sup>[72]</sup> French historian Justin Vaïsse classifies him as a "right-wing socialist" and "second age neoconservative", citing his role as vice-chair of the Coalition for a Democratic Majority, which was involved in the second incarnation of the Committee on the Present Danger.<sup>[73][74]</sup>

According to Daniel Richman, former clerk for United States Supreme Court justice Thurgood Marshall, Marshall's friendship with Rustin, who was open about his homosexuality, played a significant role in Marshall's dissent from the court's 5–4 decision upholding the constitutionality of state sodomy laws in the later overturned 1986 case Bowers v. Hardwick.<sup>[75]</sup>

Several buildings have been named in honor of Rustin, including the Bayard Rustin Educational Complex located in Chelsea, Manhattan;<sup>[76]</sup> Bayard Rustin High School in his hometown of West Chester, Pennsylvania; Bayard Rustin Library at the Affirmations Gay/Lesbian Community Center in Ferndale, Michigan; the Bayard Rustin Social Justice Center in Conway, Arkansas, and the Bayard Rustin Center for Social Justice in Princeton, New Jersey. Rustin is one of two men who have both participated in the Penn Relays and had a school, West Chester Rustin High School, named in his honor that participates in the relays.





# March



## BIRTHDAYS

### March 1<sup>st</sup>

Azpiri, Naiara  
 Bryant, Jeffrey  
 Fedick, Lisa  
 Guerrier, Fabienne  
 Lee, Alice  
 Miller, Judith  
 Murray, Christopher  
 Parks, William  
 Perry-Estime, Gail  
 Prawl, Chante  
 Thigpen, Barbara

### March 2<sup>nd</sup>

Edmonds-Myles, Sadiga  
 English, Malcolm  
 Gibson, Trevin  
 Pulley, Karen

### March 3<sup>rd</sup>

Deslandes, Dorothy  
 Frances, Gregory  
 Jackson, Laverne  
 Jordan, Manion  
 Kendricks, Kimberly  
 Kendricks, Rhonda  
 Myles, David

Smalls, Barbara  
 Szucs, Barbara  
 Wilson, Clarice

### March 4<sup>th</sup>

Brown-Rogers, Renata  
 Daniels, Terrell  
 Fisher, Doris  
 Hampton, Abraham  
 Morrow, Mary  
 Nimmons, Jean  
 Phillips, Nadine  
 Studivant, Robert  
 White, Christina  
 Williams, Monique

### March 5<sup>th</sup>

Anderson, Catherine  
 Anderson, Juanita  
 Clapp, Michael  
 Henry, Kiearta  
 Jones, Ashley  
 Langston, Ali  
 Lee, Kim  
 Thompson, Sylvia  
 Threat-Griffin, Vonetta

### March 6<sup>th</sup>

Clayton, Magie  
 Day, Jovan  
 Goodwin, Rochelle  
 Greatheart, David  
 Lewis, Sandra  
 Stone, Noelle  
 Williams, Tiffany  
 Wright, Lakeem

### March 7<sup>th</sup>

Annunziato, Kristen  
 Austin-Christy, Sharon  
 Baldwin, Dalaine J.

Carter, Sovah  
 Cobb, Sherrine  
 Colson, Sheila  
 Johnson, Latasia  
 Mendez, Dezmond

Mones, Barbara  
 Reid, Joel

### March 8<sup>th</sup>

Davis, Cynthia  
 Durant, Tracy  
 Riley, Tiffany  
 Turnball, Deborah  
 Wright, Kevin

### March 9<sup>th</sup>

Black, Genevsha  
 Cooper, Odell  
 Davy, Orlando

Maye, Shawneisha L.

### March 10<sup>th</sup>

Butts, Jr., Curtis  
 Dixon, Theresa  
 Laws, Stanley  
 Porter, Rashaun  
 Wright, Zequanda

### March 11<sup>th</sup>

Gallimore III, Frederick  
 Ingram, Bobbie  
 Padilla, Freddie  
 Richardson, Leon  
 Spearman, Barbara

### March 12<sup>th</sup>

Brown, Nysheen  
 Crumpton, Lavesha  
 Lopes, Ana  
 Miller, Remy  
 Miller, Sheila  
 Phillips, Laurie  
 Spencer, James

### March 13<sup>th</sup>

Gatling, Bryan  
 Hill, Harold  
 Jones, Nedra  
 Martin, Betty  
 Womack, Sidney

### March 14<sup>th</sup>

Boykin, John  
 Hall, Quantishay  
 Hargell, Brinita  
 Johnson, Shenneetha  
 Pulley, Christina

### March 15<sup>th</sup>

Bigelow, Roxie  
 Brown, Stafford  
 Burton, Samantha

Jones, Jennifer

### March 16<sup>th</sup>

Gatison, Thedis  
 Gerald, Johnny  
 May, Janet  
 McKenzie, Julian  
 McKenzie, Mabel  
 Miller-Hayes, Jocelyn

Paul, Candida

Wilson, Anita

### March 17<sup>th</sup>

Belin, Freddie Lee  
 Boston - Bass, Fallon  
 Brown, Caleb  
 Foster, Jimmy  
 Jones, Christine  
 Jones, Garrett  
 Washington, Kimberly  
 Wilson, Michelle

### March 18<sup>th</sup>

Barnes, Ashley  
 Hill, Antoinette  
 Jones, Rhonda  
 Joseph, Tiffany  
 Moore, Markus  
 Rozier, Ricardo  
 Sheffield, Kendale

