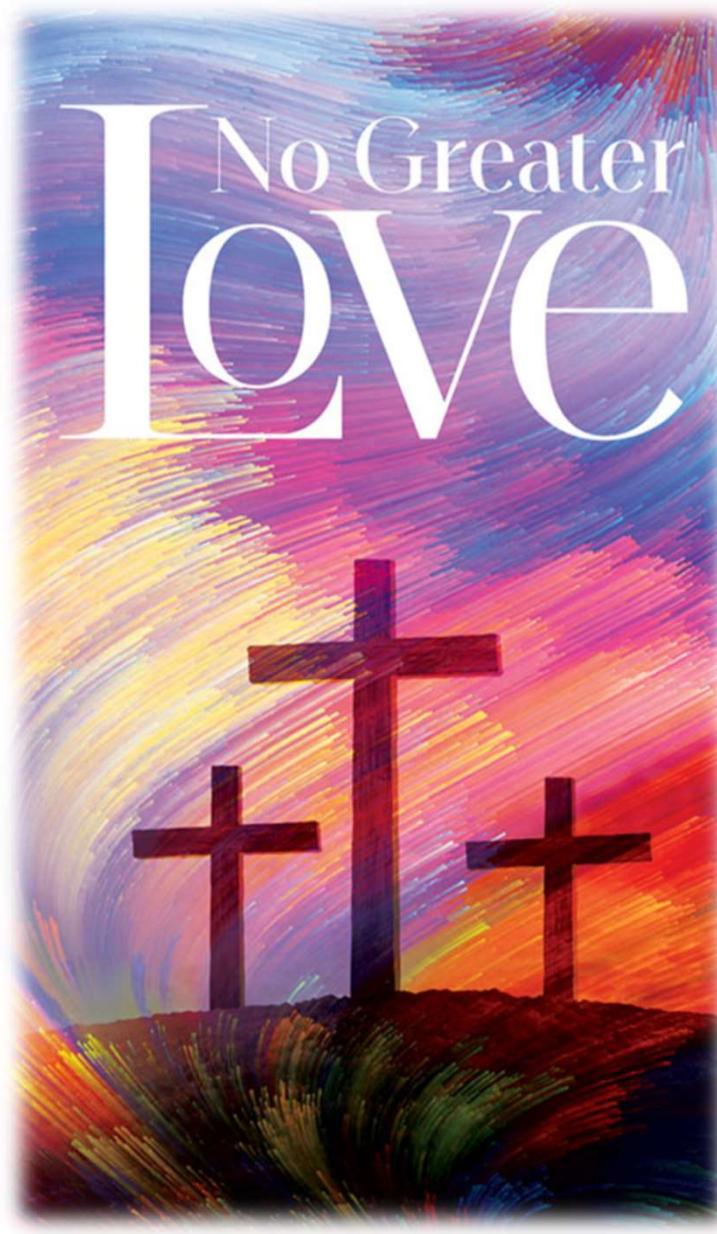


MESSAGE FROM THE MOUNT



outreach.com

*Greater love has no one than this:  
to lay down one's life for one's friends.*

John 15:13

## credits

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

**Frame Layout**  
Claudine Mosely

**Photographers**  
Jennifer Bruton

**Layout/Design**  
Kerry Fulton

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

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

**Contributors**  
Pastor Anthony L. Bennett, D. Min.

Jennifer Bruton, RDH, MS

Cathy Patton

Deacon Kathy Tabb-Smalls

Deacon Henry C. Smalls, Jr.

Samantha Burton

Center for Disease Control  
and Prevention

Squigly's Playhouse

Darlene A. White

Special to The Detroit News

The TODAY Show/Al Roker

Ariana Brockington

National Fire Prevention Association  
(NFPA)

Virginia Credit Union

[https://en.wikipedia.org/wiki/  
Claudette\\_Colvin](https://en.wikipedia.org/wiki/Claudette_Colvin)

Cover Art: outreach.com



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



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



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



**Jennifer Bruton**  
Recipes



**Audrey Barr**  
Copy Center



**Deacon Cynthia Seabrook**  
Financial Freedom



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



**Kerry Fulton**  
Layout, Design



**Cathy Patton**  
Healthy Habits



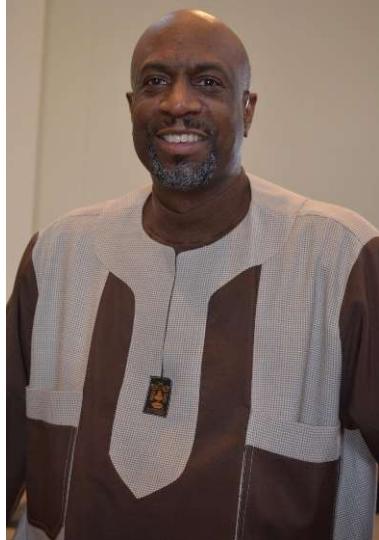
**Samantha Burton**  
Youth Speak Poet

## Mount Aery Baptist Church

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

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# Pastor's Pen

Sawubona my Brothers and Sisters in Christ,

What a delight it is to begin this month in celebration of our 28-year partnership as *Pastor and People*. So many memories, so many activities, so many accomplishments and ultimately such gratitude to God for strengthening, securing and sustaining us. My heart is full of thanksgiving for what the Holy Spirit has done in, through and on behalf of our partnership.

I am also thankful for the present support and participation of our leaders and each of you. It is in our relationship that this community has seen our light shine and has given God glory for the good works we have done. To be sure, God is not finished with us and there's much more work to be done. Yet, we must pause to praise our God for what God has done in our midst thus far. I am grateful for the brotherhood and wisdom of the Rev. Dr. D. Darrell Griffin who has helped your pastor broaden his personal view and his vision for the ministry God has given the Mount Aery Baptist Church. We have been blessed and we will continue to be blessed by the gift known as D. Darrell Griffin.

I would be remised if I did not acknowledge and thank God for Donna, Ahmad, Nylah and posthumously, Brittany. It is only by the grace of God that we, as pastors, come to the realization of how important our family support is to the effectiveness of our public ministry. Thank you.

As we move through our celebration of partnership, we enter into Holy Week and the celebration of the Resurrection of our Lord and Savior, Jesus, The Christ. God's message for us continues to be neither our personal struggles nor the worldwide pandemic can separate us from the love of God which brings new life even in the midst of lifeless situations.

Please check our website and Facebook page for updated information.

God bless,

*Pastor Anthony Bennett*

Pastor Anthony L. Bennett, D. Min.  
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 family on the loss of her granddaughter, Shakena Bates.
- Deacon Esau Failey and family on the loss of his niece.
- Pastor Bennett and family on the loss of his aunt.
- Louise Davy on the loss of her mother, Sarah Hough in Richmond, Virginia.
- The family of Willie Shepherd.
- Pastor Anthony and Donna Thompson Bennett and family on the loss of their brother-in-love, Amir Obadir in Maryland.
- Rene Monk on the loss of her sister in New York.



