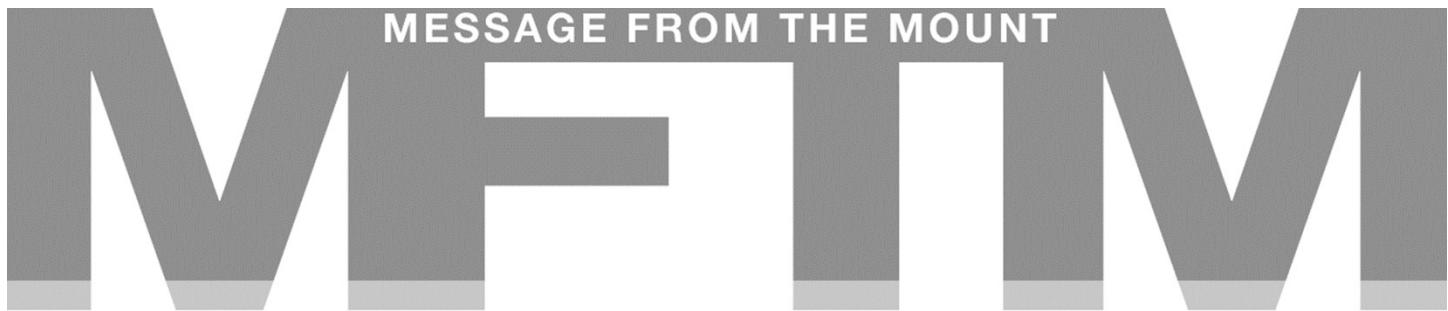


MESSAGE FROM THE MOUNT



JUNE
TEENTH
Freedom Day

1865 JUNE NINETEENTH



Juneteenth (a portmanteau of June and nineteenth) –
also known as Freedom Day, Jubilee Day, Liberation Day, and Emancipation Day – is a holiday celebrating the emancipation of the remaining enslaved African-Americans in the Confederacy.

credits

Director of Operations
Deacon Henry C. Smalls Jr.

Frame Layout
Claudine Mosely

Layout/Design
Kerry Fulton

Photography
Deacon Henry C. Smalls Jr.
Claudine Mosely
Donna Brooks

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

Deacon Kathy Tabb-Smalls

Deacon Henry C. Smalls, Jr.

Deacon Cynthia Seabrook

Cathy Patton

Samantha Burton

ThriftyMommasTips.com

Worksheetfun.com

Anzuk

BPT MOMS Partnership Program

David Ketter

Getty Images

Shutterstock.com

Saeed Richardson, Perspectives

chicagoreporter.com

AARP Magazine-Jacqueline Curti,
editor

Wikipedia.com

<https://www.okhistory.org>



contents

MFTM Team

2

Pastor's Pen

3

Bulletin

4

- Vision Statement
- Welcome Song
- Healing and Prayer Lists
- Hospitalized/Nursing Home
- Bereavement

Announcements/Important Dates 5

General News

6

98th Church Anniversary

6

"I Remember Mama" Tea

8

"Prayer & Praise" Prayer Walk

10

Congratulations, Graduates

12

BPT MOMS

13

We're Back in the Sanctuary

14

Recipes

- Mediterranean Quinoa Salad with Lemon Vinaigrette

15

Healthy Habits

- Healthy Vision

16

Youth Speak

- "Father's Day Poem"
- Squigly's Sports Crossword
- Summer Fun Word Search
- Math Worksheet
- Multiplication Crossword

18

19

20

21

22

G.R.A.C.E.

- Word Search 23,24
- "My Dad's Hands" Poem 25
- "Breaking Myths about Black fatherhood this Father's Day" 26

29

Security Corner

33

Financial Freedom

35

Black History

- Tulsa Race Massacre

23,24

Birthdays:

June, July & August 37

Prayer Calendars:

June, July & August 40

Prayer Line & Service Information 43

Intentional Prayer Time
for Pastor Bennett 44



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



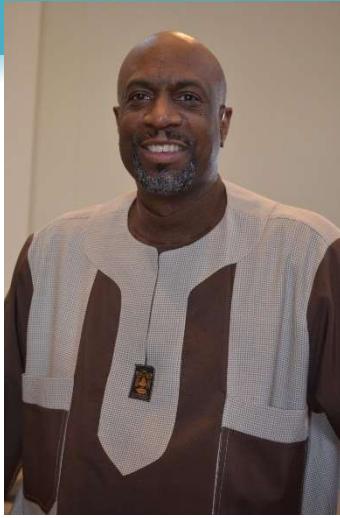
Cathy Patton
Healthy Habits



Samantha Burton
Youth Speak Poet

Mount Aery Baptist Church

73 Frank Street
Bridgeport, CT 06604
Church Office: 203.334.2757
www.mtaerybaptist.org



Pastor's Pen

Namaste my Brothers and Sisters in Christ,

Indeed, we have been blessed with God's covering to make it to the sixth month in the second year of the pandemic. By God's grace and mercy, you and I are still here.

I am thankful that we were also able to witness another year of celebration for the ministry we call Mount Aery. The Rev Dr. Frederick J. Streets made a very informative and practical presentation on how we might continue to be an effective trauma informed congregation that equips our congregants to care for themselves as they care for others. Dr. Theresa Allen also gave us practical insights into long-term maintenance of our minds, bodies and spirits.

I am thankful that on Pentecost Sunday, we reinforced the Acts 2 declaration from the Holy Spirit, POWER TO THE PEOPLE! We have been endowed with the ability and the authority to be the called-out witnesses that the Church of Jesus, The Christ, needs in these times.

