

MESSAGE FROM THE MOUNT

V F I M



I DREAM A WORLD

MATTHEW 2:13 When they had gone, an angel of the Lord appeared to Joseph in a dream. “Get up,” he said, “take the child and his mother and escape to Egypt. Stay there until I tell you, for Herod is going to search for the child to kill him.”

credits

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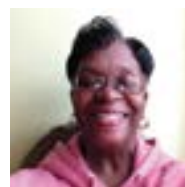
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PASTOR'S PEN



Namaste My Brothers and Sisters in Christ,

We greet you in the name of our Lord and Savior, Jesus, The Christ. All I can say is **WOW!!** God has indeed strengthened us to be here today. I am so thankful to you Mount Aery for giving your pastor space to take advantage of an opportunity of a lifetime in touring the Holy Lands of Jordan, Palestine and Israel. Even though by now you have heard a few of my stories, there are still so many stories to share. Stories of joy and laughter in the midst of the Palestinian resistance to the Israeli occupation. You have heard me state before, while I respect our Jewish brothers and sisters, particularly here in America, I cannot turn a blind eye to the exploitation and suffering of the Palestinian people primarily due to a byproduct of the Israeli occupation. It is my prayer that I will be able to clearly articulate God's ultimate purpose for me and consequently Mount Aery for the opportunity of this experience. Let me also thank the Church Staff, Associate Ministers, Joint Ministry and Heads of Ministries for their cooperation and will to continue on in my absence. Despite the inclement weather, I'm glad "y'all" had church.

January was also the month in which we consecrated new and returning servant leaders of this congregation. My, my, my, did not the Spirit of God move through our worship and prayers of intercession. I know God will continue to bless strengthen and anoint our leadership to rise to the occasion to do whatever ministry needs to be done.

As we move into the month of February, let us continue to pray for one another. Let us continue to celebrate our history as well as our present achievements. Also, let us continue to pray for each other for prosperity and health in this New Year.

God bless you,

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

IMPORTANT DATES

During this season of prayer, call in to the prayer line at 7:00am daily at 319-527-3510 and the callback number to 319-527-3518. The participant access code is 111933#. The calls are recorded so please mute your phone to eliminate background noise. Please note that long distance charges may apply.

2017 Contribution Statements:

- o If you completed a form requesting your contribution statement last year, this year's statement has been automatically generated and you may pick it up in the front office starting today.
- o If your statement was emailed to you last year, it has already been emailed to you.
- o If you did neither last year and want to request one for this year, no problem, please go to the church office to be helped.

We thank you for trusting God with your tithes and offerings.

SAW will be having a February gathering Saturday February 10, 2018 from 12-2pm.

Go Red Sunday is Sunday, February 11th. **Go Red for Women** is an organization that promotes heart disease and stroke awareness. Please wear something red in support. The Nurses Ministry will be supplying information on that day.

Announcements

- **Message from the Mount** is seeking help with the printing of the MFTM and assisting in the print center. We will train. Please contact Deacon Henry Smalls if you have any questions and are willing to assist.
- **Our Strategic Planning Team** is ministering through social service by serving breakfast at the Merton House once per month. They are expanding this effort by serving every 2nd Saturday. **WE NEED YOUR HELP!** If you are interested in participating, please see Karen Whittington or leave your information in the church office.
- Here's a new and exciting way to join in worship with us. Follow us on Ustream.tv. Simply visit this link <http://www.ustream.tv/channel/mount-aery-baptist-church> or go the www.mtaerybaptist.org and scroll to the bottom to select the Ustream link there. Please be sure to pass the link to your friends and family as well so they can be blessed by our ministry.
- **Generation Next Youth Ministry** is calling all youth ages 3-18. Youth Church for the 2017 year will be held at the

11:00 am services on 2nd and 3rd Sunday of each month! Please see Minister Michael Walton or Claudine Mosely-Walton for more information!

- **Chosen Generation** is inviting everyone from the ages of 13-27 to join this youth and young adult choir. Please see Sister Magnolia Barnes with your interest.
- **Lost and Found** – Several pairs of glasses, sunglasses, bibles and other lost items are in the church office. If you have lost anything, please check the church office. Items may be given away if left any longer. Thank you.
- **Deacons on Call** are Deacons Adetona and Failey.
- **Submissions of announcements and due dates:**
 - o Message From The Mount
 - Send information to mftm@mtaerybaptist.org by the second Wednesday after the first Sunday
 - o Monitors in the Sanctuary
 - Send information to media@mtaerybaptist.org by Wednesday before the Sunday you want the announcement
 - Please make sure that your announcement is in PowerPoint format.