## 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://www.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>

### Coming Soon

**Resurrection Sunday**  
April 17<sup>th</sup>  
Lenten Fast ends

**99<sup>th</sup> Church Anniversary**  
May 22<sup>nd</sup>

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

### Deacons on Call for March: Deacon A. Febres & L. Febres



#### 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.





MOUNT AERY BAPTIST CHURCH

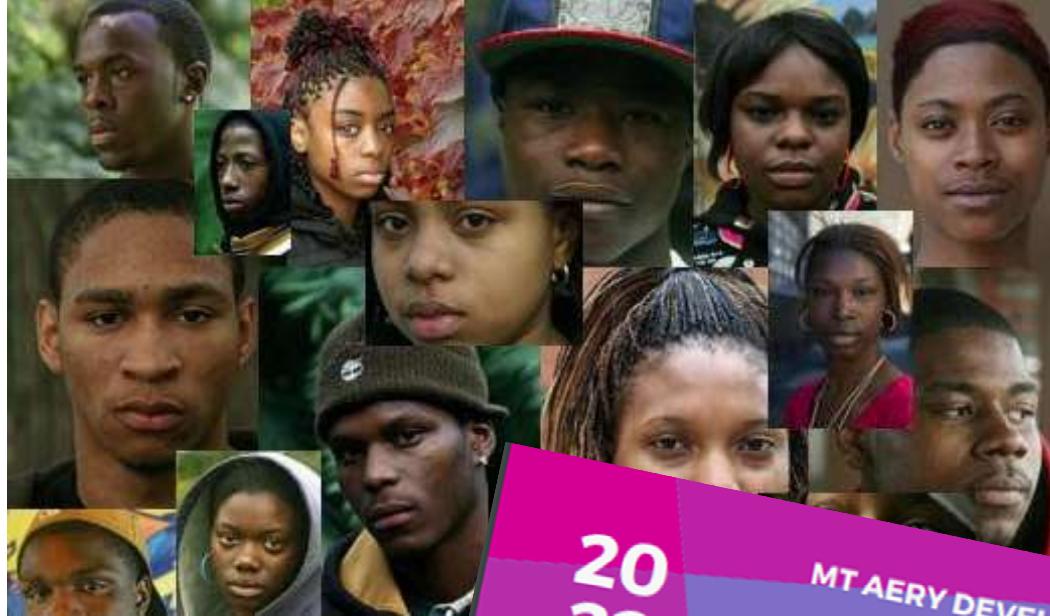
*Welcome Back  
in the Sanctuary!*



**9:30 AM**

MASKS MANDATORY  
73 FRANK STREET | BRIDGEPORT, CT

WWW.MTAERYBAPTIST.ORG



20  
22

MT AERY DEVELOPMENT CORPORATION

# YOUTH ARTS FOR RESILIENCE PROGRAM

CALL LINDA: 203 610-7934  
FOR MORE INFO.

April 16 & 23

ADDRESS TRAUMA FROM THE PANDEMIC  
WITH ART

MT. AERY CHURCH 73 FRANK ST. BRIDGEPORT DR. ANTHONY  
BENNETT, SENIOR PASTOR



**PRAYER  
LINE**  
DAILY CONFERENCE CALL  
AT 7AM EST  
**716.427.1336**  
ACCESS CODE  
**111933#**

WWW.MTAERYBAPTIST.ORG

MOUNT AERY BAPTIST CHURCH  
FAITH EQUIP SPIRIT

# 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)**



IT'S  
**TAX  
TIME**



Tithing Statements  
*Available*

REQUEST  
VIA EMAIL OR PHONE

 finance@mtaerybaptist.org

 203.334.2757

WWW.MTAERYBAPTIST.ORG

MOUNTAERY 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 INSTITUTE



## SATURDAY @ 10 AM



**MEETING ID: 856 1585 5751**

**PASSCODE: 667489**

**PHONE IN: 646 876 9923**

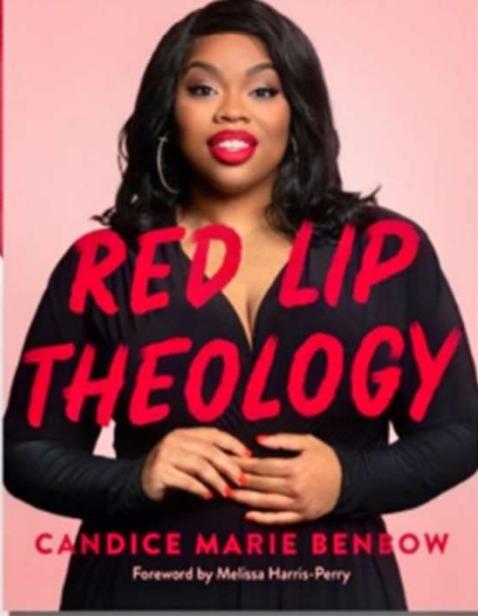
**WWW.MTAERYBAPTIST.ORG**

MOUNT AERY BAPTIST CHURCH

# RED LIP THEOLOGY

## Luncheon

FOR CHURCH GIRLS WHO'VE CONSIDERED  
TITHING TO THE BEAUTY SUPPLY STORE  
WHEN SUNDAY MORNING ISN'T ENOUGH



FREE EVENT  
REGISTRATION REQUIRED

Lunch & Conversation w/  
*Candice Benbow*

SATURDAY  
**05  
14**  
12 PM

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

MOUNT AERY BAPTIST CHURCH

# I Remember Mama Tea

MAY 7TH  
12:00 PM

LIMITED SEATING • REGISTRATION REQUIRED

73 FRANK STREET | BRIDGEPORT, CT

WWW.MTAERYBAPTIST.ORG

## Peanut Butter Nutella Cookies

### Ingredients

1 Cup butter (2 sticks) room temperature  
2/3 cup peanut butter (creamy or chunky)  
1 cup sugar  
1 cup brown sugar  
2 eggs  
2 tsp vanilla  
2 2/3 cup flour  
2 tsp baking soda  
1 tsp salt  
Heaping 1/3 cup Nutella



### Directions

- Cream butter, peanut butter, sugar, brown sugar, eggs and vanilla together until smooth.
- Combine flour, baking soda and salt and add to butter mixture.
- Add Nutella in dollops over the top of the dough.
- Use a butter knife to swirl the Nutella through the dough. Do not over mix.
- Chill the dough in fridge for 15 minutes before spooning onto cookie sheet to firm the Nutella.
- Bake at least 350 degrees for 8-10 minutes. Bake until slightly brown at edges.
- Let cool a few minutes on cookie sheet before transferring.

**Practicing good oral health can help us maintain good overall health. Remember how mom would ask us to brush our teeth. Almost each time, it would be a struggle resulting in mom singing some silly tooth brush song, to encourage us to maintain good dental care. Mom would also remind us to eat our veggies, go outside and play, and get plenty of rest. None of which we did willingly, or without some type of complaint. But, as always, Mom was right!**

When good oral health is not practiced, Gum Disease can set-in. According to the Centers for Disease Control and Prevention, half the adults age 30 and older suffer from some form of gum disease and it is extremely common .



Being cavity-free does not ensure you are in the clear where gum disease is concerned. Because gum disease is painless, many people have no idea they have it. Gums that bleed easily, or are red, swollen, or tender is a sign of gingivitis, the earliest stage of gum disease and the only stage that is reversible.

You don't have to lose any of your teeth to gum disease if you practice good oral hygiene. Even if you are diagnosed with gum disease, your dentist can design a treatment plan to help you keep it under control.

It is important to know that some health conditions make you more susceptible to gum disease than others. One such condition is Diabetes. This is a chronic disease which affects the body's ability to process sugar. The resulting high blood sugar can cause problems with your eyes, nerves, kidneys, heart and other parts of your body, even your gums. Diabetes can also lower your resistance to infection and can slow the healing process, so it's important that you are extra diligent with your oral health.