Let me also express our gratitude to our church staff, leadership, and other volunteers who participated in the coordination of our regathering in the sanctuary on May 23rd following an explosive praise and prayer in our parking lot. I believe that God is doing a renewed and refocused thing within the congregation of Mount Aery.

Let us continue to pray for each other as God unfolds God's will before our very eyes. Continue to be prayerful and safe.

God bless,

A handwritten signature in black ink that reads "Pastor Anthony Bennett". The signature is fluid and cursive, with a horizontal line extending from the end of the last name.

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 Moseley
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, 2nd 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

- The Freeman, Cox and Hardison family on the loss of James Freeman
- Rev. Velva Tucker and family on the loss of her father, Frederick DeValda
- Rev. Alicia Tyson-Sherwood and family on the loss of her cousin in Alabama
- Fred Belin, on the loss of his niece Cheryl Leontyne Sanford



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.



MESSAGE FROM THE MOUNT
MFTM

The MFTM Team will be taking
a break for the Summer.
We will resume production
in September!



IN-PERSON YOUTH SATURDAYS:
June 5th and June 19th, 11:00 – 12PM

Child Dedication Parent Meeting
Tuesday, June 8th, 6:00pm

Child Dedication, Sunday June 20, 2021
9:30a.m. Service

Congratulations
on the **Ministry of Marriage**

- **Deacon Julian and Tracey Jeanbaptiste**
30th Wedding Anniversary
- **David and Carrie Greatheart**
22nd Wedding Anniversary
- **Deacons Dwayne & Jackie Seawright**
26th Wedding anniversary.



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:

June:
JeanBaptiste & Richardson

July:
D & J Seawright



August:
N. Jackson & Jones

Submissions of announcements
and due dates:**Message From The Mount**

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

Monitors in the Sanctuary

Send information to
media@mtaerybaptist.org by
Wednesday before the Sunday
you want the announcement

Please make sure that your
announcement is in PowerPoint format.

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



98th Church Anniversary



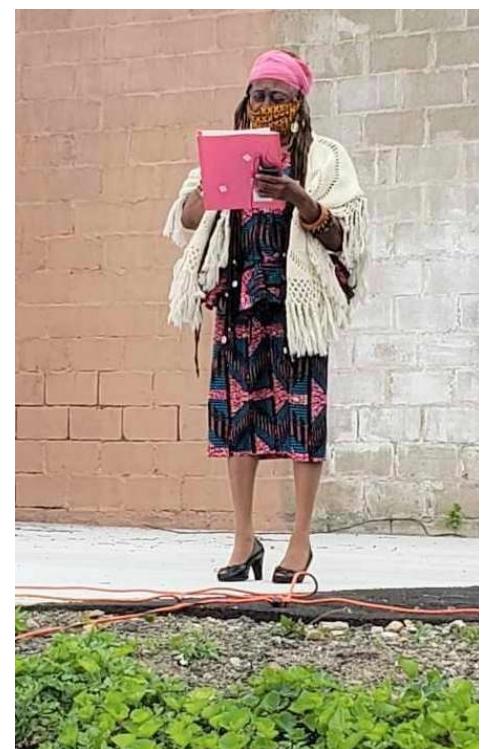


98th Church Anniversary



"I Remember Mama" Tea

GENERAL NEWS 



"I Remember Mama" Tea

GENERAL NEWS 





Prayer & Praise Prayer Walk





Prayer & Praise Prayer Walk





Special Recognition

Rev. Ron Blackwell

Kingdom University for a BS/MS in Whole Medicine and Healing Nutrition, 4.0 GPA

Kirya Brown

Graduated magna cum laude from Howard University with a Bachelor of Science degree in Chemistry

Thea Dennis

Masters degree in Strategic Communications

Jasmyn Gooden

Naugatuck Valley Community College,
Associate degree in nursing

Jathan Martin

Yale Divinity School, M. Div.

Rye Rye Pagan

University of Maryland, Bachelor degree in criminal justice

Min. Amina Shumake

Yale Divinity School, M. Div.

Tiffani Green

University of New Haven, Master's
in Public Health

Thomas Butcher

Hartford Seminary, Black Ministries
Program certificate

Beryl Kinston

retired from DCF in March

Cortland Dicks

After excelling in his academics and on the football program, he is graduating from Deerfield Academy in Massachusetts and was recruited by Brown University in Rhode Island for their Football Program on scholarship

Rena Monk is graduating from Hartford Seminary with a Master's degree in Transformative Leadership and Spirituality

Congratulations, Graduates!

