

# MESSAGE FROM THE MOUNT

# MFTM



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BPT MOMS Partnership Program

Wikipedia.com

Breastcancer.org

[www.healio.com](http://www.healio.com)

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Steps data: Entourage Legacy

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Cover: your-doctor.co.uk



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## Mount Aery Baptist Church

73 Frank Street

Bridgeport, CT 06604

Church Office: 203.334.2757

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



## *Pastor's Pen*

Namaste My Brothers and Sisters,

What a blessing it is to greet you via this written source. So much has happened and is happening that time nor space will allow to exhaust.

Suffice it to say, by grace, we have made it through the summer months in our preparing for fall activities. I am sure we will update you with regard to the various events, Bible Studies and worship services. Please stay tuned and stay in touch.

Above all else is my prayer that we individually and collectively deepen our intentional time in prayer, meditation and, yes, even in the midst of the pandemic, sacred service. I look forward to see you all in worship and online.

God bless,

A handwritten signature in black ink that reads "Pastor Anthony Bennett". The signature is fluid and cursive, with a large, stylized "B" at the end.

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

### Welcome Song

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

### Hospitalization & Nursing Home List

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

#### 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

- Tammy Lindsay lost her brother, Reginald Brooks, in Philadelphia, Pennsylvania
- Liza Clark lost her cousin in South Carolina
- The loss of Rev. G. Wesley Dullivan
- Ed and Wanda McClain lost their great granddaughter.

## IMPORTANT DATES ✓

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

**Grief Share** is a worldwide, non-denominational network which offers confidential, support to those who have experienced loss. Through trained facilitators, you are guided through your grief journey virtually on Wednesdays. For further information and/or how you can be a part, email [griefshare@mtaerybaptist.org](mailto:griefshare@mtaerybaptist.org).



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

**Deacons on Call** for the month  
are Deacons Lee & Seabrook



**Submissions of announcements  
and due dates:**

**Message From The Mount**

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

**Monitors in the Sanctuary**

Send information to  
[media@mtaerybaptist.org](mailto:media@mtaerybaptist.org) by  
Wednesday before the Sunday  
you want the announcement

Please make sure that your  
announcement is in PowerPoint format.

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



# CONNECT Celebration of Clean Slate Being Put into Law

GENERAL NEWS





# BPT MOMS

Partnership Program

# MOMS

PARTNERSHIP

Every Mother Matters

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

## WHAT YOU CAN GET OUT OF BPT MOMS

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



Please contact

**Aisha Thomas**

Community Mental Health Ambassador  
Office phone: 475-476-7517  
Email: athomas@alliancect.org

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

## You will receive

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

**Dajauna Delvalle**

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

## ANNOUNCEMENTS

MOUNT AERY BAPTIST CHURCH

*Worship Back  
in the Sanctuary!*

9:30 AM



MASKS MANDATORY  
73 FRANK STREET | BRIDGEPORT, CT

WWW.MTAERYBAPTIST.ORG



## Deviled Eggs

### Ingredients

- One dozen large eggs
- 2 1/2 tablespoons of salt (I use kosher salt)
- 3/4 cup mayonnaise
- 2 tablespoons of yellow mustard
- 1 teaspoon of black pepper
- Sweet pickle relish for garnish
- Substitute garnishes sliced green or black olives, or smoked paprika

### Directions

#### To boil the eggs:

Place the eggs in a large pot and fill the pot with cold water. Fill the pot with enough water just to cover the eggs. Add two tablespoons of salt to the water. Turn the temperature to stove on high and leave until the water begins to boil. Turn the heat to medium and continue to cook for eight minutes. Remove from heat and fill the pot with the eggs still in it with cold water. After the eggs have cooled, peel off the shells.

#### To make the deviled eggs

Cut the eggs in half-length wise. Place the yolks food processor or bowl. Process or mix the yolks with the rest of the ingredients, except for the sweet pickle relish. Process or mix until well combined. Fill a pastry bag with the yolk mixture and fill the egg white portion of the egg with the yolk mixture. (The egg yolk mixture can also be spooned into the yolk.) Garnish with a dollop of sweet pickle relish. Serve

### Tip

For eggs that are easier to peel use eggs that are close to their expiration date.



Recognizing the Breast Cancer results in death for African American women nearly double the rate of white women, Alpha Kappa Alpha members will observe Breast Cancer Awareness Day during nationally-recognized Breast Cancer Awareness Month. Breast Cancer Awareness Day aims awareness about the disease and raise funds for research into causes, diagnosis, prevention, treatment, and cure.