### Bacteria

The mouth is a very complex ecosystem. The average healthy oral cavity contains about 800 different types of bacteria, with each tooth holding more than a billion bacteria. When your oral flora is balanced, your body has a strong natural defense system to prevent the onset of disease. But when there's an imbalance, your immune system is more vulnerable, which makes you more susceptible to oral health complications.



# Happy Teeth = A Healthy Body

(continued)

HEALTHY HABITS ☺

by Cathy Patton



## Causes of Gum Disease

There are varying causes of Gum Disease such as genetics, smoking and plaque.

### Genetics

Based on family and personal health history, some people are predisposed to gum disease

### Smoking

Bacteria most damaging to the gums reside in the mouth of a smoker

### Plaque (soft)

If removed at least once every 24 hours you will go a long way

### Calculus (hardened plaque)

Found below the gum line and causes loss of bone support

### Poor diet

Cause many adverse and chronic conditions in the body, including gum disease

### Gum Disease Prevention

There are some steps we can take to prevent the on-set of Gum Disease.



## Avoid Certain Foods

### ● Ice

Ice is for chilling, not chewing. Chewing on hard substances can leave your teeth vulnerable to a dental emergency and damage enamel.

### ● Sticky Foods

Sticky foods are your mouth's worst nightmare. When it comes to picking healthy snacks, many people put dried fruit at the top of the list. But many dried fruits are sticky. Sticky foods can damage your teeth since they tend to stay on the teeth longer than other types of food.

### ● Citrus

The truth is that frequent exposures to acidic foods can erode enamel, making teeth more susceptible to decay over time. So even though a squeeze of lemon or lime can turn a simple glass of water into a fun beverage, it's not always the best choice for your mouth.

## Replace your Tooth Brush

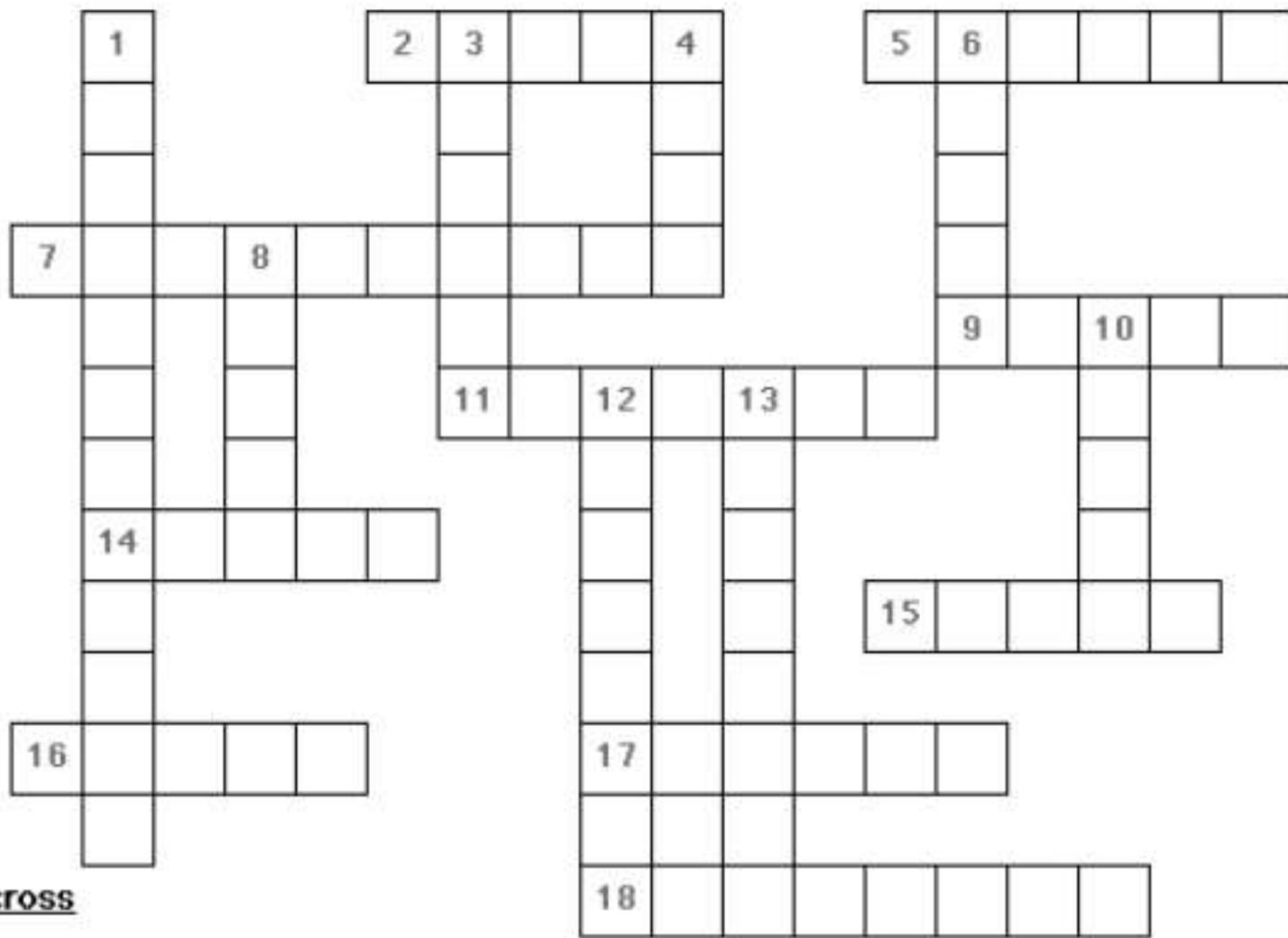
Toothbrush manufacturers and dentist recommend replacing your toothbrush every 3-4 months. Bristles get lose and then become less effective. Germs can also hang out on your toothbrush and then transfer to the toothpaste tube making others sick.

## Spend Time Brushing

Remember to take tooth brushing seriously. The norm was to sing the Happy Birthday song twice and that was considered the perfect amount of time to brush your teeth, but experts say to ensure our teeth are truly clean, we should brush anywhere from 5-10 minutes. This, along with flossing every day, should keep our mouths happy and healthy.

# Earth Day Crossword

YOUTH SPEAK



## Across

2. This material made from sand can be recycled.
5. Large grouping of trees
7. Taking care of
9. Our planet
11. One of the 3 Rs
14. Garbage
15. Rivers, lakes and oceans are full of this
16. Opposite of dirty
17. One of the 3Rs
18. April 22



## Down

1. Coal, oil and natural gas are this type of resource
3. Don't \_\_\_\_\_
4. Brown haze that hangs over cities
6. There is a hole in the \_\_\_\_\_ layer
8. These grow in forests
10. One of the 3Rs
12. Use only a little
13. Think about

# The Reflection

by Samantha Burton

YOUTH SPEAK 

Pastor Bennett, when you were a baby in your mother's womb,  
God shined his light upon you

God has chosen you and entrusted you to minister to all of God's children by  
spreading the Good News of God's Love, Power, and Truth

Pastor Bennett, if your shoes could talk they would talk about all of the things  
you had to go through in your life

They would talk about how you had to go through the "Sunshine and Rain"

They would talk about how you had to go through happy times and sometimes,  
grief and pain

They would talk about how some people would misjudge you and even doubt  
the blessings that God has called upon your life

They would talk about how God had to wipe away your tears and  
erase all of your fears

But Pastor Bennett, all that you have been through in your life, you managed to  
dust off your shoulders, hold your head up high, and continue to live, learn,  
and grow, keep the faith in God, and keep on pushing through