BPT MOMS

Partnership Program

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



ALLIANCE
FOR COMMUNITY ENTHUSIASM



Please contact

Aisha Thomas

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

MOMS

PARTNERSHIP

Every Mother Matters

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

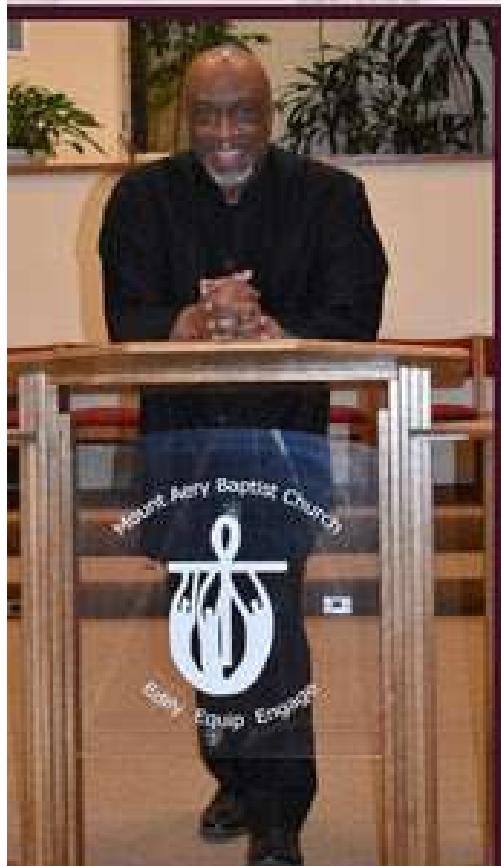
Dajauna Delvalle

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

ANNOUNCEMENTS

MOUNT AERY BAPTIST CHURCH

*We're Back
in the Sanctuary!*



9:30 AM

MASKS MANDATORY
73 FRANK STREET | BRIDGEPORT, CT

WWW.MTAERYBAPTIST.ORG

Mediterranean Quinoa Salad with Lemon Vinaigrette



For the salad

Ingredients

1. One cup of dry quinoa prepared according to package directions and cooled
2. $\frac{1}{2}$ English cucumber sliced in quarters and then cut into small pieces
3. Ten to fifteen grape tomatoes cut in half and then in half again
4. 1 15 oz. can of chickpeas or garbanzo beans rinsed and drained
5. Ten to fifteen pitted Kalamata olives cut in half and then in half again
6. $\frac{1}{2}$ cup of sundried tomatoes in oil, drained and cut into small strips
7. $\frac{1}{2}$ cup of marinated artichokes drained and cut into small pieces
8. Optional crumbled Feta cheese

Directions

Place all ingredients in a bowl and fold together, set aside

For the vinaigrette

Ingredients

1. The juice of one lemon (approximately one to one and $\frac{1}{2}$ ounces)
2. $\frac{1}{2}$ cup of grapeseed oil or extra virgin olive oil (or a combination of both)
3. One teaspoon of black pepper
4. Kosher salt to taste



Directions

Place all ingredients in a jar with a tight lid,
Cover and shake until well combined.
Pour over salad and stir until well combined.
Top with crumbled Feta cheese if desired and serve

Healthy Vision

by Cathy Patton

If your eyes feel healthy, it's easy to assume they are healthy. But many eye diseases don't have any warning signs — so you could have an eye problem and not know it. The good news is, there's a lot you can do to set yourself up for a lifetime of seeing well! Your eyes can be the insight to your overall health. Knowing signs of some common eye conditions can help you seek help earlier and prevent potential damage to your vision.

Here are just a few:

A stye (also spelled "sty")

Occurs when a gland in or on the eyelid becomes plugged or blocked. It appears as a pimple or abscess on or in the eyelid.

Eye strain

Or eye fatigue, describes a group of symptoms that occur after extended use of the eyes. Causes of eye strain include staring for an extended time at digital devices (computers, cell phones, or video games), reading, driving, or activities in low light.

Symptoms of eye strain include irritated eyes, headaches, blurred vision, increased sensitivity to light, or eye dryness. Eye strain is usually not serious, but if it occurs frequently it may be a sign of an underlying medical condition. See your doctor if your eye strain does not go away after you remove the eye stressors.

Floater

The tiny spots that appear in your field of vision are called floaters. They are usually most noticeable when you look at a bright background such as a sky, and they seem to move as you move your eyes. Floaters can appear as spots or straight or curvy lines or strings, or even as small blobs. You may see just one floater, or many. Floaters are caused when collagen fibers break away from the vitreous part of the eye and accumulate.

HEALTHY HABITS ☺

Most floaters are annoying, but benign and many will improve or disappear over time. In some cases, floaters can be a sign of a serious eye condition such as retinal detachment, retinal tear, eye tumors, or bleeding in the eye. See an eye doctor (ophthalmologist) if you have eye pain, floaters that worsen over time or change suddenly, if you experience any other disturbances in your vision such as flashes of light, or if your floaters develop after surgery or trauma to the eye.

Glaucoma

The leading cause of irreversible blindness worldwide is glaucoma. This disease damages the optic nerve, which can lead to blindness. Everyone over 40 should be tested for glaucoma because if it is detected early, treatment can often prevent or slow vision loss.

Astigmatism

Is a common visual condition that causes blurred vision. It is caused by an irregularly shaped cornea or a curvature of the lens inside the eye. It often accompanies nearsightedness or farsightedness.

Healthy Vision

by Cathy Patton (continued)

HEALTHY HABITS

Minor astigmatism usually does not cause visual problems, but more severe astigmatism can result in symptoms including distorted or blurred vision, headaches, or eye discomfort. Eyeglasses or contact lenses can be prescribed to treat this condition and help you see clearly. Laser eye surgery may also treat some forms of astigmatism by reshaping the cornea.

Dry eye syndrome

Also known as dysfunctional tear syndrome) develops when the eyes are unable to produce a sufficient amount of tears to keep the eyes lubricated.

Women are more likely to develop this condition than men, and it becomes more common as we age. Symptoms include irritated or burning eyes, a feeling of something in the eye, and blurred vision. Artificial tears can help relieve symptoms in many cases. There are also procedures that can block tear ducts to keep more tears in the eye, or use of prescription eye drops that help increase tear production.