### March 19<sup>th</sup>

Bember, Mary Ann  
 Bostick, Warren  
 Fleming, Bernice  
 Fowlin, Dalon  
 Johnson, Lorenda  
 Moore, Claudia  
 Perkins, Glory  
 Pinto, Delia  
 Richardson, Kenneth

### March 20<sup>th</sup>

Cameron, Charles  
 Price, Alanda Marie  
 Shabazz, Adul Jalil  
 Young, J

### March 21<sup>st</sup>

Crumpton, Tanya  
 Cuttino, Barbara  
 Daniels, Keyshaun  
 Galberth, Ella  
 Geter, Chakachan  
 Lahey, Mikela  
 Underwood, Chaz  
 Williams, Andrew

### March 22<sup>nd</sup>

Budd, Deborah  
 Daley, Tanisha  
 Garcia, Jose-Luis  
 Goode, Margaret  
 Hall, Doreen  
 Kearney, Dorothy  
 Macey, Barbara  
 Mims, Kimberly  
 Palmer, Tiffany  
 Williams, Mary

### March 23<sup>rd</sup>

Byrd, Nannette  
 Cohen-Gatison, Mary  
 Dickey, Lindsay  
 Santiago, Barbara  
 Shepard, Willie

### March 24<sup>th</sup>

Christy, Alyssa  
 Hibbert, Sheryll  
 Moore, Debbie  
 Richardson, Willie Mae  
 Timmons, Rushawn  
 Williams, Porsha

### March 25<sup>th</sup>

Jones, Samantha  
 Jones - Blank, Shani  
 Jordan, Charlene  
 Matthews, Bonita  
 Smith, Pamela  
 Walker, Brian  
 Walker, Lamesha  
 Wilson, Denise

### March 26<sup>th</sup>

Davis, Piaget  
 Patton, Garland

### March 27<sup>th</sup>

Bonney, Richard  
 Gamble, Cassandra  
 Jackson, Larry  
 Washington, Wayne  
 Witherspoon, Jonathan

### March 28<sup>th</sup>

OAllen, Laretha  
 Coslow, Myrtle  
 Davis, Winston  
 Dempsey, Tayanna  
 Dukes, Danielle  
 Lindsay, Theresa  
 Simmons, Jena

### March 28<sup>th</sup>

OAllen, Laretha  
 Coslow, Myrtle  
 Davis, Winston  
 Dempsey, Tayanna  
 Dukes, Danielle  
 Lindsay, Theresa  
 Simmons, Jena  
 Williams, Bobbie

### March 29<sup>th</sup>

Adams, Alisa  
 Jordan, Molly  
 Lee, Shelia  
 Maxwell, Troy

### March 30<sup>th</sup>

Green, Sampson  
 McIntosh, Joel  
 White, Princella  
 Williams, Terrance

### March 31<sup>st</sup>

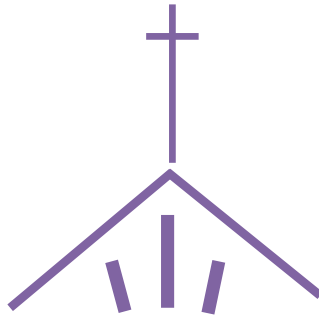
Byfield, Bryan  
 Cebert, Morine  
 Danso, Kellie  
 Davis, Ariana  
 Etheredge, Deloris  
 Lary, Helena  
 Miller, Tony  
 Ramsey, Donna



# MARCH 2022 - WOMEN HERSTORY MONTH

Organized Prayer is 7:00am to 7:10am beginning 3/1/2022 through 3/31/2022. Conference Dial-in Number: 716.427.1336, Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. To playback prayer: 716.427.1343, 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. Habakkuk 2:2-3 NIV.

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Isaiah 58:5 Pastor Bennett	2 Isaiah 58:6 Sis. Barnes	3 Isaiah 59:9 Sis. Whitaker	4 Matthew 6:16-18 Sis. M. Lee	5 Mark 1:13 Sis. Thompson-Bennett
		<b>PREPARING FOR LENT</b>				
6 Jeremiah 33:3 Rev. Dr. Sherwood	7 Luke 11:28 Deacon Gardner	8 1 John 5:14 Sis. Smith	9 Psalm 116:1-2 Sis. Simmons	10 Philippians 4:9 Pastor Williamson	11 Ephesians 4:11-16 Deacon Paul	12 James 1:19 Deacon Gist
		<b>LISTENING FOR GOD</b>				
13 Psalm 139:1 Bro. Cummings	14 Matthew 10:29-31 Deacon Smith	15 Genesis 1:27 Rev. Dr. Sherwood	16 Acts 17:28 Min. Langley	17 Ephesians 1:11-12 Sis. Alston	18 1 John 3:1 Pastor Kingwood-Small	19 James 1:17 Pastor Boissiere
		<b>LETTERS FROM GOD</b>				
20 Proverbs 17:27-28 Sis. S. Jackson	21 Ecclesiastes 3:7 Bro. Easley	22 2 Corin. 10:1-2 Deacon Vermont	23 1 Chron. 29:10-20 Bro. White	24 1 Peter 3:15-16 Sis. Ellis	25 2 Timothy 3:16 Sis. Newton-Foster	26 1 Timothy 1:7 Deacon Hurst
		<b>JOURNEYING THROUGH SILENCE</b>				
27 James 1:6 Bro. Newton	28 Proverbs 3:5-8 Min. Langley	29 Matthew 21:21 Sis. Davis	30 Matthew 14:21 Deacon Adetona	31 Mark 11:23 Deacon A. Febres		
		<b>PRAYING THROUGH DOUBT</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**

**716-427-1336  
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!**