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

- **No Pork on Church Property**
 - o For health, healing and sensitivity for those with health conditions, no pork is to be brought on church premises (i.e. ministry affairs and/or catering).
- **NO Food or Beverage in the Sanctuary**
 - o Please, please, please, do not bring food or beverages into the sanctuary. Parents, please feed infants and toddlers in the Wilson Hall or the Bass Hall. It is everyone's responsibility to be good stewards of the building that God has blessed us with. If you see anyone not being responsible, please get an Usher or a Deacon to handle the situation. Thank you.
- **Parents**, while you are in worship, your children should be in worship next to you, unless Youth Church is in session. Teenagers have been wandering around the church and the younger children have been playing in the Quiet Room. The Quiet Room is for parents with infants only. Please keep your children with you at all times.

OUR VISION STATEMENT

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

Hospitalization & Nursing Home

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

Clyde McLaughlin
Maefair Rehab Center
21 Maefair Court, Trumbull, CT 06611

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

Sandra Stephenson
Bridgeport Hospital, 267 Grant Street 9th fl East #9016,
Bridgeport, CT 06610

Roger Mullins, Sr.
Willows Rehabilitation and Nursing Center, 225 Amity Road,
Woodbridge, CT 06525

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

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

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

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

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

Bereavement

- **The family of Evan Pittman** on his passing.
- **The family of Unice Jones** on her passing.
- **Eva Gardner and family** on the loss of her cousin.
- **Trustee Ralph Council and family** on the loss of his sister.
- **Deacon CJ Adetona and family** on the loss of his aunt.
- **Fred Belin and family** on the loss of his nephew in Baltimore.
- **Lillian Riddick and family** on the loss of her sister.
- **Deacons Kat and Henry Smalls** on the loss of her mother, Sammie Lee Tabb in Chicago.

Please Pray for Our Healing List

Shirley Borum
Elease Breedlove
Isaiah Brown
Carol Carter-Mims
George Cauthen
Lucille Cauthen
Joan H. Colley
Minister Odell Cooper
Tracey Nicole Craig
Deaconess Louise Cunningham
Richard Dailey
Frances Dicks
Ruth Hasty-Dove
Sandra Dunn
James Freeman
Deacon Minnie Grant
Ruth Harvin
Deacon Jeffrey Hill
Deacon Naomi Holmes
Deacon Primus Jackson
Beverly James
Maria Knight
Theresa Lazarus
Cheryl Lewis
Jordan Alexander Lewis
Reanna McCoy
Lemme McIntosh
Mary McRae

Autumn Mitton
Caleb Mitton
Spring Mitton
Edward A. Morris
Deacon Regina Mosely
Hadassah Nightingale
Austin Perkins
Eulalia Pettway
Terrance Quiller
Arthur Ragsdale
Frances Riley
Esther Ryan
Rose Samuel
Sandra Simpson
Linda Suggs
Herb Sutton
Rev. Velve Jean Tucker
Paula Watkins
Dorothy Watts
Gwen Williams
Barbara Wilson
Michelle Lisa Wilson
Jacqueline Tyson-Wright
Willie Mae Wright
Khadyah
Ayisha
Marcella

LOVE YOUR HEART

by Cathy Patton



Yes, February is Heart Health Month! It is one of the most recognized health focuses of the year because it is one of the body’s organs we learn about first, even without formal educational methods. When we suffer a life altering loss, we say we feel it break. We put our hand over it to salute the flag. We clutch it either when we are surprised or fearful. We hold it when

we are touched by a kind word, or even better, when we fall in love. So while it is the focus for this month’s health calendar, its importance to our body should be a healthy motivation to us everyday.

I have met so many people that have health concerns of their own, a family member, or a friend who suffers from high blood pressure, or recovering from stoke, and yet do not recognize their correlation to taking care of their heart. They think that each disease is its own entity. Nothing could be further from the truth. Your heart is the CEO of the circulatory system of the body. It, along with its’ COO’s, the blood vessels and blood, transport nutrients, oxygen, and hormones, to cells throughout the body and assist in the removal of metabolic waste. The heart beats from 60 to 100 times per minute, but can go much faster when necessary.

High Blood Pressure, also called Hypertension, is dangerous because it makes the heart work harder to pump blood out to the body and contributes to hardening of the arteries, stroke, kidney disease, and heart failure. When you get your blood pressure taken, the reading is given to you in a two-number format. For example: 120/80. It’s read as “120 over 80.” The top number is called the systolic, and bottom number is called the diastolic.

Please check with your physician, but a good pressure usually is a range of 120/80 or lower. One that could begin to cause some concern could be anything over this range or nearing 130 as your top number, but again, please check with your doctor.

High blood pressure has been linked to smoking, increased weight, lack of physical activity, genetics, family history, stress, and much more, but the exact causes are not known. Clearly, genetics and family history are areas more difficult to avoid, but knowing these and the other listed connections, gives us an opportunity to create a plan toward improvement.