All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

Male breast cancer can exhibit the same symptoms as breast cancer in women, including a lump. Anyone who notices anything unusual about their breasts, whether male or female, should contact their physician immediately. Survival rates and treatment for men with breast cancer are very similar to those for women.

## EARLY DETECTION SAVES LIVES

Early detection of breast cancer increases treatment options and often reduces the risk of dying from breast cancer. Breast cancer that's found early, when it's small and has not spread, is easier to treat successfully.

**Here are 3 things you can do to help with early detection:**

### 1. Screening & Early Detection

**Screening** refers to tests and exams used to find a disease in people who don't have any symptoms.

**Early detection** means finding and diagnosing a disease earlier than if you'd waited for symptoms to start.

Breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are some of the most important factors in predicting the **prognosis** (outlook) of a woman with this disease.

## HEALTHY HABITS

Breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are some of the most important factors in predicting the **prognosis** (outlook) of a woman with this disease.

### 2. Mammograms

Regular mammograms can help find breast cancer at an early stage, when treatment is most successful. A mammogram can find breast changes that could be cancer years before physical symptoms develop. Results from many decades of research clearly show that women who have regular mammograms are more likely to have breast cancer found early, are less likely to need aggressive treatment like surgery to remove the breast (mastectomy) and chemotherapy, and are more likely to be cured.

### 3. Clinical breast exam and breast self-exam

Most often when breast cancer is detected because of symptoms (such as a lump), a woman discovers the symptom during usual activities such as bathing or dressing. **Women and men should be familiar with how their breasts normally look and feel and report any changes to a health care provider right away.**

*The information in this article was provided by the National Breast Cancer Foundation and The American Cancer Society. For a full understanding of the information shared in this article please refer to those websites or consult with your Physician if you have any questions or concerns.*

Recognizing the breast cancer results in death for African American women nearly double the rate of white women, Alpha Kappa Alpha members will observe Breast Cancer Awareness Day during nationally-recognized Breast Cancer Awareness Month. Breast Cancer Awareness Day aims awareness about the disease and raise funds for research into causes, diagnosis, prevention, treatment, and cure.

**Please join the Women of  
Alpha Kappa Alpha Sorority, Inc.  
Theta Epsilon Omega Chapter- New Haven, CT  
As we encourage everyone to **TEXT-TWEET-SHARE**  
Early Detection Saves Lives**

OCTOBER 4, 2021  
Breast Cancer Awareness Day



# Let Your Light Shine

by Samantha Burton

YOUTH SPEAK 


Let Your Light Shine!  
No more feeling down  
No more carrying the whole world around  
Change that frown  
Into a big smile  
You are created from God's love  
And you are special in every way  
Stay focused  
Hold your head high  
Walk with a stride  
Keep believing in you  
Your dreams will come true  
Hope and Joy will follow you  
Put on your favorite song  
Put your dancing shoes on  
And start dancing  
For this is your time  
Now go ahead  
And Let Your Light Shine!



Across  
2 June  
4 Saturn  
7 Play  
9 Month  
10 Space  
14 Milkyway  
15 Rocket  
11 Planets  
12 Earth  
13 Sky  
14 Mercury  
16 Crater  
18 Venus  
20 Moon  
Down  
1 Stars  
2 Jupiter  
3 Near  
5 Rings  
6 Shuttle  
8 Orbit  
14 Milkyway  
15 Rocket  
11 Planets  
12 Earth  
13 Sky  
14 Mercury  
16 Crater  
18 Venus  
20 Moon



# Space Crossword Puzzle



**Across**

2. First month of summer.
4. This planet has the largest set of rings.
7. Children do this
9. 30 days equal one \_\_\_\_\_
10. Outer \_\_\_\_\_
14. One name for a collection of millions of stars.
15. Before the Space Shuttle this was used to travel of space.
17. Take a trip
19. Halley's \_\_\_\_\_
21. Smallest planet
22. You can use this for colouring.

**Down**

1. The Milky Way is made up of these
2. The largest planet
3. Opposite of far
5. Saturn has these
6. Space \_\_\_\_\_
8. Movement of the Earth around the sun
11. Uranus, Neptune, Mars are these
12. Our planet
13. You see this when you look up
14. Closest planet to the sun
16. The moon has these
18. This planet is called our sister planet
20. Earth has one, it comes out at night

[www.SquiglysPlayhouse.com](http://www.SquiglysPlayhouse.com)

*\*Answers on the previous page*

# Young black men more likely to die of breast cancer than young white men

Younger black men with early-stage breast cancer demonstrated a 76% greater risk for death than younger white men despite receiving similar treatment, according to study findings.