Keeping your eyes healthy is important to help you do that keep your eye appointments with your doctor and check to make certain if you need yearly or bi-yearly visits. Some doctors may require more frequent visits if there is a concern.

Here are some other ways that may assist you in keeping your eyes healthy and beautiful:

Put green tea bags on your eyes

- The best way to use green tea on your eyes is to first steep the tea bags in some water.
- Then, let the tea bags cool completely — or even better, put them in the fridge for about 15 minutes. Once the tea bags are cool, lie down, close your eyes, and place them on your eyelids for 10 minutes.

Up your intake of omega fatty acids

- To keep your eyes well-hydrated and healthy, try to
- increase your intake of these fatty acids. Good sources
- of omega fatty acids include: salmon; mackerel; sardines; flax seed; walnuts

Try an eye Massage

- A simple massage around your eyes can help improve lymph drainage and boost circulation. This can ease inflammation and also reduce the appearance of dark circles under your eyes.

Get good quality sleep

- If you aren't getting adequate sleep, sooner or later your eyes will likely show signs of fatigue and sleep deprivation. Aim to get to bed early enough to allow yourself to get a minimum of 7 to 9 hoursTrusted Source of sleep.
- To help you sleep well and to prevent eye problems, you may want to put your electronic devices away well before bedtime. According to a review of literatureTrusted Source published in 2018, exposure to artificial light, especially close to bedtime, can negatively affect your eye health and your natural sleep cycle.
- If you want to avoid waking up with puffy eyes, try to sleep with your head slightly elevated. This may help prevent fluid from accumulating under your eyes.

Drink Plenty of Water

- Staying hydrated is an important part of your overall health, but it's particularly important for your eyes and skin.
- Try to drink at least eight 8-ounce glasses of water each day to ensure your body has enough moisture to keep your eyes lubricated and hydrated. You may need to drink more water if the weather is warmer than usual and if you're active.

Father's Day Poem

by Samantha Burton

YOUTH SPEAK



God's Creation of a Father (Happy Father's Day!)

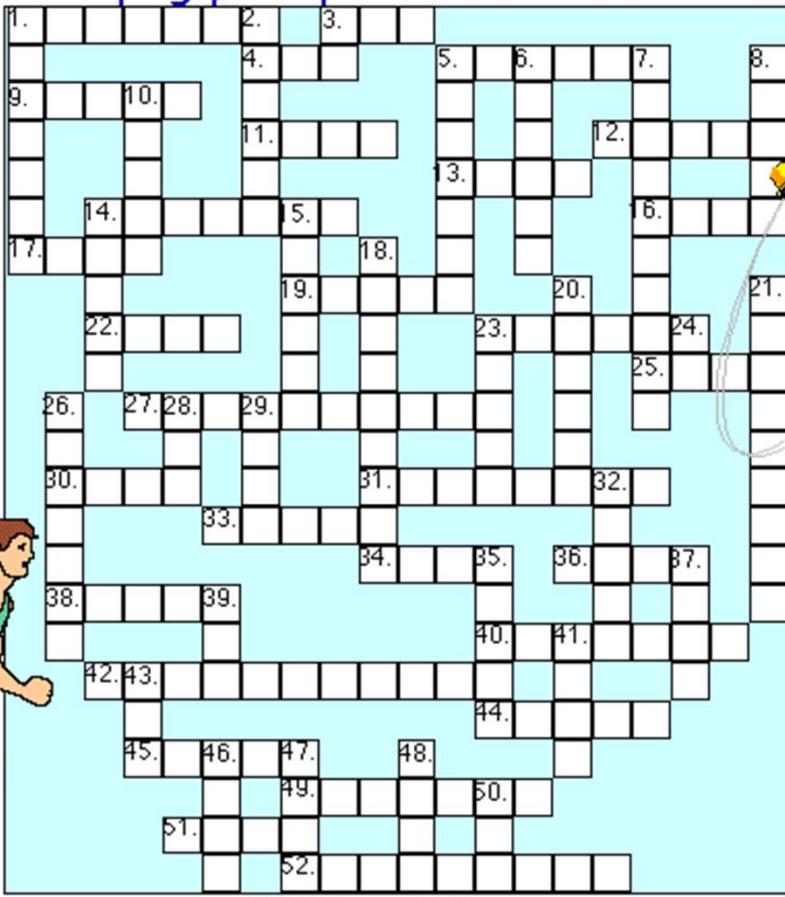
God took the eyes of a fierce Wolf
The strength of a strong Lion
The smile of Sunshine
The beauty of a stern Eagle
The scent of floral Tranquility
The mind of a powerful Warrior
The fearlessness of a Mountaintop
The peace and the calmness of an overflowing
Waterfall
The love of a Rainbow
The protector of the Land
The heart of Gold
And that is how God created one of his
Beautiful
Masterpieces called a Father



Happy Father's Day!