Methods we can begin, to show the love for our heart:

If you are:	Begin to:
Smoking	Reduce the number of times you smoke. If you find it hard to quit, seek the help of your doctor.
Overweight	Reduce those foods that hold higher levels of carbs, sugar, and salt.
Stressed	Meditate each day for at least 1 minute; more if you can. Also, use your support system to try and reduce your level of stress.
Not engaged in any physical activity	Walk at least 15 minutes per day, 2x’s per day. Something is so much better than nothing.

The little changes may not be simple, but it is a start to a happier heart and a healthier you.



healthy habits

BLACK BEAN SOUP AND QUICK AND EASY BROWNIES

by Jennifer Bruton



Black Bean Soup

Serves 6-8

Prep time 20 minutes

Cook time 6 hours

INGREDIENTS

3 15 oz cans black beans rinsed and drained
1 can Rotel diced tomatoes
(I used Mexican Style)
3 cups vegetable broth or chicken broth
2 tablespoons olive oil
1 medium onion (diced)
3-4 cloves of garlic (crushed)
1 cup chopped carrots
1 teaspoon cumin
1 teaspoon chili powder
1/2 teaspoon cayenne pepper
1/2 teaspoon salt

GARNISHES (optional)

Sliced Avocado
Sliced green onions
Plain Greek yogurt or sour cream

DIRECTIONS

Spray crockpot with cooking spray. Add all ingredients to the crockpot except for the garlic and onions. Sauté chopped onion and garlic until translucent. Approximately 7-10 minutes on medium heat. Add to existing ingredients in the crockpot. Stir and cover. Cook on low heat for 6 hours or until vegetables are soft. Use immersion blender or blender to combine ingredients. Garnish with desired garnishes and serve.



Quick and Easy Brownies

Preparation time 5 minutes

Makes 12 brownies

INGREDIENTS

1 box Ghirardelli double chocolate brownie mix

Follow the directions on the back of the box

Optional:

If you are feeling fancy add 1/2 cup of chopped walnuts

If using a pan with individual sections for brownies, bake for 19 minutes



MINISTRY OF THE MONTH

DEACON'S MINISTRY



DEACON C. E. ANTHONY



DEACON JOSH COMADORE



DEACON BILL DWYER SMITH



DEACON EARL TAYLOR



DEACON ANNETTA FORBES



DEACON LYLE FORBES



DEACON DAN GARDNER



DEACON MAVIS GRANT

HERE TO SERVE THE BODY OF CHRIST AT MOUNT AERY BAPTIST CHURCH



DEACON LEROY RICHARDS



DEACON NAOMI HUGHES



DEACON PETER HURST



DEACON NEIL JACKSON



DEACON PIOUS JACKSON



DEACON CHARLES JONES



DEACON AVERY LEE



DEACON REGINA MOSELEY



DEACON EDWARD PAUL



DEA WILLIE M. RICHARDSON



DEACON CYNTHIA SEABRIGHT



DEAC. DWAYNE SEABRIGHT



DEACON JACKIE SEABRIGHT



DEAC. ROBERT C. SHALLS, JR.



DEAC. KATHY TARR SHALLS



DEAC. TERENCE VERNON

HERE TO SERVE THE BODY OF CHRIST AT MOUNT AERY BAPTIST CHURCH



DEACON HAROLD WALTON

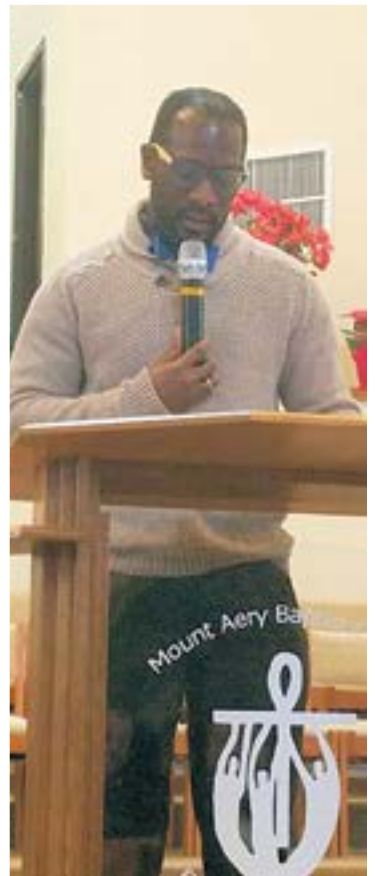












“I’M GLAD YOU DIDN’T SNEEZE” A LETTER TO DR. MARTIN LUTHER KING JR.

Dr. King’s last speech to the sanitation workers of Memphis on the eve of his death is peppered with references to his own premonitions.

Of course, he was receiving multiple threats daily and had already been attacked on several occasions. Given the violent history of the equal rights struggle in America, it really would not have taken much in the way of clairvoyance to know how tenuous his hold on life really was.