This association lost significance after adjustment for insurance and income differences, which suggests access to care plays a role in the racial disparities in male breast cancer mortality, according to the researchers.

Although male breast cancer is a rare disease, its incidence is greater among black men, especially those aged younger than 65 years, according to study background.

Racial disparities have been well documented for women with breast cancer, but a lack of data exists for men with breast cancer, the researchers wrote. **Helmneh M. Sineshaw, MD, MPH**, senior epidemiologist and health services researcher for the American Cancer Society, and colleagues evaluated the extent of the disparities in treatment and survival between black and white men with early-stage breast cancer.

The researchers used the National Cancer Data Base to identify 5,247 non-Hispanic white men and 725 non-Hispanic black men diagnosed with early-stage breast cancer between 2004 and 2011. Researchers divided the men into two groups by age — 18 to 64 years and 65 years or older — due to uniform health coverage through Medicare for seniors.

Treatment patterns in each age group were similar regardless of race. Fewer men in the older cohort received chemotherapy (blacks, 39.2%; whites, 42%) compared with men in the younger cohort (blacks, 76.7%; whites, 79.3%).

Black men in the older cohort did not have a significantly increased risk for death compared with white men in the older cohort. In the older cohort, there was no difference in risk for death between white and black men. However, black men in the younger cohort had a 76% increased risk for death compared with younger white men (HR = 1.76; 95% CI, 1.11-2.78). This association lost significance after multivariable adjustments for insurance status and income (HR = 1.37; 95% CI, 0.83-2.24).

“This suggests that poverty may play an important role in racial disparities in breast cancer mortalities,” Sineshaw and colleagues wrote. “Younger blacks had a higher risk of death compared with younger whites despite remarkable similarity in receipt of treatment, which could have been the result of differences in quality of care, adherence to treatment, hormone receptor status, or other unmeasured variables.”

The researchers noted the possibility for underreported treatment from hospitals since some treatment may have occurred in an outpatient setting. There was a lack of information on treatment completion, patient and provider preferences, socioeconomic status and cause of death.

The researchers said they hope the Affordable Care Act will impact these data as more uninsured male patients with breast cancer will get the quality of care necessary to reduce the risk for and incidence of death from their disease. “In addition to studying the potential impact of the Affordable Care Act in eliminating health disparities as this law is broadly implemented, future research should focus on how we can better address barriers in access to optimal care and equal outcomes for all men with breast cancer,” the researchers wrote.

Resources: [www.healio.com](http://www.healio.com)  
Anthony SanFilippo

## 10 Symptoms of Male Breast Cancer

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

FATIGUE  
REDNESS  
WEIGHT LOSS  
RASH  
NIPPLE DISCHARGE  
TENDER

SWOLLEN CHEST  
PAIN  
LUMP  
INVERTED NIPPLE

*Do not self-diagnose based on these symptoms.  
Please consult a medical professional and get regular checkups.*



A study is a reminder that breast cancer does occur in men, especially in elderly men. And like Black women, Black men are hit harder by breast cancer than their white counterparts. After diagnosis, Black men are three times more likely to die from breast cancer than white men. This difference is probably due to the same factors suggested by research involving Black women.

One factor may be different approaches to treatment. In this study, Black men were less likely than white men to be referred to an oncologist or get chemotherapy for breast cancer; this may be because of disparities in healthcare for Black men.

Still, research suggests that breast cancers in Black men and women may have different genes than breast cancers in whites. These different genes could explain why the breast cancers in Black men were much more likely to be large and spread to the lymph nodes when diagnosed.

It's very difficult to change genetics. But disparities in healthcare shouldn't be any part of the reason for a less favorable outlook after breast cancer treatment. No matter your gender or ethnicity, do your best to make sure that you're getting the best care possible. Learn about your options. Ask questions. Seek out second opinions. **Insist that the healthcare system do its best for YOU.**



## **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:

## SECURITY CORNER

by Deacon Henry Smalls, Jr.

### **“Watching Your Surroundings and Being Vigilant”.**



During this pandemic, some people have really struggled to earn money and others have had time to plan to rob and steal. Case in point, a few weeks ago, a woman in Marlborough, CT was accosted in a local supermarket parking lot, abducted, robbed, and beaten in her own car. Eventually, she was released by her abductors, and hospitalized due to the injuries she sustained (see article below). When out shopping, please be aware of your surroundings, both inside and outside of a store or shop. Check to see if anything is out of place...if you see something, notify the store manager or security or just call your non-emergency number for the local police department if it's not life threatening at that moment, but if urgent, dial 911. Also, many cars are being stolen in broad daylight, right out of driveways and home garages. To assist in combatting this, please make sure your vehicles are locked and keys and key pods are not left in the car, and all valuables are removed or secured in your car because thieves are checking car handles to see if your vehicle is unlocked in an attempt to steal whatever they can, including your car. You don't have to be paranoid, just vigilant and with the suggestions in this paragraph and the steps below, your vigilance can become second nature. Be Safe and Be Well!