Pastor Bennett, you are equipped and God's powerful anointed blessings  
are upon you

So today, we honor and celebrate 28 years of Pastor and People

28 Years, We Are Still Standing Tall

28 Years, No Stopping Us At All

28 Years, We Rise Above It All

28 Years, God Continues To Carry Us Through It All

As we reflect back on 28 years, let us not forget about all of the  
Unsung Heroes at Mount Aery Baptist Church

And let us not forget about the Greatness and the Power of God's Unfailing Love

Let us all come together with Love and Unity

And may we forever shine bright in God's Holy Light

1. Nonrenewable	2. Glass	3. Forest	4. Smog	5. Deforestation	6. Ozone	7. Protecting	8. Earth	9. Breath	10. Reuse	11. Recycle	12. Waste	13. Conserving	14. Clean	15. Water	16. Clean	17. Reduce	18. Earth Day
-----------------	----------	-----------	---------	------------------	----------	---------------	----------	-----------	-----------	-------------	-----------	----------------	-----------	-----------	-----------	------------	---------------



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

# Deaf teen hopes 'Signing With Khy' book is a bridge to communication

YOUTH SPEAK



Darlene A. White  
Special to The Detroit News



**Khyiana Tate is on a mission to teach others, and she is not letting her deafness stop her.**

**Like many teenagers, Tate is working toward getting her driver's license as well as graduation from high school in just a few months.**

***She's also excited about this – her new book – "Signing With Khy."***

"I wanted to open a book where people look like me," said 18-year-old Tate of Detroit. "I always look at books and never really see someone that looks like me. Black and brown individuals aren't always represented in books, so I want to stop this and start making everyone feel included."

Since Tate didn't see herself — a person of color — in American Sign Language books, she created an easy-to-understand book for all ages using her family and friends signing the alphabet. Tate wants to make sure the community is aware of deaf culture.

Last summer, Tate was the winner of a "Shark Tank"-style competition for youth in Detroit. She competed against other youth and won money for her business pitch featuring her book, "Signing With Khy." Her mother, Khadija Hicks, helped with expenses for the project.

Tate came up with the idea to write her own book after a conversation with her mother about entrepreneurship. Her career goal was to become her own boss, so she decided to create a book series. Tate wrote and published 'Signing With Khy' in only a few short months.

Hicks said she wanted her daughter to understand the importance of entrepreneurship, because being deaf is hard.

# Deaf teen hopes 'Signing With Khy' book is a bridge to communication

(continued)

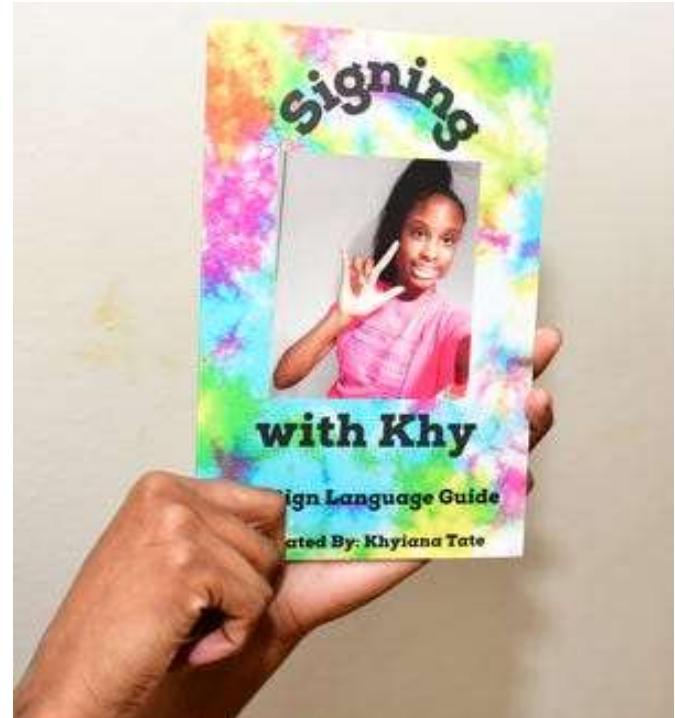
"My daughter is outgoing and determined, but we also know some job opportunities may not be available to her because she is deaf," she explained. "As we were talking, I felt it was important for Khyiana to understand the difference between working for an employer and being your own employer; she then understood entrepreneurship was the way to go."

Tate's family did not know she was deaf when she was born.

"They performed a simple test at the hospital and then said she was OK to go," Hicks said. "At 2 years old, the daycare she was at stated she failed their hearing test and that I should take her to get tested again." Follow-up testing showed Khyiana was deaf, her mother said.

**Today, Tate has many ways to connect with others, including texting and emailing. She is also eager to teach others America Sign Language as another way to communicate.**

YOUTH SPEAK



Inside of the book, readers will find pictures of her family and friends signing the alphabets in American Sign Language. Her hope is the book will build skills needed to understand the basic alphabets as a first step.

"My book makes it super easy to learn the alphabets in sign language," Tate said. Tate has many people who are supporting her new effort, including Nanette DePriest. The Southfield resident helped Tate and her mother format the sign language book. She also worked with them to secure a publisher.

"I was so excited from the moment that I learned that I would be working with a young lady who wasn't letting her being deaf stop her from anything in life," DePriest said.

Outside of school and promoting her new book, Tate is working on her driving skills. She passed segment one and has been practicing so that she can do her road test.

"I don't have any challenges being deaf and driving," Tate says. "Actually, I have less distractions not being able to hear while I'm on the road," she explained.

In the future, Tate plans to create a sign language book series, from colors to numbers. She hopes to also create a driving book for teens, using her experience with driving.