But there is an excerpt from his speech that night that doesn’t usually get coverage and I’d like to rectify that here because in it lies a message of hope and love that can never be stabbed or shot or strangled away:

“You know, several years ago, I was in New York City autographing the first book that I had written. And while sitting there autographing books, a demented black woman came up. The only question I heard from her was, “Are you Martin Luther King?” And I was looking down writing, and I said yes. And the next minute I felt something beating on my chest. Before I knew it I had been stabbed by this demented woman. I was rushed to Harlem Hospital. It was a dark Saturday afternoon. And that blade had gone through, and the X-rays revealed that the tip of the blade was on the edge of my aorta, the main artery. And once that’s punctured, you drown in your own blood--that’s the end of you.

It came out in the New York Times the next morning, that if I had sneezed, I would have died. Well, about four days later, they allowed me, after the operation, after my chest had been opened, and the blade had been taken out, to move around in the wheel chair in the hospital.

They allowed me to read some of the mail that came in, and from all over the states, and the world, kind letters came in. I read a few, but one of them I will never forget. I had received one from the President and the Vice-President. I’ve forgotten what those telegrams said. I’d received a visit and a letter from the Governor of New York, but I’ve forgotten what the letter said. But there was another letter that came from a little girl, a young girl who was a student at the White Plains High School. And I looked at that letter, and I’ll never forget it. It said simply, “Dear Dr. King:

I am a ninth-grade student at the Whites Plains High School.” She said, “While it should not matter, I would like to mention that I am a white girl. I read in the paper of your misfortune, and of your suffering. And I read that if you had sneezed, you would have died. And I’m simply writing you to say that I’m so happy that you didn’t sneeze.”

And Dr King, so touched by this simple message went on to say:

“And I want to say tonight, I want to say that I am happy that I didn’t sneeze. Because if I had sneezed, I wouldn’t have been around here in 1960, when students all over the South started sitting-in at lunch counters. And I knew that as they were sitting in, they were really standing up for the best in the American dream. And taking the whole nation back to those great wells of democracy which were dug deep by the Founding Fathers in the Declaration of Independence and the Constitution. If I had sneezed, I wouldn’t have been around in 1962, when Negroes in Albany, Georgia, decided to straighten their backs up. And whenever men and women straighten their backs up, they are going somewhere, because a man can’t ride your back unless it is bent. If I had sneezed, I wouldn’t have been here in 1963, when the black people of Birmingham, Alabama, aroused the conscience of this nation, and brought into being the Civil Rights Bill. If I had sneezed, I wouldn’t have had a chance later that year, in August, to try to tell America about a dream that I had had. If I had sneezed, I wouldn’t have been down in Selma, Alabama, to see the great movement there. If I had sneezed, I wouldn’t have been in Memphis to see a community rally around those brothers and sisters who are suffering. I’m so happy that I didn’t sneeze.”

Imagine all the events that might NOT have happened had Dr King sneezed. Sometimes it’s the small, seemingly insignificant things in life that have the greatest impact. Dr King, I’m also glad you didn’t sneeze.

Resource: swashzone.blogspot.com

HARLEM (DREAM DEFERRED)

by Langston Hughes



What happens to a dream deferred?
Does it dry up
Like a raisin in the sun?
Or fester like a sore—
And then run?
Does it stink like rotten meat?
Or crust and sugar over—
Like a syrupy sweet?
Maybe it just sags
Like a heavy load.
Or does it explode?

THE DREAM KEEPER

by Langston Hughes

Bring me all your dreams,
You dreamer,
Bring me all your
Heart melodies
That I may wrap them
In a blue cloud-cloth
Away from the too-rough fingers
Of the world.



SQUIGLY'S WINTER ALPHABET PUZZLE

SQUIGLY'S ALPHABET PUZZLE



Squigly has hidden 26 winter words in this puzzle. Using each letter of the alphabet only once, can you find out what the words are? Once you have used a letter, cross it out.