### **Beating, abduction of 64-year old at grocery store the latest in series of violent car thefts in Connecticut**

MARLBOROUGH — Connecticut State Police are investigating the abduction of a 64-year-old woman in Marlborough. The woman was abducted in a business parking lot Saturday evening, police said in a press release. She had exited the business and was entering her vehicle when she was approached by two men demanding money, police said. The two men, who police said were wearing COVID-style face coverings, then abducted, assaulted and robbed the victim, according to police. The woman was driven to Berlin and was eventually released by the men, police said. She is being treated at a local hospital for serious but non-life-threatening injuries, police said. →



(continued)

### Paying Attention to Your Surroundings

Simple as this may sound, but the simplest acts are often missed because we are simply too busy to pay attention to anything going around us, especially if it seems like it doesn't directly impact us. Awareness trumps education in my opinion, awareness creates more billionaires than education, however, awareness is a very deep topic and a prerequisite to being aware is your ability to simply observe.

Since observing is a daily act, it only makes sense that we become better observers so we can leverage our growth and increase our ability to become more self-aware (the greatest level of awareness is self-awareness.)

### How do you become more observant?

- **Slow down:** One of the main mistakes many people make in their lives is their constant need to accomplish the objective at hand, rather than to live for the action of completing the objective.
- If you must buy milk, you go to the supermarket and hope there are no long checkout lines, or that parking is a breeze. All of that is so you can be home faster to do nothing more than what you were doing before you left.
- Instead, slow down and try to make the experience of buying milk as much of a learning as you can. Slow down and pay attention to who else is in the store at the same times, what types of cars are in the parking lot, and take a moment and interact with all aspects of your environment with your eyes.
- **Look around you before you act:** While slowing down is essential, the next step is your ability to leverage your eyes during that time between the observation and the action.
- Assume you are pumping gas in your car, then simply stop and look around you at other people at the gas station, cars parked, and anything else around you BEFORE you do the pumping yourself. This may seem useless, but once again your observations are recorded in your head and patterns will be created. Just look around.





(continued)

- **Look don't listen:** You have always been told you shut up and listen, but in this case, I am telling you to look with your eyes, not your ears. I'll give you a great example.
- There was a guy at the gas station cleaning his car 15 feet away with loud music blasting. All eyes were on this person, no matter what car you were in, you were simply drawn to the loudness. BY looking with your ears, you simply are following the environment and what it wants you to see, rather than everything else that may matter that is going on simultaneously.
- Don't allow loud distractions to stop you from keeping your eyes on your surroundings, rather than one direction.
- **Look for the new:** Pay attention to things you haven't seen before rather than allowing your eyes to focus on the familiar. Part of the reason many never reach their potential is their constant focus in their life is centered around seeing and doing all the same things.
- It starts with your ability to observe different things, which is then followed by your ability to explore new grounds. Don't allow familiarity to keep you from looking at the unknown.
- **Connect patterns:** Part of the reason why observant people are more effective in business and in life is their ability to connect patterns. Many of today's best marketers understand how people make buying decisions in their industry and tailor the message and positioning of their product in a way that is too difficult to pass up for a consumer.
- Connecting the dots usually happens based upon countless observations that are witnessed time and time again, allowing the brain to focus on why they are happening, rather than notice the same things again. Identifying patterns is very powerful and allows you to understand why people are predictable and why they buy in the same fashion.

## Life is going back to normal. Our budgets probably aren't ready.

More than a year after the pandemic began, increased vaccination rates are slowly peeling away the restrictions that froze society. California, one of the hardest-hit states during the pandemic, recently lifted its remaining Covid-19 restrictions—marking a symbolic turning point in the battle against the virus.

Reopening means we will no longer be confined to just our homes or neighborhoods anymore. We are back to having endless opportunities to swipe our credit and debit cards—and balancing a budget as we adjust to our revamped way of living. This is bound to pose some challenges for us all.

Consumers might have saved during the pandemic, but will it last? Experts are now expecting a spending boom. Prices on everything is on the rise.