Squigly's Sports Crossword



Across

- Exercises before a game
- Track _____ Field
- Three strikes and you are _____
- Olympic water event
- Opposite of nephew
- Umpire's make this
- Playground equipment
- Let's play _____
- The best hit you can make in baseball
- Opposite of hot
- You wear this on your foot
- Home _____
- Give the ball to someone else
- The crowd does this
- The game was _____ out.
- A sport that involves dribbling
- Relay _____
- A sport played on a field
- Athletes need this to be good at their sport

Down

- Opposite of losers
- Game played with a black & white ball
- Meet you _____ the ballpark
- Bounce the ball in Basketball
- _____ ball
- Where you play golf
- Track and _____
- You paddle this
- In basketball you shoot these
- Final decision maker in a game

- Bats and _____
- Game played on a court with racquets
- Game played with a 'birdie'
- American sp. of colour
- I'm _____ happy!
- You need to do this to your muscles before you play
- Highest card
- Move the ball with your feet
- Points for each side
- Take _____ share
- Your shoes cover them
- _____, skip and jump
- _____, me to you
- Belonging to us
- Swimmers swim these
- _____, a song
- To look for and get back
- A small space between the teeth

- Answers:
- Winners
 - Soccer
 - At
 - Dribble
 - Volley
 - Golfcourse
 - Field
 - Canoes
 - Tennis
 - Badminton
 - Color
 - So
 - Stretch
 - Ace
 - Kick
 - Score
 - Turns
 - Feet
 - From
 - Our
 - Sing
 - Laps
 - Our
 - Gas

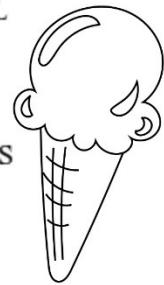
- Across:
- Warmups
 - And
 - Out
 - Diving
 - Nicee
 - Call
 - Slide
 - Ball
 - Home run
 - Colt
 - Shoe
 - Plate
 - Pass
 - Ches
 - Sold
 - Basketball
 - Skill
 - Lacrosse
 - Race
 - Cheer
 - Shot
 - Golf
 - Coach
 - Referee
 - Rules
 - Sport
 - Spin
 - Good sport
 - Good sport
 - Rules
 - Interings
 - Umpire
 - Hoops
 - Canoes
 - Tennis
 - Badminton
 - Color
 - So
 - Stretch
 - Ace
 - Kick
 - Score
 - Turns
 - Feet
 - From
 - Our
 - Sing
 - Laps
 - Our
 - Gas

Summer Fun Word Search

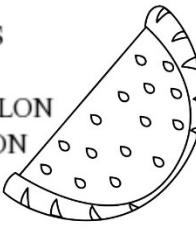
Find all the words!

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

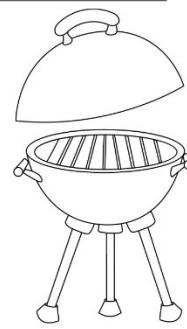
VOLLEYBALL
WATER
CREAM
LEMONADE
BUTTERFLIES
MINI
FIREFLIES
POOL



FRISBEE
BALLOONS
BEACH
WATERMELON
BADMINTON
GOLF
POPSICLE



KITES
ICE
SANCASTLE
PICNIC
PARK
BASEBALL
TRAMPOLINE



ThiftyMommasTips.com



Name _____ Date _____

$$\begin{array}{r} 788 \\ \times 9 \\ \hline \end{array}$$

$$\begin{array}{r} 897 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 796 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 666 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 589 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 999 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 789 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 976 \\ \times 9 \\ \hline \end{array}$$

$$\begin{array}{r} 857 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 777 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 555 \\ \times 9 \\ \hline \end{array}$$

$$\begin{array}{r} 444 \\ \times 8 \\ \hline \end{array}$$

Name:

Multiplication Crossword

	2	x	13	=				6
	x				x			x
6	x			=	18			
						3	x	
	9			=		=		
						=		=
	=					78		
								54
2								
x								
5								
=								
	x			=	30			
						11	x	
	x						=	11
							x	
							6	
							=	
10	x			=	90			
x						4	x	
10							=	24
=								
	x						x	
							12	x
								4
							=	
								8
						3		
						x		
						11	x	
							=	121

Word Search: HAPPY FATHER'S DAY

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

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

BASEBALL
DAD
FATHER
GRANDPA
JOKES
MENTOR
PAPA
POPZEE
SOCCER
STRONG

BASKETBALL
DADDY
FRIEND
GRILLING
LEADER
NECKTIES
PARENT
PROTECTOR
SON
SUNDAY

BRAVE
FAMILY
GOLF
HEAD
LOVE
PADRE
POPS
PROVIDER
SPORTS
WISDOM

Word Search: JUNETEENTH

G.R.A.C.E. 

by Deacon Kathy Tabb-Smalls

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

**AFRICA
CELEBRATE
CULTURE,
EIGHTEEN SIXTY-FIVE
EMANCIPATION
ENSLAVED
FREEDOM
GALVESTON
HOLIDAY**

**HOT LINKS
JUBILEE
JUNE
JUNETEENTH
LIBERATION
NINETEENTH
PEOPLE
PORTMANTEAU**

**PROGRESS
RED VELVET
SIGNIFICANT
STRAWBERRY PIE
TEXAS
UNITED STATES
WATERMELON**

My Dad's Hands



Bedtime came, we were settling down,
I was holding one of my lads.
As I grasped him so tight, I saw a strange sight:
My hands... they looked like my dad's!

I remember them well, those old gnarled hooks,
there was always a cracked nail or two.
And thanks to a hammer that strayed from its mark,
his thumb was a beautiful blue!

They were rough, I remember, incredibly tough,
as strong as a carpenter's vice.
But holding a scared little boy at night,
they seemed to me awfully nice!

The sight of those hands - how impressive it was
in the eyes of his little boy.
Other dads' hands were cleaner, it seemed
(the effects of their office employ).

I gave little thought in my formative years
of the reason for Dad's raspy mitts:
The love in the toil, the dirt and the oil,
rusty plumbing that gave those hands fits!

Thinking back, misty-eyed, and thinking ahead,
when one day my time is done.
The torch of love in my own wrinkled hands
will pass on to the hands of my son.