Letters

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

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

WORD SEARCH

by Deacon Kathy Tabb-Small

Dreamers

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

AMBITIOUS
DAYDREAMERS
DREAMER
ECAPIST
ENTHUSIAST
FANTASIZER
HOPEFUL

IDEALIST
IMAGINE
MYSTIC
OPTIMIST
POSITIVE
PROPHET
RADICAL

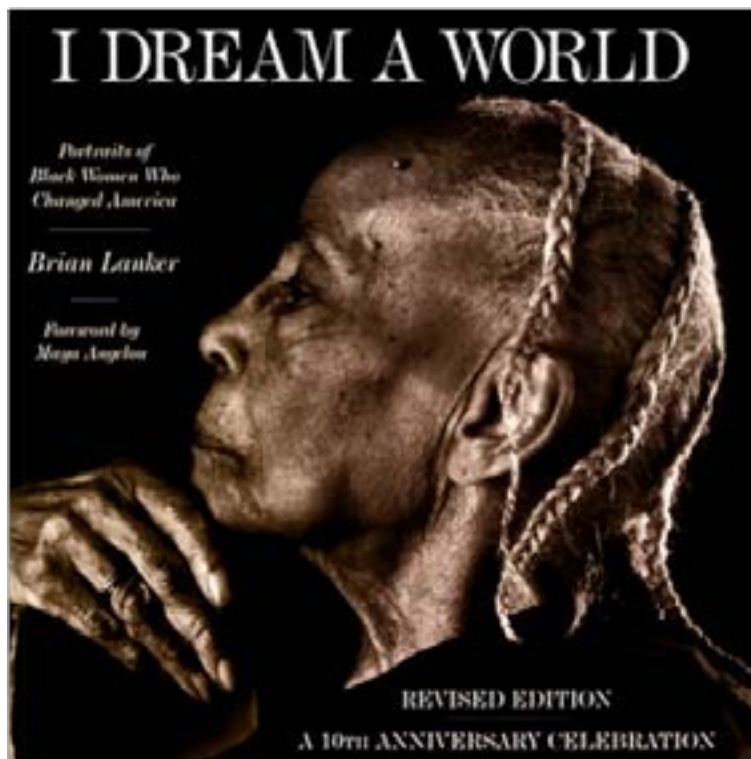
ROMANTIC
SEER
SENTIMENTALIST
STARGAZER
THEORIST
THEORIZER
UTOPIAN

VALUABLE
VISIONARY
WISHFUL
WORTHY

I DREAM A WORLD

by Langston Hughes

I dream a world where man
No other man will scorn,
Where love will bless the earth
And peace its paths adorn
I dream a world where all
Will know sweet freedom's way,
Where greed no longer saps the soul
Nor avarice blights our day.
A world I dream where black or white,
Whatever race you be,
Will share the bounties of the earth
And every man is free,
Where wretchedness will hang its head
And joy, like a pearl,
Attends the needs of all mankind-
Of such I dream, my world!



BEING PREPARED FOR A NUCLEAR ATTACK

by Deacon Henry Smalls, Jr.

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



On Saturday, January 13, 2018, Hawaii experienced an Emergency Alert. The alert stated **"BALLISTIC MISSILE THREAT INBOUND TO HAWAII, SEEK IMMEDIATE SHELTER. THIS IS NOT A DRILL"**. It took 38 minutes to get the word out to the residents, that this was a false alarm, which showed shortfalls in command and control by the local government, and revealed lack of preparedness by the Hawaiian residents. When this alert went out to the cell phones of the Hawaiian residents, many began to scramble, but did not know how to shelter in, what to shelter from, and where to shelter. God forbid we ever have to go into this type of posture, but with the continuous reports in the news of the threat of a nuclear attack by North Korea, it's better to be prepared than not. This is not to alarm anyone, but just to make you aware. Please take a look at the following to become more familiar with types of nuclear attacks, some shelter-in-place recommendations, what you should do if caught outside during an attack, and items you should have on hand:

Nuclear Blast

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave, and widespread radioactive material that can contaminate the air, water, and ground surfaces for miles around. A nuclear device can range from a weapon carried by an intercontinental missile, to a small portable nuclear device

transported by an individual. All nuclear devices cause deadly effects when exploded.



Hazards of Nuclear Devices

The danger of a massive strategic nuclear attack on the United States is predicted by experts to be less likely today. However, terrorism, by nature, is unpredictable.

In general, potential targets include:

- Strategic missile sites and military bases.
- Centers of government such as Washington, DC, and state capitals.
- Important transportation and communication centers.
- Manufacturing, industrial, technology, and financial centers.
- Petroleum refineries, electrical power plants, and chemical plants.
- Major ports and airfields.

The three factors for protecting oneself from radiation and fallout are Distance, Shielding and Time.

Distance - the more distance between you and the fallout particles, the better. An underground area such as a home or office building basement offers more protection than the first floor of a building.

Shielding - the heavier and denser the materials - thick walls, concrete, bricks, books and earth - between you and the fallout particles, the better.

Time - fallout radiation loses its intensity fairly rapidly. In time, you will be able to leave the fallout shelter. Radioactive fallout poses the greatest threat to people during the first two weeks, by which time it has declined to about 1 percent of its initial radiation level.

Taking shelter during a nuclear blast is absolutely necessary. There are two kinds of shelters:

Blast shelters are specifically constructed to offer some protection against blast pressure, initial radiation, heat and fire. But even a blast shelter cannot withstand a direct hit from a nuclear explosion.

Fallout shelters do not need to be specially constructed for protecting against fallout. They can be any protected space, provided that the walls and roof are thick and dense enough to absorb the radiation given off by fallout particles. Remember that any protection, however temporary, is better than none at all, and the more **Shielding**, **Distance** and **Time** you can take advantage of, the better.