Consumers didn't exactly develop good habits during the pandemic. A survey from the American Institute of CPAs, found that online shopping has made us big spenders and more than half of consumers buy what they want without thinking because it makes them feel good. Perhaps more concerning, the survey also found consumers don't know their debit or credit balance until they get their monthly statement.

**The pandemic taught us many lessons, including that we could all be a little more intentional with our cash. Building a budget with purpose will better prepare us for whatever crisis comes next.**

A few tips may help keep you in line or help you decide that YNAB (You Need A Budget).

**Tip #1: Live a Little**

**Tip #2: Revisit Your Budget or Make a New One**

**Tip #3: Drop the Plastic and Go Green**

**Tip #4: Get Creative While Staying in**

**Tip #5: Spend Time, Not Money**

*Our budgets, just like our lifestyles, will likely need to change over time and it often takes some trial and error to appreciate what is realistic and sustainable. Don't beat yourself up if you can't stick to your budget perfectly right away and allow for modifications based on how your goals and desires change over time.*

*Enjoy... We have to try and live our best lives as debt free as possible and safely.*

*Bountiful blessings.*

*Deacon Cynthia Seabrook  
Story from Forbes Advisor*



## Black History Moment

### Rosenwald School

For individual schools named Rosenwald School, see List of Rosenwald schools.



The Rosenwald School project built more than 5,000 schools, shops, and teacher homes in the United States primarily for the education of African-American children in the South during the early 20th century. The project was the product of the partnership of Julius Rosenwald, a Jewish-American clothier who became part-owner and president of Sears, Roebuck, and Company and the African-American leader, educator, and philanthropist Booker T. Washington, who was president of the Tuskegee Institute.<sup>[1]</sup>

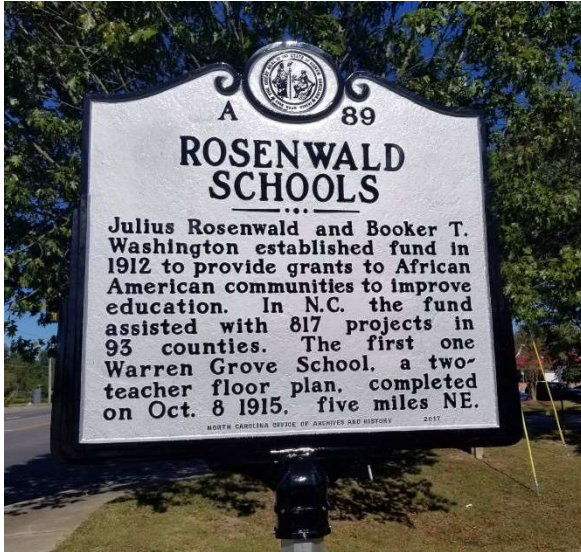
The need arose from the chronic underfunding of public education for African-American children in the South, as black people had been discriminated against at the turn of the century and excluded from the political system in that region. Children were required to attend segregated schools.

Rosenwald was the founder of the Rosenwald Fund. He contributed seed money for many schools and other philanthropic causes. He required local communities to raise matching funds to encourage their commitment to these projects. To promote collaboration between black and white people, Rosenwald required communities to commit public funds and/or labor to the schools, as well as to contribute additional cash donations after construction. With the program, millions of dollars were raised by African-American rural communities across the South to fund better education for their children and white school boards had to agree to operate and maintain the schools. Despite this program, by the mid-1930s, white schools in the South were worth more than five times per student, what black schools were worth per student (in majority-black Mississippi, this ratio was more than 13 to one).



## Black History Moment

### Rosenwald School (continued)



In the segregated schools of the South, African American children were sent to woefully underfunded schools. The collaboration of Rosenwald and Washington led to the construction of almost 5,000 schools for black children in the eleven states of the former Confederacy as well as Oklahoma, Missouri, Kentucky, and Maryland. As a result of their collaboration, approximately one-third of African American children were educated in these schools.<sup>[3]</sup>

The Rosenwald-Washington model required the buy-in of African American communities as well as the support of white governing bodies. Black communities raised more than \$4.7 million to aid in construction <sup>[1]</sup>, plus often donating land and labor. Research has found that the Rosenwald program accounts for a sizable portion of the educational gains of rural Southern black persons during this period. This research also found significant effects on school attendance, literacy, years of schooling, cognitive test scores, and Northern migration, with gains highest in the most disadvantaged counties.

Julius Rosenwald (1862–1932) was born to a Jewish-German immigrant family. He became a clothier by trade after learning the business from relatives in New York City. His first business went bankrupt, but another he began in Chicago, Illinois became a leading supplier to the growing business of Richard Warren Sears, Sears, Roebuck, and Company, a mail-order business that served many rural Americans. Anticipating demand by using the variations of sizes in American men and their clothing, determined during the American Civil War, Rosenwald helped plan the growth in what many years later marketers would call "the softer side of Sears": clothing. In 1895, he became one of its investors, eventually serving as the president of Sears from 1908 to 1922. He was its chairman until his death in 1932.