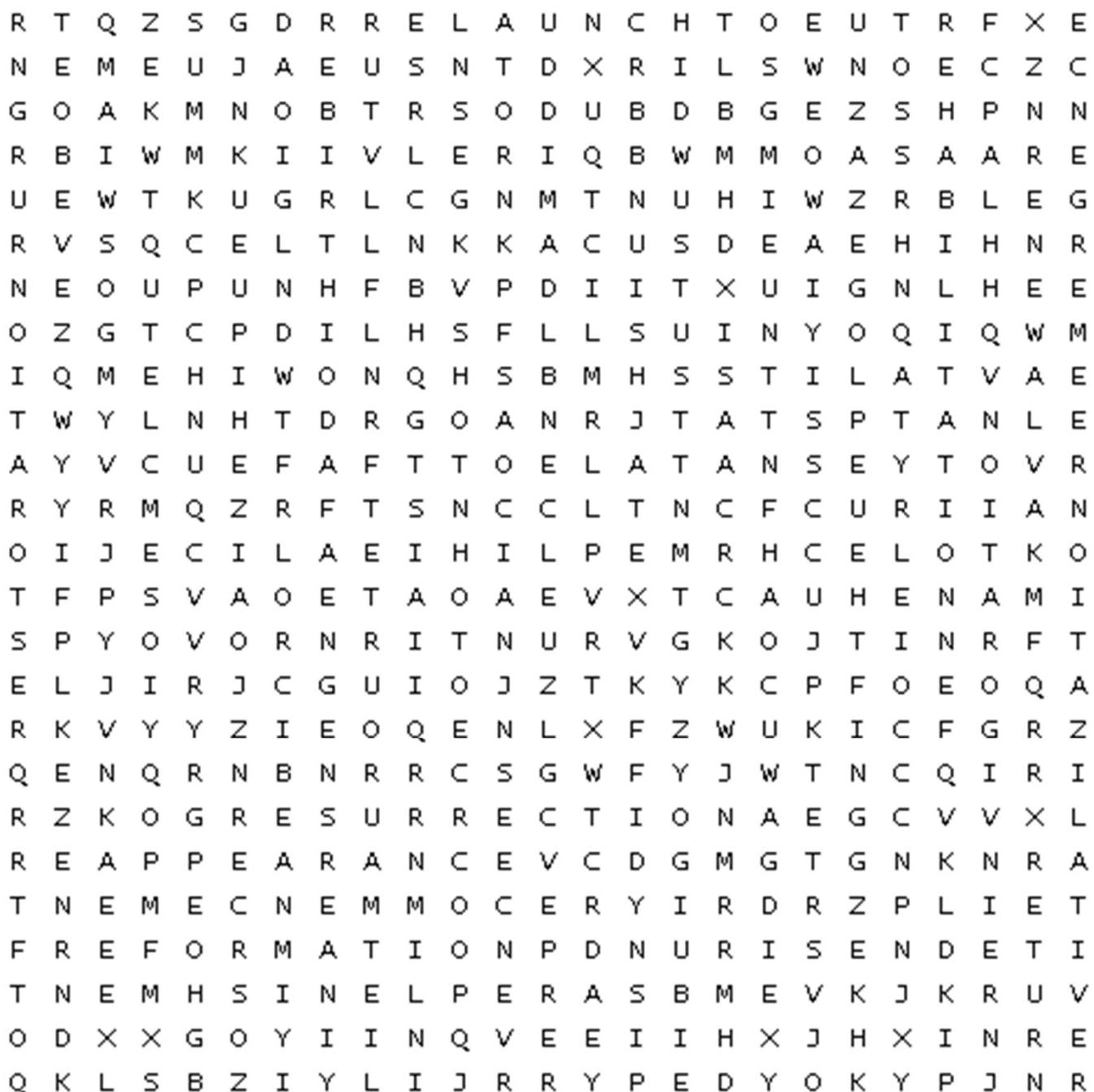
"My ultimate goal is to bring awareness to sign language so that everyone can be able to communicate with each other," Tate said.

# RESURRECTION

## No Greater Love

G.R.A.C.E. 

by Deacon Kathy Tabb-Smalls



REANIMATION

REAPPEARANCE

REAWAKENING

REBIRTH

RECHARGING

RECOMMENCEMENT

RECOVERY

RE-EMERGENCE

RE-ESTABLISHMENT

REFORMATION

REGENERATION

REHABILITATION

REINSTALLATION

REINTRODUCTION

REINVIGORATION

REJUVENATION

RELAUNCH

RENAISSANCE

RENEWAL

REPLENISHMENT

RESTITUTION

RESTORATION

RESURGENCE

RESURRECTION

RESUSCITATION

RETURN

REVITALIZATION

REVIVAL

RISEN

# Six Triple Eight: All Female, All Black WWII Unit

G.R.A.C.E. ❤



Feb. 3, 2022, 10:54 AM EST / Source: TODAY  
By Ariana Brockington

Amid the fighting and chaos of World War II, thousands of pieces of mail sent to United States troops began to pile up.

To sort through more than two years of letters that troops desperately needed to feel connected to home, an army unit called the 6888th Central Postal Directory Battalion, also known as the "Six Triple Eight," was formed. The pivotal group became the only all-female, all-Black unit sent overseas during the gruesome war.

Almost 80 years after these women paved the way for other Black servicemen and women, [TODAY's Al Roker](#) sat down with 99-year-old Lena King, one of six surviving members of the unit, as part of [Together We Rise](#), a 31-day package highlighting amazing Black people, experiences, allies, and communities that shape America and make it what it is today.

King opened up about how the women were able to complete their seemingly impossible task.

King enlisted in the military after a childhood friend was shot down in battle. "I was expecting to do something that would aid our country," she explained. "I felt that I needed to contribute something."

Although the U.S. and the military were still [segregated at the time of WWII](#), millions of African-Americans registered for the draft or volunteered to serve their country.

On Feb. 3, 1945, King's unit set sail for Europe to sort and route millions of pieces of undelivered mail. They arrived at a warehouse in Birmingham, England that contained 10 airplane hangers.

**The 99-year-old recalled seeing, "just piles and big sacks of unopened mail." She added, "Some had been, you know, sort of gnawed by rats and so forth."**

**The team created a sorting system of three 8-hour shifts, 24 hours a day, every day. King revealed that some of the women worked 78-hour weeks.**

**She laughed and said the group's motto was, "No mail, low morale."**

**Some of the letters had common names such as Robert or John so the women had to spend time reading the messages to figure out a family name.**

**The Six Triple Eight, with 855 total members, were told they only had six months. The women accomplished their goal in half that time, sorting approximately 17 million pieces of mail.**

**"We had promised that we could get it done" King said.**

# Six Triple Eight: All Female, All Black WWII Unit

(continued)

Another member of the crew was specialist Odessa Taylor Marshall, who died in 2017. Her son, Jason Marshall, said his mother was born in 1923 and joined the army around the same time as King.

"Anytime you can get out of Tennessee or out of the south, you just run with the occasion and get out to get a better life," he explained.

Although he is also a veteran, Jason Marshall didn't learn about his mother's life in the army until he was 55.

After seeing a photo of her in uniform, he thought she was "either Girl Scout or she was working for the Salvation Army." He laughed and added, "That's the only time I see women in uniform."

He finally understood the gravity of his mother's service when they attended his brother's funeral at the Arlington National Cemetery in Virginia.

"When we were walking into the arena, she was getting saluted by everyone that passed us," he recalled. It was then he knew that she was "the real deal."

The Six Triple Eight were celebrated and appreciated in Europe, but when they returned stateside they didn't feel welcomed as they arrived in an America with Jim Crow segregation.

"There were no parades. There was no thank you. There was no nothing," King said.

She said the experience felt "so disappointing."

Speaking about the importance of the battalion unit, King explained, "Although we didn't have guns, (it) was a moral victory."

G.R.A.C.E. ❤



"I think our motivation was to feel that we were making a contribution," she said. "We wanted to show proof that we loved our country, even if they didn't love us back all the time."

Edna W. Cummings, a retired Army colonel and current citizen advocate, told TODAY she did not learn about the Six Triple Eight until after her service concluded in 2015 or 2016.

Now, she is championing to get the unit a Congressional Gold Medal.

"We've heard about the [Tuskegee Airmen](#) and the [Montford Point Marines](#), but there's been little mention about the contributions of Black women in World War II."

In April 2021, the [Senate passed legislation](#) to grant the women this acknowledgement. Next week, the House of Representatives is set to vote on the bill.

Marshall made it his life's work to keep the memory of his mother's unit alive. Before she died, his mother gave him an album with memories from her time in the army.

"I love history and I love telling African American history," Jason Marshall said. "I'm gonna continue to teach it. And it's gonna be the most valuable exhibit that I will display."



Odessa & Joe Marshall, WWII Vets

**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 Smoke Alarms, Carbon Monoxide Detectors, and Fire Extinguishers and their placement.**

## SECURITY CORNER

by Deacon Henry Smalls, Jr.