Before a Nuclear Blast

The following are things you can do to protect yourself, your family and your property in the event of a nuclear blast:

- Build an Emergency Supply Kit
- Make a Family Emergency Plan.
- Find out from officials if any public buildings in your community have been designated as fallout shelters.
- If your community has no designated fallout shelters, make a list of potential shelters near your home, workplace and school, such as basements, subways, tunnels, or the windowless center area of middle floors in a high-rise building.
- During periods of heightened threat, increase your disaster supplies to be adequate for up to two weeks.

During a Nuclear Blast

The following are guidelines for what to do in the event of a nuclear explosion:

- Listen for official information and follow the instructions provided by emergency response personnel.

- If an attack warning is issued, take cover as quickly as you can, below ground if possible, and stay there until instructed to do otherwise.
- Find the nearest building, preferably built of brick or concrete, and go inside to avoid any radioactive material outside.
- If better shelter, such as a multi-story building or basement can be reached within a few minutes, go there immediately.
- Go as far below ground as possible or in the center of a tall building.
- During the time with the highest radiation levels it is safest to stay inside, sheltered away from the radioactive material outside.
- Radiation levels are extremely dangerous after a nuclear detonation but the levels reduce rapidly.
- Expect to stay inside for at least 24 hours unless told otherwise by authorities.
- When evacuating is in your best interest, you will be instructed to do so. All available methods of communication will be used to provide news and/or instructions.

If you are caught outside and unable to get inside immediately:

- Do not look at the flash or fireball - it can blind you.
- Take cover behind anything that might offer protection.
- Lie flat on the ground and cover your head. If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.
- Take shelter as soon as you can, even if you are many miles from ground zero where the attack occurred - radioactive fallout can be carried by the winds for hundreds of miles.
- If you were outside during or after the blast, get clean as soon as possible, to remove radioactive material that may have settled on your body.
- Remove your clothing to keep radioactive material from spreading. Removing the outer layer of clothing can remove up to 90% of radioactive material.
- If practical, place your contaminated clothing in a plastic bag and seal or tie the bag. Place the bag as far away as possible from humans and animals so that the radiation it gives off does not affect others.
- When possible, take a shower with lots of soap and water to help remove radioactive contamination. Do not scrub or scratch the skin.

- Wash your hair with shampoo or soap and water. Do not use conditioner in your hair because it will bind radioactive material to your hair, keeping it from rinsing out easily.
- Gently blow your nose and wipe your eyelids and eyelashes with a clean wet cloth. Gently wipe your ears.
- If you cannot shower, use a wipe or clean wet cloth to wipe your skin that was not covered by clothing.

After a Nuclear Blast

People in most of the areas that would be affected could be allowed to come out of shelter within a few days and, if necessary, evacuate to unaffected areas. The heaviest fallout

would be limited to the area at or downwind from the explosion. It might be necessary for those in the areas with highest radiation levels to shelter for up to a month.

Returning to Your Home

Remember the following when returning home:

- Keep listening to the radio and television for news about what to do, where to go and places to avoid.
- Stay away from damaged areas. Stay away from areas marked “radiation hazard” or “HAZMAT.”

Resource: Ready.gov



security corner

HOW TO BALANCE YOUR BUDGET...

by Talia Lazaro-Simpson



When looking for a loan there are 2 main things financial institutions look for Credit and your debt to income ratio.

Last week we explored how credit works and the main factors that make up your credit.

Though your credit may be great! If you do not have the income to sustain your debt, this can be a deterrent factor in getting approved for a loan. Banks normally like to see at the least 40%-30% of your income going to pay your debt obligations. This shows that you aren't overextending yourself financially and that your goal is to pay off your debt and not carry unnecessary balances.

This ratio isn't just good indicator for financial institutions for to determine if you are a good fit for lending. It can also help you personally build a responsible budget for yourself.

If you are able to take your monthly income and segment it into 4 pieces and assigns percentages to them:



- Debt(bills, financial obligations)- 30%-40%
- Savings- 20%
- Tithing- 10%
- Spending- 40%

This way you can create a healthy safety net of savings, complete your obligation to GOD and live within your means. If you are consistent in this eventually you can decrease your debt and increase other portions.

LORRAINE HANSBERRY



Hansberry, Lorraine (1930-1965)

Lorraine Hansberry was one of the most significant and influential playwrights of the 20th Century. Her landmark play *A Raisin in the Sun*, which opened at the Ethel Barrymore Theatre in New York City, New York in 1959, was the first play written by an African American woman to be produced on Broadway. Hansberry's account of the struggles of an urban black family was an overnight success, running some 530 performances, and winning a New York Drama Critics Circle Award and four Tonys for Best Play, Director, Actress and Actor. It is generally credited with breaking down the racial barriers to Broadway, and ushering in a new era of opportunity for black women playwrights. The play was made into a movie in 1961 with Sidney Poitier and Claudia McNeil reprising their roles, and Ms. Hansberry writing the screenplay.