## Black History Moment

### Rosenwald School (continued)

After the 1906 reorganization of the Sears company as a public stock corporation by the financial services firm of Goldman Sachs, one of the senior partners, Paul Sachs, often stayed with the Rosenwald family at their home during his many trips to Chicago. Julius Rosenwald and Sachs often would discuss America's social situation, agreeing that the plight of African Americans was the most serious problem in the United States. The millions in the South had been disenfranchised at the turn of the century and suffered second-class status in a system of Jim Crow segregation. Black public schools and other facilities were chronically underfunded.



Sachs introduced Rosenwald to Booker T. Washington (1856–1915), the famed educator who in 1881 started as the first principal of the normal school that he developed as Tuskegee University in Alabama. Washington, who had gained the respect of many American leaders including U.S. President Theodore Roosevelt, also had obtained financial support from wealthy philanthropists such as Andrew Carnegie, George Eastman, and Henry Huttleston Rogers. He encouraged Rosenwald, as he had others, to address the poor state of African-American education in the U.S.

In 1912, Rosenwald was asked to serve on the board of directors of Tuskegee, a position he held until his death in 1932. Rosenwald endowed Tuskegee so that Washington could spend less time traveling to seek funding and be able to devote more time toward management of the school. As urged by Washington, Rosenwald provided funds for the construction of six small schools in rural Alabama, which were constructed and opened in 1913 and 1914 and overseen by Tuskegee.

Julius Rosenwald and his family established the Rosenwald Fund in 1917 for "the well-being of mankind".<sup>[5]</sup> Unlike other endowed foundations, which were designed to fund themselves in perpetuity, the Rosenwald Fund was intended to use all of its funds for philanthropic purposes. It donated more than \$70 million (equivalent to \$754,003,000 in 2020) to public schools, colleges, universities, museums, Jewish charities, and black institutions before the funds were depleted in 1948.

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## Black History Moment

### Rosenwald School (continued)



The school building program was one of the largest programs administered by the Rosenwald Fund. Using state-of-the-art architectural plans designed by professors at Tuskegee Institute,<sup>[6]</sup> the fund spent more than \$4 million to build 5,388 schools, 217 teacher homes, and 163 shop buildings in 883 counties in 15 states, from Maryland to Texas. The Rosenwald Fund was based on a system of matching grants, requiring white school boards to commit to maintenance and black communities to aid in construction. Fulfilling the goals of the match grant program, African American communities contributed \$4.8 million to the building of 5,338 schools throughout the South.

In some communities, surviving structures have been preserved because of the deep meaning they had for African Americans as symbols of the dedication of their leaders and communities to education. Others were threatened by lack of funds in rural areas, urbanization, changes in demographics, changing styles of education to consolidated and integrated schools, and other social changes.

Former Rosenwald students have led some efforts to preserve Rosenwald Schools. For example, in Georgia, three former Rosenwald Schools were preserved by the efforts of former students and Georgia's Historic Preservation Division, leading to their being listed on the National Register of Historic Places by 2001.<sup>[8]</sup>

In 2002, the National Trust for Historic Preservation named Rosenwald Schools near the top of the country's most endangered places [2] and created a campaign to raise awareness and money for preservation. At least 60 former Rosenwald Schools are listed on the National Register of Historic Places.<sup>[9]</sup> In 2015 the National Trust classified the Rosenwald Schools as National Treasures.

## Black History Moment

### Rosenwald School (continued)



Historical marker dedication for Barney Colored Elementary School in Brooks County, Georgia

In Georgia, several Rosenwald School sites have been commemorated through the Georgia Historical Marker Program, currently administered by the Georgia Historical Society. In partnership with community organizations, markers have been erected for the Hiram Rosenwald School (2006, Paulding County), Macon County Training School (2016, Macon County), Barney Colored Elementary School (2013, Brooks County), and Noble Hill Rosenwald School (1995 by the Georgia Department of Natural Resources, Bartow County).