**In this installment, we will cover  
Smoke Alarms,  
Carbon Monoxide Detectors,  
and Fire Extinguishers  
and their placement**

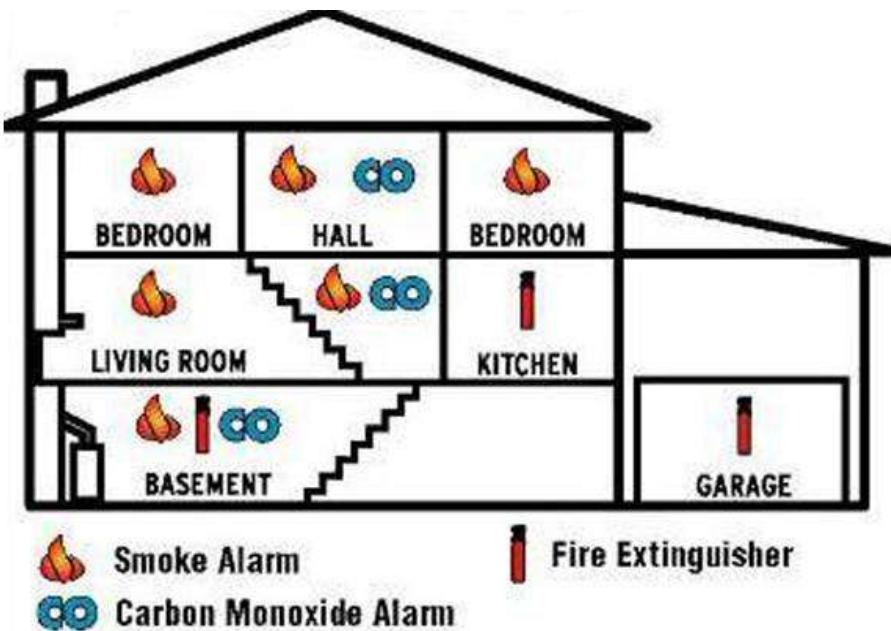
Since we have sprung forward, now is a good time to inspect and change the batteries in your smoke alarms and CO detectors, as well as the inspection of fire extinguishers in your home. If you have not yet installed fire extinguishers in your home, now is a good time to think about installing one. To start, you should have one in your kitchen and garage/basement stairs or furnace area. The following information will provide guidance regarding the purchase and placement of the right smoke alarm, CO detector, and fire extinguisher for your home. Happy Spring!

### PLACEMENT OF SMOKE ALARMS



In a typical home fire, occupants have just minutes to escape. And because smoke in one area may not reach a smoke alarm in another, the National Fire Protection Association (NFPA) recommends placement of at least one smoke alarm on every level of the home (including basements), in every bedroom, and outside each sleeping area. The NFPA also recommends interconnection of alarms to provide better whole-home protection than stand-alone alarms. Leading authorities recommend that both ionization and photoelectric smoke alarms be installed to help insure maximum detection of the various types of fires that can occur within the home. Ionization sensing alarms may detect invisible fire particles (associated with fast flaming fires) sooner than photoelectric alarms. Photoelectric sensing alarms may detect visible fire particles (associated with slow smoldering fires) sooner than ionization alarms.

Kidde smoke alarms are rigorously tested and are approved for use in any room in the house as specified by the user guide. Some alarms have added features which may make them more beneficial for certain areas. For examples, a model with super-bright LEDs can help illuminate a hallway escape path, or a model with voice warning in a bedroom can reduce confusion by informing of the danger with specific voice messages. Near the kitchen, a model with an intelligent algorithm may help reduce nuisance alarms.



(continued)

## COMBINATION Smoke/CO Alarms

A combination Smoke/CO Alarm makes it easy to provide both types of protection throughout the home. Industry experts recommend a CO alarm be installed on each level of the home - ideally on any level with fuel burning appliances and outside of sleeping areas. Therefore, a combination alarm can satisfy one of your smoke alarm location requirements as well as a carbon monoxide location.

The Kidde Intelligent Alarm combines the detection capabilities of an ionization smoke sensor with that of an electrochemical sensor, which is used to detect CO. Since carbon monoxide is present in all fires, having both detection chambers work together in one alarm is a breakthrough in the fire safety industry. When either sensor notices a potential hazard, it will communicate with the other. Depending on what is detected, the alarm will adjust its smoke sensitivity in order to better discriminate between a real hazard and a false one. This constant communication enhances the alarm's overall performance in all fires, and significantly reduces the potential for a nuisance alarm.



(continued)

## CHOOSING A FIRE EXTINGUISHER FOR YOUR HOME

At home, place the power to put out small fires in your hands and within your reach.

According to the National Fire Protection Association (NFPA), someone in the United States dies in a house fire every three hours, averaging approximately 3,000 deaths each year. Arm yourself with the right equipment to help prevent a small, self-contained fire from spreading out of control.

Kidde is world-renowned for our expertise in manufacturing reliable, high-quality fire safety products, including fire extinguishers. In fact, with a history spanning nearly 100 years, we've been making them for longer than any other company. Here we'll give you some tips on how to choose them – and how to use them.

**Below are minimum recommendations for the home from the National Fire Protection Association:**

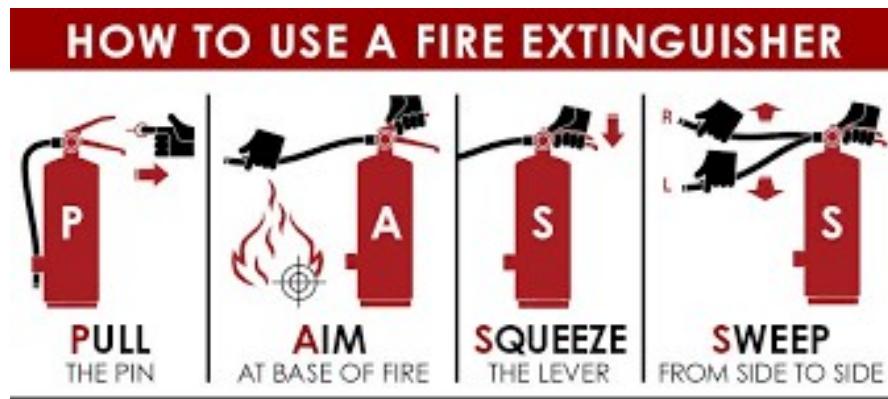
### Step 1:

- Choose primary extinguishers for your home. This includes solutions for your living area, garage or workshop, and they're pieces of equipment that you absolutely must have, according to the NFPA.
  - Living area – For your main home protection, install a 2-A: 10-B:C rated living area unit on every level of your home, no more than 40 feet apart. Class A-B-C.
  - Garage/Workshop – Due to volumes of flammable liquids in the garage, you should install a higher rated unit such as the 3-A:40B-C Garage/Workshop unit. Class A-B-C.

### Step 2:

- Choose supplementary extinguishers for your kitchen and areas with a higher likelihood of electrical equipment fires. These are not required, but are highly recommended.
  - Kitchen – The kitchen is the likeliest place you will have a fire. Protect your home with a 711A extinguisher in the kitchen area.
  - Electrical – Ideal for tackling fires involving energized electrical equipment with a rating of 1-A: 10-B:C. Class B-C.

A quick note on kitchen fire extinguishers: The majority of house fires start in the kitchen. But with the right fire extinguisher on hand they could end there, too. Kidde now has THE ONLY UL-LISTED KITCHEN FIRE EXTINGUISHER\* that is approved for use with residential cooking equipment.