I don't mind the bruises, the scars here and there
or the hammer that just seemed to slip.
I want most of all when my son takes my hand,
to feel that love lies in the grip.

By David Ketter

Breaking myths about Black fatherhood this Father's Day



Donte Meeks Sr. teaches his nine-month old son how to walk outside their home in the Park Manor neighborhood on April 16, 2016.

The inaccurate perception that African American families are devastated by absent fathers that need to return to their responsibilities informs policy and law formulation in a variety of harmful ways.

On Jan. 15, 2018, Community Renewal Society's annual Martin Luther King Jr. Faith in Action Assembly featured an Illinois gubernatorial candidate forum. We were fortunate to have seven candidates, Democratic and Republican, answering questions about their potential futures in office. While the event featured several key moments, one of the most alarming statements came from former state Rep. Jeanne Ives in her response to the source of violence in Chicago.

"The problem is the gun violence in this city of Chicago, predominantly. And you know how you're going to solve it? Fathers in the home," she stated. "Fathers in the home," she repeated, as the majority of the crowd erupted into audible disagreement.

Ives, however, was not alone. A small, but noticeable, number of attendees agreed with her comments. In fact, a significant number of people beyond the walls of the assembly also agreed with her words. As later remarked by her spokesperson, similar statements were shared by former president Barack Obama during his famous 2008 Father's Day sermon at Apostolic Church of God. Too many sermons on Father's Day seem to focus on the black father's need to engage his children because he's shirked responsibility.

Breaking myths about Black fatherhood this Father's Day (continued)



This viewpoint about black fatherhood is a well-established structure of thought, with a host of supporting beliefs that reinforce it like rebar in a concrete slab: society is devastated because the majority of African American fathers are not at home nor involved in the lives of their children. The solution, therefore, is for black men to return to their responsibilities. These statements are stereotypes, fabrications and completely wrong. And the impact of these thoughts is girded in the foundations of American society, from systems of education, to access to employment, to incarceration.

Fatherlessness is not defined by living arrangement. [Josh Levs's article, "No, Most Black Kids are not Fatherless"](#) deconstructs the "70% of black children are fatherless" myth. Data from the [Centers for Disease Control and Prevention report, "Fathers' Involvement with Their Children"](#) (yes, the CDC tracks data & researches topics like this), verify that the majority of black fathers actually live with their children (2.5 million versus 1.7 million who don't). Furthermore, whether living in the same home or not, black fathers are the most involved of all primary recorded race and ethnic groups.

Many fatherlessness statistics utilize marital and housing statuses as cornerstone metrics, resulting in highly inflated figures. These stats do not account for the fact that men have died or passed away, couples may live together while unmarried, couples may be divorced, and, let's not forget, that, due to the system of incarceration, men are not only separated from their families but often even prevented from staying in the homes with their families if the housing is federally provided. The [New York Times' 2015 analysis, "1.5 Million Missing Black Men,"](#) gave credence to this shocking reality, presenting loud and clear how our country's mass incarceration industrial complex has claimed [more men than were enslaved](#) in 1850. [Statistics about white males with a nearly 40% divorce rate](#), and significant numbers choosing to have and/or adopt children independently, are entirely immune to the views levied upon African Americans.

Breaking myths about Black fatherhood this Father's Day (continued)

Research by scholars like Waldo E. Johnson Jr., Ph.D., professor at the University of Chicago School of Social Service Administration, leads in efforts to re-educate about black fatherhood, and also brings notice to the men who stand in as genuine, authentic father figures for children who have lost fathers for whatever reasons. When it comes to conceptualizing African American fatherhood, stereotypes and anecdotal experience pair with inflated data to produce a dish that is as superficial as the fraudulent images of fast food we see in marketing ads. The dish is served, and sadly consumed, so often that even gubernatorial and presidential candidates eat it up and perpetually re-serve it to audiences. This must stop.

The impact of this superficiality makes its way into policy and law formation, curriculum access and discipline in our education systems, law enforcement profiling and use of force, biases in court-based custody decisions; and many more unknown and unseen implicit ways in which society perceives black males. And, rather than focusing on the root cause of structural, institutional and implicit racialization, violence, poverty and general lack is scapegoated onto the backs of black fathers.

As we approach Father's Day, when the horrific 70% statistic is utilized so often, I urge our religious and congregational leaders to re-speak the narrative. Speak to the power of how millions of African American men and dozens of programs, like The Chicago Fathers and Sons Project and Real Men Cook (which I participated in for five years), are shedding light on the actual truth: **most black children are not fatherless and Black American fatherhood is very much alive!**



Rev. Saeed Richardson is the Programs and Operations Officer at the Samuel DeWitt Proctor Conference and Senior Pastor of The First Baptist Church of Waukegan. He is the former director of policy at the Community Renewal Society, and holds graduate degrees from the schools of Divinity and Social Service Administration at the University of Chicago, and a BA in Statistics and Leadership from Virginia Tech.

Resource: chicagoreporter.com
A version of this post originally appeared at www.communityrenewalsociety.org.

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:

Securing Your Home



shutterstock.com

Now that we are moving into the warmer months and will have windows and doors open to let in fresh air, it's time to look around our homes to see how we can keep ourselves secure. The bushes and brush should be cut back under and around windows to keep anyone from hiding behind them. Criminals look for easy targets to commit crimes. Some natural defenses include prickly plants or thorny bushes beneath first-story windows. Cameras and outdoor lighting also help to deter from making your home a target.