Some schools have been adapted for new uses. Walnut Cove Colored School in Stokes County, North Carolina won a National Preservation Honor Award for its rehabilitation for use as a senior citizen community center. The Hope Rosenwald School in Pomaria, South Carolina also will be used as a community center. The Highland Park School in Prince George's County, Maryland had been in continuous use by the school system. It was recently renovated for use as a Headstart Center. The Canetuck Rosenwald School in Currie, North Carolina has been renovated by the local Black community and is used as a busy community center. The Beauregard Parish Training School in DeRidder, Louisiana was renovated with a federal grant in 2007 and opened in 2009 as *BeauCare Head Start*

Researchers measured the effects of Rosenwald Schools on rural southern blacks based on US Census and World War II records, and found that the effect on literacy levels and cognitive scores was large.<sup>[11]</sup> A 2021 study also found that attending the Rosenwald schools increased the life expectancy of the students, as well as increased their propensity to migrate to the Northern United States



# October

## Oct 1st

Baskin, Jerome  
Burton, Camille  
Clark, Janqwaja  
Gouveia-Simmons, Patricia  
Kelley, Jean  
Reid, Kenneth

## Oct 2nd

Clark, Brandon  
Diggs, Melissa  
Gist, Monique  
Smith, Alicia  
Torres, Anthony  
Walker-Randolph, Gloria

## Oct 3rd

Hall, David  
Plummer, Maxine  
White, Johnny

## Oct 4th

Codianna, Jayden  
Council, Martha  
Hardison, Dora Ann  
Jones, Tracey  
Rowe, Linda  
Whitaker, Nat  
Williams, Thomas Caleb

## Oct 5th

Brooks, Lajasha  
Brown, Marlon  
Brown, Edith  
Gomes, Rishaud  
Myrie, Monica

## Oct 6th

Cook, Monique  
Gray, Catrene  
Kullock, Tsimani  
Marte, Digna  
Moore, Michael  
Tawney, Maisha  
Thomas, Genaysha

## Oct 7th

Bramwell, Miriam  
Febres, Luis  
Gibson, Jarrel D.  
Lee, Gloria  
Sims, Trey  
Stephenson, James  
Webb, Tieanna

## Oct 8th

Brown, Kirya  
Ellis, Jerome  
Jeune, Ashley  
Johnson, Sherry  
Jones, Christopher  
Nolen, Eugene

## Oct 9th

Blue, Carolyn  
Foote, Hugh  
Ortiz, Diana

## Oct 10th

Diaz, Dawn  
Hargrove, Brittney  
Harris, Lisa  
Johnson, Ramir



## BIRTHDAYS

## Oct 11th

Ariwoola, Abisola  
Smith, Rufus  
Underwood, Marie  
Webb, Tafari  
Williams, Diane

## Oct 12th

Blake, John  
Cuttino, Linda  
Hudson, Derek Trent  
King, Rakeema  
Perry, Denise  
Raiford, James  
Walton, Marquis

## Oct 13th

Gordon, George  
Johnson, Laurryn  
Kearney, Rhonda  
Simpson, Raushiek

## Oct 14th

Cohen, Tara  
Deslandes, Karen  
Jones, Renecia  
Joseph, Harley  
Sims, Tanya

## Oct 15th

Beard, Jonathan  
Braxton-Steele, Gloradine  
Ford, Jasmine  
Fuller, Natesha  
Hudson, Alana  
Jones, Dawn  
Rollins, Morgan

## Oct 16th

Bravo, Earl  
Brown, Robert  
Cox, Doretha  
Diaz, Blair  
Ford, Quinton  
Reyes, Latonya  
Reyes, Monique  
Snell, David

## Oct 17th

Gatling-Moore, Angela  
Martin, Kevin  
McIntyre, Kateiyana  
Reid, Vera  
Vann, Danny  
Wilson-McCallum, Mary

## Oct 18th

Crawley, Dolores  
Moreland Russey, Ashley  
Pittman, Evan  
Sargent, Melissa  
Stanley, ShaQuita  
Wilson, Taylor

## Oct 19th

Dumas, Kimberly  
Elliott, Louise  
Hamilton, Larry  
Hasan, Shukriyyah  
Rawlings, Tarasia

## Oct 20th

Bradley, Coreew  
Bridgeforth, Frank  
Byron, Brenda  
Clarke, Omar  
Fairfax, Deirdre  
Mathews, Torance  
McFadden, Jonathan  
McKinney, Rose  
McNeil, Sandra  
Moore, Lillie  
Robinson, Barbara  
Robinson, Calvin  
Taliaferro, Janai

## Oct 21st,

Hopkins, Lena  
Jones, Alvin  
Turner, Andre  
Vermont, Jr, Terence

## Oct 22nd

Adams, Betty  
Anderson, Tahirah  
Barnwell, Marlin  
Custis, Bonny  
Greene, Ammie  
Johnson, Roponza  
Lloyd, Ida  
Oliver, Jacqueline  
Oliver, Jennifer  
Salter, Eric