(continued)

## HOW TO USE FIRE EXTINGUISHERS

Stand 5 feet away from the fire and follow the four-step PASS procedure recommended by the National Fire Protection Association:

- P - Pull the pin and hold the extinguisher with the nozzle pointing away from you.
- A - Aim low at the base of the fire.
- S - Squeeze the lever slowly and evenly to discharge the extinguishing agent. (When the agent first hits the fire, the fire may briefly flare up. This should be expected.)
- S - Sweep the nozzle from side to side, moving carefully toward the fire. Keep the extinguisher aimed at the base of the fire.

## WHEN TO USE FIRE EXTINGUISHERS

It's important to remember that fire extinguishers are only one element of a complete fire survival plan. Only use your extinguisher after making sure:

- All residents of the home have been evacuated to safety
- The fire department has been notified
- There is a clear exit behind the person using the extinguisher

Use your extinguisher only to keep a small self-contained fire from growing, only when the room is not filled with smoke, or to create a safe pathway out of the home. Be sure to read the instructions and become familiar with your fire extinguisher's parts and operation before a fire breaks out.

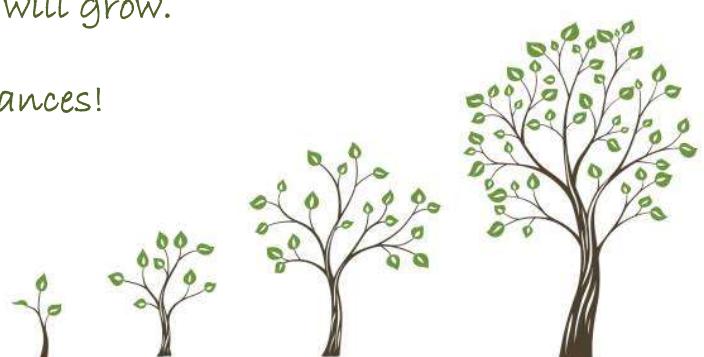
By Deacon Cynthia Seabrook

1. **Keep track of your spending.** If you know where your money is going it will be easier to make changes if you need to.
2. **Separate wants from needs.** Do you really need that 42-inch flat screen television? When money is tight it should not be spent unless absolutely necessary.
3. **Avoid using credit to pay your bills.** While it may make things easier now, using credit only increases your monthly payments in the future.
4. **Save regularly.** Have some of your paycheck directly deposited into your savings account or set up an automatic transfer each month from your checking to your savings account.
5. **Check your insurance policies.** Review the coverage for all your plans. You may have too much and be wasting money or too little and not be adequately covered
6. **Be careful about spending a significant amount of money on periodic purchases,** like gifts and vacation. While you may feel good while you are spending the money, you may wish you had the money later.
7. **Cut or downgrade your services.** Can you get a cheaper cable package or have no cable at all? If you have a cell phone consider cutting your land line.
8. **Try lowering your energy bill.** Turn off appliances and lights when they are not needed. Purchase energy-efficient light-bulbs. When you can, use a fan instead of air conditioning or put on a sweater instead of turning on the heat.
9. **Consider signing up for online bill payment.** Not only will you save on stamps, but you can make sure your payments are received on time.
10. **Cut down on take-out ordering.** Even if the meal is not expensive, doing it frequently can really add up. A \$10 pizza once a week will cost you over \$500 a year!

Most of these tips are easily said than done. The more we practice and adhere to them, the more your money will grow.

Bountiful blessings over all your finances!

Virginia Credit Union



Claudette Colvin (born Claudette Austin, September 5, 1939)<sup>[1][2]</sup> is an American pioneer of the 1950s civil rights movement and retired nurse aide. On March 2, 1955, she was arrested at the age of 15 in Montgomery, Alabama, for refusing to give up her seat to a white woman on a crowded, segregated bus. This occurred nine months before the more widely known incident in which Rosa Parks, secretary of the local chapter of the National Association for the Advancement of Colored People (NAACP), helped spark the 1955 Montgomery bus boycott.<sup>[3]</sup>



Colvin was one of five plaintiffs in the first federal court case filed by civil rights attorney Fred Gray on February 1, 1956, as Browder v. Gayle, to challenge bus segregation in the city. In a United States district court, she testified before the three-judge panel that heard the case. On June 13, 1956, the judges determined that the state and local laws requiring bus segregation in Alabama were unconstitutional. The case went to the United States Supreme Court on appeal by the state, and it upheld the district court's ruling on November 13, 1956. One month later, the Supreme Court affirmed the order to Montgomery and the state of Alabama to end bus segregation. The Montgomery bus boycott was then called off after a few months.

For many years, Montgomery's black leaders did not publicize Colvin's pioneering effort. Colvin has said, "Young people think Rosa Parks just sat down on a bus and ended segregation, but that wasn't the case at all."<sup>[4][5]</sup> Colvin's case was dropped by civil rights campaigners because Colvin was unmarried and pregnant during the proceedings.<sup>[6][7]</sup> It is now widely accepted that Colvin was not accredited by civil rights campaigners at the time due to her circumstances. Rosa Parks stated: "If the white press got ahold of that information, they would have [had] a field day. They'd call her a bad girl, and her case wouldn't have a chance."<sup>[6][8]</sup>

The record of her arrest and adjudication of delinquency was expunged by the district court in 2021, with the support of the district attorney for the county in which the charges were brought more than 66 years before.



(continued)

Claudette Colvin was born Claudette Austin in Montgomery, Alabama, on September 5, 1939, to Mary Jane Gadson and C. P. Austin. When Austin abandoned the family, Gadson was unable to financially support her children. So, Colvin and her younger sister, Delphine, were taken in by their great aunt and uncle, Mary Anne and Q. P. Colvin whose daughter, Velma Colvin, had already moved out.<sup>[2]</sup> Colvin and her sister referred to the Colvins as their parents and took their last name.<sup>[9]</sup> When they took Claudette in, the Colvins lived in Pine Level, a small country town in Montgomery County, the same town where Rosa Parks grew up.<sup>[2][10]</sup> When Colvin was eight years old, the Colvins moved to King Hill, a poor black neighborhood in Montgomery where she spent the rest of her childhood.<sup>[11][12]</sup>

Two days before Colvin's 13th birthday, Delphine died of polio.<sup>[2][13]</sup> Not long after, in September 1952, Colvin started attending Booker T. Washington High School.<sup>[2][14]</sup> Despite being a good student, Colvin had difficulty connecting with her peers in school due to grief.<sup>[2]</sup> She was also a member of the NAACP Youth Council, where she formed a close relationship with her mentor, Rosa Parks.

Colvin was a predecessor to the Montgomery bus boycott movement of 1955, which gained national attention. But she rarely told her story after moving to New York City. The discussions in the black community began to focus on black enterprise rather than integration, although national civil rights legislation did not pass until 1964 and 1965. NPR's Margot Adler has said that black organizations believed that Rosa Parks would be a better figure for a test case for integration because she was an adult, had a job, and had a middle-class appearance. They felt she had the maturity to handle being at the center of potential controversy.<sup>[16]</sup>

Colvin was not the only woman of the Civil Rights Movement who was left out of the history books. In the south, male ministers made up the overwhelming majority of leaders. This was partially a product of the outward face the NAACP was trying to broadcast and partially a product of the women fearing losing their jobs, which were often in the public school system.<sup>[32]</sup>

In 2005, Colvin told the Montgomery Advertiser that she would not have changed her decision to remain seated on the bus: "I feel very, very proud of what I did," she said. "I do feel like what I did was a spark and it caught on."<sup>[33]</sup> "I'm not disappointed. Let the people know Rosa Parks was the right person for the boycott. But also let them know that the attorneys took four other women to the Supreme Court to challenge the law that led to the end of segregation."<sup>[30]</sup>

On May 20, 2018, Congressman Joe Crowley honored Colvin for her lifetime commitment to public service with a Congressional Certificate and an American flag.