Secure all entry points:

The most vulnerable entry points to your home are the windows and doors. Strong deadbolt locks and window bars can deter forcible entry. You might consider surveillance cameras and motion sensors to help you keep an eye on common entry points while you're away from home.

SECURITY CORNER

by Deacon Henry Smalls, Jr.



Check all doors:

The door is the easiest point of entry for a thief. In fact, about 34% of burglars break in through the front door — it's usually the first place they try. If you have a mail slot, make sure someone can't reach inside with their hand or a tool to unlock the door. Another great way to improve your front door security is to install a peephole — it gives you a way to see unexpected visitors and is far more secure than a glass window or smaller opening.

You can further secure your door using deadbolts, strike plates and smart locks. Smart locks, a video doorbell and other home security gadgets are excellent ways to provide additional security.

- Exterior front doors: A hollow door, which burglars can kick in, is not as reliable as a solid-core door made of metal or wood. Although most people imagine burglars carefully using lock picks to gain entrance through a door, they usually just knock it down using brute force; therefore, you should also reinforce your front door using both a door reinforcement plate and a door jamb reinforcement kit. These two kits are simple enough for do-it-yourself installation with basic home tools and a little bit of time.*
- Sliding glass doors: Keep sliding doors secured with a safety bar to the interior floor track. Burglars love sliding doors because they typically have a flimsy latch that isn't enough to keep them firmly in place. With a simple yet forceful kick to the bottom of the slider, criminals can gain leverage and open the door. We also recommend you a floor bolt or a foot lock for additional security.*

Security tips for new homes:



Evidence suggests that fake security decals are a way to deter burglars, but we suggest looking into the real deal as well.

Replace old locks:

If you're moving into a new home, it's crucial to replace all the locks. Previous owners — plus their family, friends and people who worked in the house on repairs — all might have copies of the keys. If you're a renter, you can ask the landlord if they've already replaced the locks. While you're at it, replace any low-quality locks with ones that can withstand picking or kicking.



Install a security system:

Once you have the best practices of home security covered, it's time to install a security system. The [best home security systems](#) are simple to install and shouldn't break the bank. You can also install a security camera as part of a more extensive security system or on its own.

Cameras with mobile apps are ideal — they let you view real-time footage through an app on your phone at any time. If your system incorporates smart home automation features, you can set a timer to turn on lights around the house at various points in the day so your house won't ever appear unoccupied from the outside.

Some home alarm systems require professional installation. [Wireless security systems](#) are also available if you prefer to avoid hard-wired installations

Keep the yard clean and bright:

Although you may not know it, bad landscaping doesn't just annoy your neighbors — dense trees, thick shrubs and burnt-out or insufficient lighting are significant benefits for potential thieves. Lights, especially in dark corners, help ward off intruders. Think about adding lighting in your yards — front and back — and along paths.

- **Yard lighting:** Automated lights with infrared motion sensors are excellent deterrents. These are especially useful while you're away on vacation. Use solar-powered lights for a greener option.
- **Street lighting:** In general, burglars prefer to work on dimly lit streets. Ask your neighborhood association to see if they can add more lights to the street. This increases visibility, which benefits you and your neighbors.
- **Fence or gate:** A tall, solid fence offers more privacy and is more difficult to climb than a chain-link fence. You can buy a padlock to keep a gate or fence entrance locked for extra security.



Know the most common targets for burglars:

Some common burglar targets include air conditioning units, mailboxes, sheds and cars.

With a little bit of forward-thinking, you can thwart even the most experienced criminals.

- **Air conditioners:** Use sliding window locks or corner braces to keep criminals from stealing your cooling unit.
- **Mailboxes:** If you're worried about thieves stealing your mail, get a security mailbox that comes with a key. Mount it to the wall, and you're good to go.
- **Sheds:** A determined criminal can use a screwdriver to remove the screws from a shed door. With tamper-proof screws, you can foil their plans.
- **Cars:** We all know thieves love to break into cars. First, park your car in a garage if possible. If you don't have a garage, make sure to park your vehicle in a well-lit area. Don't leave any valuables inside, especially in places visible from outside. Roll up the windows and, above all else, lock your car.

Don't broadcast when you're out of town:

Be extra careful when you plan your next vacation. About three-fourths of burglaries take place when the resident isn't home. Remember, the whole world (or at least friends of friends) can see what you're posting on social media. Don't broadcast your trip on social media until after you return, especially in the late summer. July and August see the highest number of residential break-ins, according to the U.S. Department of Justice.

- If you're friendly with your neighbors, let them know you'll be gone so they can be a little more watchful than usual.
- Use timed lights that turn on and off at regular intervals so it looks like somebody's home.
- Keep all your valuables locked in a safe and hidden from view.

Hide your keys in a smart place:

No, not under your doormat or in the mailbox. And, no, not under that fake rock, either.

It's better to leave a key with a trusted neighbor. If you aren't friendly with the neighbors or if you live in a location far from the next house, you can use a combination lockbox — just make sure it's in an out-of-the-way place in your yard. Check out some additional tips below.

- Don't keep your garage clicker in your car if it's parked in the driveway. Keep it inside your home and out of sight so it's difficult to find.
- Don't place keys in view of a window or door. Keep them in a concealed drawer.
- Don't put keys under a rock by the door. Investing in a fake drain cap or faucet head is less conspicuous.