## Oct 23rd

Carr, William  
Cathey, Linda  
Frances, Kerry-Ann  
Franklin, Bridget  
Jones, Emma  
Kennedy, Willie Dell  
Nolen, Olivia  
Perkins, Austin  
Riddick, Willesha  
Seawright, Judah  
Spinks, Frances

## Oct 24th

Douglas, Tina  
Gardner, Jerrold  
Grant, Sandra  
Johnson, Milton  
Langston, Dion  
Shelton, Tonya  
Walker, Latoya  
Williams, Celia

## Oct 25th

Austin, Paula  
Dicks, Alexandra  
Gardner, Teddy  
Jones, Lela  
Young, Karen



## Oct 26th

Bohannon, Kevin  
Fortson, Thelma  
Gill, Shantake  
Goodwin, Ethel  
Griffin, April  
Johnson, Shamtake  
Krochko, Robert  
McIntosh, Margaret  
Randolph, Antonio  
Thompson, Renee  
Turner, Lamonica  
Williamson, Troy  
Young, Bernard

## Oct 27th

Greene, Milla  
Lockley, Cayolyn  
Phillips, Zenovia  
Smith, Shade  
Watson, Sarah  
Wilson-Colbert, Angela

## Oct 28th

Grant, Dane  
Liggins, Toni  
McClain, Wanda Collins  
Minor, Deborah  
Sanchez, Luis  
Terpack, Mary Ann

## Oct 29th

Carr, Dionne  
Gray, Barbara  
Hull, Rachel  
Hurst, Peter  
Randolph, Duane  
Rogers, Cecil  
Taylor, Anitra  
Williams, Calvin  
Wilson, Eddie

## Oct 30th

Clinton, Carmelita  
Davis, Carl  
Givan, John  
Green, Serena  
Starrad, Loretta  
Wilson, Jeneene

## Oct 31st

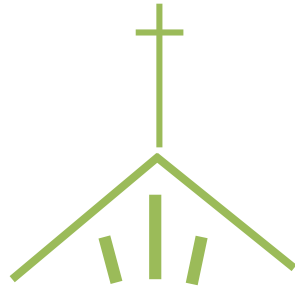
Brantley, Denise  
Bullock, Tai  
Ellis, Sylvadra  
Gray, Edward  
Langston, Dawn  
Lanham, Rodney  
Perez, Sylvia  
Poppa, Denise  
Wilborn, Kendall

# [ OCTOBER 2021 - DISCERNMENT ]

## Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 10/1/2021 through 10/31/2021. 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. Habakkuk 2:2-3 NIV.

SUN	MON	TUE	WED	THU	FRI	SAT
3 Psalm 126:1-7 Sis. Whitaker	4 Hebrews 2:1 Sis. M. Lee	5 James 1:22 Sis. Thompson-Bennett	6 Hebrews 1:1-2 Rev. Dr. Sherwood	7 Romans 10:17 Deacon Gardner	8 Acts 13:2 Sis. Smith	9 Psalm 126:8-12 Sis. Simmons
10 Hebrew 4:12-13 Pastor Williamson	11 Matthew 6:33 Deacon Paul	12 Matthew 7:7 Deacon Gist	13 Mark 10:31 Bro. Cummings	14 Luke 11:10 Deacon Smith	15 Colossians 3:1 Rev. Tucker	16 Hebrews 4:14-16 Min. Langley
17 Psalm 104:1-4 Sis. Alston	18 2 Timothy 3:16 Pastor Kingwood-Small	19 John 14:9 Pastor Boissiere	20 Psalm 91:9 Sis. S. Jackson	21 Romans 1:20 Bro. Easley	22 Matthew 5:8 Deacon Vermont	23 Psalm 104:5-6 Bro. White
24 Mark 10:46-49 Sis. Ellis	25 Mark 12:32-34 Sis. Newton-Foster	26 2 Cor. 12:9 Deacon Hurst	27 Mark 12:28-31 Bro. Newton	28 2 Cor. 13:4 Min. Langley	29 Matthew 28:18 Deacon J. Seawright	30 Mark 10:49-52 Deacon Adetona
31 Psalm 34:1-6 Deacon A. Febres						
MAAFA INFLUENCE—RESILIENCE AND RESISTANCE						



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

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

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

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

**Thank you and God Bless!**




# An Evening of Intentional Prayer Time for Pastor Bennett

## Exodus 17:2

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

## *Please join the Deacon Ministry*

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



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

- **October 14**
- **November 18**
- **December 16**