Hansberry was a native of Chicago, Illinois who received her early education at the University of Wisconsin, Roosevelt University, and the New School for Social Research. Her second play *The Sign in Sidney Brustein's Window*, opened in 1964 and closed after 100 performances in January of 1965, the same day Ms. Hansberry died. Her former husband, Robert Nemiroff, was named executor of the estate, and edited, published and sometimes produced her unfinished manuscripts. These include *Les Blancs*, *The Drinking Gourd*, *What Use Are The Flowers?* and *To Be Young, Gifted and Black*. In 1973 Mr. Nemiroff adapted *A Raisin in the Sun* into a musical that ran on Broadway for three years. Lorraine Hansberry lived a short but remarkable life. Her place is assured in the Playwright's Hall of Fame.

Sources:

Anthony D. Hill, *An Historical Dictionary of African American Theater* (Preveessin, France: Scarecrow Press, 2007).

FEbruary 2018

February 1st

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

February 2nd

Bryant, Demuzla
Hayward, David A.
Thomas, Bessie
Young, Ambrose

February 3rd

Diaz, Frances
Jones, Shanice
Myrie, Brian
Nichols, Gregory
Smith, Valerie
Tomlinson, Armani

February 4th

Black, Kerry-Ann
Bristow, Sadie
Brooks, Evelette
Gardner, Laura
Laing, Roslyn
Mack, Kynesha
McKnight, Eugene
Oaks, Sherlawn
Smallwood, Sonja
Velasquez, Adam
Walker, Delores

February 5th

Commodore Jr., Josh
Holmes, Lucille
Johnson, Anne
Torres, Marcos
Wallace, Ameenah

February 6th

Barge, Erik
Boston, Felicia
Haggans, Ollie

February 7th

Arrington, Keith
Barnes, Tyshon
Bass, Nichelle
Bevel, Wenyatta
Milton, Genester

Norris, Lakena
Rankin, Vestina
Torti, Brandon

February 8th

Bowens, Beverly
Gary, James
Goggins, Reginal
Lawrence, Malinda

February 9th

Alexander, Rodney
Edwards-DaRosa,
Daphne
Gee, Mary
Henderson, Troy
Johnson, LaBriah
Lyles, Brianna
McKnight, Mildred
Parker, Timajh
Pettway, Anniemaxine
Slade, Alanna
Wade, Anthony

February 10th

Brown, Maria
Doss, Iman
Howard, LaShonda
Jefferson, Shane
Reid, Thashea
Taylor, Ronald

February 11th

Barge, Shanek
Davis, Corey
Dicks, Justina
Easley, George
Jones, Terry
Langston, Uniquie
Maye-Hazel, Shantana
Romero, Juan

February 12th

Bass-Farrell, Dawn
Billings, Tiquan
Dorsey, Ashley
Hobbs, Robert
Norwood, Levina
Rawls, Robin
Smith, Tracy
Williams, Veronica

February 13th

Bendolph, Carrie
Booker, Eugene
Diaz, Devin
Foxworth, Johnnie
Jordan, Calvin
Lazaro, J. Eric
Lee, Sandra
Nash, Alvin
Ortiz, Carina
Rollins, Jeffrey
Simmons, Jermaine

February 14th

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

February 15th

Cathey, Chanel
Glenn, Assan
Griggs, Leonard
Harris, Curtis
Jacobs, Koshayna
Johnson, Percy
Manns, Joe
Mendez, Delia

February 16th

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

February 17th

Clarke, Colin
Council, Ralph
Ebron, Semager
Gallimore, Ricky
Jimason, Erika
Lewis, Kenney

Miller, Colby
Mincey, Shirelle
Munford, Elizabeth
Thigpen, Alicia
Thompson, Danielle
Thompson, Ida
Venable, Donna

February 18th

Burton, Annette
Ellington, Monique
Gaines, Earnest
Jackson, Sandra
Walker, Lashonda
Walker, Nelson

February 19th

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

February 20th

Henderson, Kelley
Jackson, Jr., Walter
Langston, Cymande
Robinson, Nathaniel
Shelton, Anthony
Stevens, Tyrone
Stewart, Tymisha
Wilson, Carey

February 21st

Byrd, Mozetta
Marshall, Ashley
Newton II, Ernest
Pettway, Irene

February 22nd

Davis, Jamura
Dunham, Terrell
Murray, Anthony
Smith, Troy
Williams, David
Williams, Stephanie

February 23rd

Alfred, Getha

Bell, Sean
Dewitt, Kizzy
Thomas, Dean
Williams, Tyese
Winston, Elizabeth
Woods, Sharon