# April

## April 1st

Cruz-Junes, Zenaida  
Hovanec, Tyisha  
Riddick, Lillian

## April 2nd

Gary-Jackson, Arnethia  
Gaylord, Jacqueline  
Glover, Iris  
Green, Clinton  
Junes, Jerry  
Smith, James A.  
Stackhouse, Michael  
Whren, Chenee  
Williams, Tanisha  
Woods, Marie

## April 3rd

Adams, Virginia  
Felder, Alice  
Johnson, Raquon  
Jones, Maisha  
Santiago, Matilda  
Smith, Lola  
Tyson, Dyllan

## April 4th

Francis, Miriam  
Jones-Mendenhall, Lisa  
King, Dwain  
Salmon, Verona  
Simmons, Linda  
Starling, Janeen  
Turkvan, Alessandria  
Underwood, Raymond  
Wooten, Rhonda

## April 5th

Black, Lawanda  
Boyd, Thomas  
Dixon, Shaun  
Edwards, Gina  
Graham, Lakisha  
Hardison, Freeman  
Mosley, Isaac  
Nolen, Lisa  
Oliver, Wilton  
Thomas, Carole

## April 6th

Alers, Dawn  
Griffin, Annie  
Guiles, Evon  
Mercer, Lyndon  
Offet, Reginald  
Taylor, Jack  
Turner, Dale  
Young, Gary

## April 7th

Jackson, Robert  
Lanham, Robin  
Morrow, Kawana  
Taylor, Justin

## April 8th

Fields, Madiline  
Harrell, Gilda  
Johnson, Wesley  
Robinson, Danalyn  
Sharpe, Audrey  
Thomas, Osborne

## April 9th

Domond, Erica  
Eady, Marlene  
Leach, Renee  
Lesperance, Soledad  
Riddick, Vonte

## April 10th

Hines, Ginia  
Maxwell, Chandra  
McKenzie, Roger  
Rochester, Ann Marie  
Sargent-Dunbar, Dontre'  
Upchurch, Keryna

## April 11th

Failey, Esau  
Lazaro, Marguerite  
Lynch, Louise  
McDowell, Michael  
Piper, Shalepia

## April 12th

Brown, Charles  
Davis, Jovan  
Elliott, Tyronda  
Hill, Janasia  
Pratt, Edward  
Sloan, Pamela  
Tucker, Da'ron

## April 13th

Gibbs, Minerva  
Hill, Andrea  
Lopez, Carole  
Stewart, Nancy  
Walden, Terry

## April 14th

Davis, Vernica  
Gordon, Shantall  
Haggans, Leroy  
Kendrick, Opel  
Lazarus, Diane  
Smith, Donald

## April 15th

Digman, Bonnie  
Graham, Sedaka  
Jones, Loretta  
Simmons, Jerry

## April 16th

Johnson, Jenetta

## April 17th

Blank, Beverly  
Bryan, Volney  
Cameron, Paul  
Johnson, Madonna  
Osuna Lofton, Sonia  
Timmons, Karyn  
Trofort, Naomie  
Wilson, Liisha

## April 18th

Alcino, Rishon  
Barr, Audra  
Cathey, Reginald  
Cooper, Corbin  
Dicks, Alana  
Fleming, Glenn  
Gee, James  
Gist, Rodney  
Huesch, Donna  
Lowe, Margie  
Santos, Demetria  
Stewart, Harry

## April 19th

Cole, Herman  
Farrar, Kenneth  
Fogle, Henry  
Hanna, Alice  
Harper, Deshawn  
Salmon, Nicole  
Walker, Chelsea  
Wiggins, Evelyn

## April 20th

Dotson, Felicia  
Gibbs, Cecil  
Hudson, Laura  
Jackson, Melanie  
Leger, Rony  
Pettway, Cloretta  
Wiggins, Theresa  
Williams, Rhoda

## April 21st

Adetona, Cornelius  
Bradley, Trina  
Mason, Latresha  
Thompson-Bennett, Donna

## April 22nd

Edwards, Janay  
Green, Jodi  
McCoy, Nichelle  
Wesley, Daniels  
Wilson, Louella  
Yancey, Annette



# BIRTHDAYS



## April 23rd

Caple, Lori  
Gause, James  
Gipson, Ramon  
Johnson, James  
Morey, David

## April 24th

Edwards, Derrick  
Jordan, Ashirah  
Lewis, Wanda  
Norris, Lester Ann  
Thomas, Loretta

## April 25th

Adams, Evan  
Azeez, Jay  
Bradley, Barbara  
Day-Johnson, Edna  
Jean-Baptiste, Eddyne

## April 26th

Barton, Matthew  
Boyd, Rhonda  
Coles, Keya  
Logan, Christine  
Tomlin, Lula  
Weidele, Renee  
Winding, Roosevelt

## April 27th

Antoine, Susan  
Hall-Gibbons, Tre  
McAllister, Jakea  
Squire, Victor  
Thomas-Washington,  
Shahidah  
Tyson, Cindy  
Wood, Marie

## April 28th

Alexandre, Huguette  
Baldwin, Eugene  
Figueroa, Jose  
Heath, TaShawn  
James, Mecca  
Swilling, Steven

## April 29th

Craig, Traci  
Jennings, Kathy  
Maignan, Cynthia

## April 30th

Ayers-Paulin, Stacey  
Freeman, William  
Honarat-Joseph, Marjorie  
Hough, Louise  
Irby-Langley, Tonya  
Young, Gary

APRIL 2022 - USING THE ENNEAGRAM FOR HEALING

Organized Prayer is 7:00am to 7:10am beginning 4/1/2022 through 4/30/2022. Conference Dial-in Number: 716.427.1336, Participant Access Code: 111933#. See Rev. Dr. 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	2	3	1	2
3 Philippians 3:10 Sis. Whitaker	4 John 8:12 Sis. M. Lee	5 Psalm 102:18-22 Sis. Thompson-Bennett	6 John 8:31 Rev. Dr. Sherwood	7 Psalm 105:4-5 Deacon Gardner	8 John 10:37 Sis. Smith	9 John 11:25 Sis. Simmons
10 Luke 19:37-40 Pastor Williamson	11 Isaiah 42:1-4 Deacon Paul	12 John 12:7-8 Deacon Gist	13 John 13:23 Bro. Cummings	14 1Cor. 11:23-26 Deacon Smith	15 Psalm 22:1-4 Rev. Dr. Sherwood	16 Lamentations 3:23-24 Min. Langley
17 John 20:1-18 Sis. Alston	18 Psalm 118:23-24 Pastor Kingwood-Small	19 Acts 2:36 Pastor Boissiere	20 Luke 24:13-16 Sis. S. Jackson	21 Luke 24:44-45 Bro. Easley	22 John 21:12-14 Deacon Vermont	23 Mark 16:14 Bro. White
24 Psalm 150 Sis. Ellis	25 Isaiah 52:7-10 Sis. Newton-Foster	26 Psalm 86:5 Deacon Hurst	27 Zephaniah 3:17 Bro. Newton	28 Matthew 11:28-30 Min. Langley	29 Psalm 139:13-14 Sis. Davis	30 Isaiah 40:31 Deacon Adetona
						<b>ENNEAGRAM AND PRAYERS FOR HEALTH AND HEALING</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!**