February 24th

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

February 25th

Rogers, Ronald
Sloan, Alicia

February 26th

Adetona, Durojaiye
Cheatham, Theyonda
Murray, Deshonna
Revis, William
Swinton, Jahquashia
Tucker, Portia
Watkins, Paula

February 27th

Barge, Andrea
Fleming, Ashle'
Frye, Henry
Pierre, Richarde
Rodriquez, Evelyn

February 28th

Davis, Bryan
Harper, Rufina
Jones Jr., Michael
Jones-Buchanan, Karen
Pettway, Jolisa
Taylor, Felicia

February 29th

Bowens Laguanda
Hooper Patricia

FEBRUARY 2018 ~ PREPARATION FOR LENT

Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 2/1/2018 through 2/28/2018. Conference Dial-in Number: 319-527-3510, Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. **To playback prayer: 319-527-3518, access code is 111933#. This is not a toll free call, Long Distances Charges May Apply.** Note: Do not announce yourself if you call after 6:58am. Please mute your phone so that prayer will not be disturbed. **Ephesians 4:11-13 NIV Reference number for February 1, 2018 is 2191#**

S U N	M O N	T U E	W E D	T H U	F R I	S A T
				1 Acts 6:1-6 Pastor Bennett	2 Luke 16:1-12 Sis. Barnes	3 Romans 14:12 Bro. Hill
4 Gal. 3:28 Sis. Rawls	5 Song of Solo. 1:5 Sis. Sams-Allen	6 Gen. 15:13-14 Rev. Sherwood	7 Jeremiah 13:23 Deacon Gardner	8 Song of Solo. 1:6 Sis. Smith	9 Acts 13:1 Sis. Williams	10 Gen. 5:2 Rev. Williamson
11 1 Peter 4:8 Deacon Paul	12 Ephesians 5:21 Sis. Hasan	13 1 John 4:12 Bro. Cummings	14 Ephesians 4:32 Bro. Smith	15 Romans 13:8 Sis. Williams	16 Romans 12:16 Deac. D. Seawright	17 Song of Solo. 8:7 Deac. Jean Baptiste
18 Joel 2:12-14 Min. Blackwell	19 Matthew 6:16-18 Sis. Sams-Allen	20 Phil. 3:10-11 Deac. P. Jackson	21 1 Peter 5:6 Rev. Kingwood	22 Mark 1:12-15 Deacon Vermont	23 Isaiah 58:6-7 Bro. White	24 Luke 13:3 Sis. Ellis
25 Mark 9:2-10 Sis. Rawls	26 1 Cor. 1:25-30 Deacon Hurst	27 John 3:14-18 Bro. Newton	28 John 12:20-24 Sis. Langley	LENT		

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:30 PM Deacon's Meeting 6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal	2	3 8:30 AM Men's Fellowship Ministry Mtg. 10:00 AM Ministers' Meeting 11:00 AM Security Meeting 12:00 PM 95th Anniversary Volunteer Meeting
4 7:45 AM Prayer 8:30 AM Worship Celebration 9:45 AM Mount Aery Cafe 10:00 AM Sunday School 11:00 AM Worship Celebration	5	6 7:00 PM Music Ministry Rehearsal	7 12:00 PM Daytime Bible Study 1:00 PM Quilters 7:00 PM Bible Study	8 6:30 PM REFUGE 6:30 PM Ushers Meeting 7:00 PM Music Ministry Rehearsal	9	10 8:30 AM Men's Fellowship Ministry Mtg. 12:00 PM Sisters at the Well
11 7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Go Red Sunday-Blood Pressure Screenings 10:00 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church	12	13 7:00 PM Music Ministry Rehearsal	14 12:00 PM Daytime Bible Study 7:00 PM Ash Wednesday 7:00 PM Bible Study	15 6:30 PM Deacon's Meeting 6:30 PM Junior Ushers Meeting 6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal	16	17 8:30 AM Men's Fellowship Ministry Mtg.
18 7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church	19	20 7:00 PM Music Ministry Rehearsal	21 12:00 PM Daytime Bible Study 1:00 PM Quilters 7:00 PM Bible Study	22 6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal	23	24 8:30 AM Men's Fellowship Ministry Mtg.
25 7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration	26	27 9:00 AM System of Care Training 7:00 PM Music Ministry Rehearsal	28 12:00 PM Daytime Bible Study 7:00 PM Bible Study			

F.R.A.N.-GELISM SUNDAY

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

SUNDAY, FEBRUARY 18, 8:30AM & 11AM WORSHIP CELEBRATIONS



**MOUNT AERY BAPTIST CHURCH
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PASTOR ANTHONY L. BENNETT, D.MIN., LEAD PASTOR
WWW.MTAERYBAPTIST.ORG**