Bottom line:

Securing your home doesn't have to be a chore — it can actually be fun, especially if you're a new homeowner. Simple yet effective tips like securing your windows and doors, reaching out to neighbors and having a security plan the whole family can get behind can work wonders. It also doesn't hurt to splurge a bit to buy a home security system. Whatever you do, you won't regret the peace of mind that comes with securing your home and keeping your family safe.

The most frugal families know that lavish trips and the latest clothes do not necessarily make a happy family. Reducing bank account strain, however, can help relieve family stress. There are many simple things you can do to ease your monthly finances:



1. Plan Your Meals

One of the greatest downfalls of even the most frugal family is an impromptu trip to McDonald's in lieu of dinner. Instead of serving up a healthy meal for under \$2 a serving, you end up splurging – on calories and money – to feed your family, making it an automatic budget buster.

By taking the time to plan your family's meals, you remove the excuse of not knowing what's for dinner. Though you can plan any way you want it seems easier to plan a week at a time. When you already know that you're serving up chicken on Tuesdays, you can get started on supper without staring at the fridge for 20 minutes or resorting to a fast-food meal.

2. Shop Smart

You don't have to be a hardcore couponed to save money on groceries. Instead, smart strategies can relieve pressure at the store so you don't overspend.

It's imperative that you only shop once and get everything you need in one trip. Heading to the store for a forgotten gallon of milk or an extra loaf of bread can cause you to repeatedly overspend all week long, and plus, it wastes gas.

3. Arrange for a Staycation

Instead of blowing your budget on a trip to Disneyland, see what fun stuff you can do nearby instead. If you can take a few days off work and school, a "staycation" feels like a vacation even if you're sleeping in your own bed.

Many nearby towns and cities have tons of stuff to do, whether it's historical sites, campgrounds and hiking trails, free museums, or cheap daytime admission to the movie theater. When times are tight, it's fine to nix the yearly vacation for something new. As long as you make it fun for your kids, they'll hardly miss the trip. Vacations are about spending time and making memories together. Do you really have to go out-of-state for that?

4. Invest in Reusable Items

Disposable goods are usually cheap and super-convenient, but not when you have to buy the same items repeatedly. Your family probably uses a ton of paper products, but why keep spending your cash on them when you can purchase reusable goods instead?

Paper towels can cost around \$1 a roll – instead, buy a pack of \$1 washable cloths and you'll save money in the long run. Rather than buying plastic water bottles by the case, purchase a filter and aluminum water bottles for each family member to get your water for cheap. Before you grab a disposable item off store shelves, ask yourself if there's a reusable solution instead.



5. Buy Pre-Owned

For instance, refuse to buy books from the big box bookstore when we can frequent local used book shops for way cheaper. We can fill our kids' bookshelves and support local small businesses at the same time. Toys are another item you can save money on by buying pre-owned. Outdoor bikes and scooters are big-ticket items, but they're significantly more affordable when bought from garage sales or thrift stores. You might be surprised at what you can get for a small amount of money without sacrificing your kids' fun.

6. Shop Around

People pay too much for satellite television or a cablevision service. Being the reality TV junkie and not be willing to get rid of service (or the Disney Channel) altogether, will make you shop around. Once you have collected various package prices from a couple of other service providers, contact them to negotiate a better rate. After only five minutes on the phone, you may end up with credits for a couple months' worth of service, a lower price package, and six months of premium channels for free.

Shopping around for cell phone plans, insurance or just about anything else you pay for regularly can net you better deals without drastically changing your lifestyle.

7. Entertain at Home

If the kids are driving you crazy, it can be tempting to head out to the movie theater or bowling alley just to get out of the house. But your day trips can spell disaster for your budget.

Instead of nixing family time altogether, find ways to keep the kids entertained at home. A stash of board games, a run through the sprinkler, or a home movie night complete with popcorn can keep your kids occupied for pennies. If you need to get out of the house head to a park. A stroll is usually acceptable for the entire family to do together.

9. Be Energy Smart

Make saving simple by conserving energy the old-fashioned way: Turning off lights, timing showers, or taking baths can all help to lower utility bills, while teaching your kids an important lesson about energy conservation. While you might find yourself nagging from time to time, conserving energy eventually becomes habitual for everyone.



Final Word

Saving money with your family doesn't have to require drastic steps. Instead, small, simple methods can make a big difference for your bottom line. It might take some getting used to, but getting your family on board with your money-saving efforts makes it easier to gain a little room in your budget or to add more padding to your savings account. The reduced stress is worth the extra effort.

Black History Moment

Tulsa Race Massacre

Believed to be the single worst incident of racial violence in American history, the bloody 1921 outbreak in Tulsa has continued to haunt Oklahomans. During the course of eighteen terrible hours on May 31 and June 1, 1921, more than one thousand homes and businesses were destroyed, while credible estimates of deaths range from fifty to three hundred. By the time the violence ended, the city had been placed under martial law, thousands of Tulsans were being held under armed guard, and the state's second-largest African American community had been burned to the ground.

One of a number of similar episodes nationwide, the outbreak occurred during an era of acute racial tensions, characterized by the birth and rapid growth of the so-called second Ku Klux Klan and by the determined efforts of African Americans to resist attacks upon their communities, particularly in the matter of lynching. Such trends were mirrored both statewide and in Tulsa.

By early 1921 Tulsa was a modern city with a population of more than one hundred thousand. Most of the city's ten thousand African American residents lived in the Greenwood District, a vibrant neighborhood that was home to two newspapers, several churches, a library branch, and scores of black-owned businesses.

However, Tulsa was also a deeply troubled town. Crime rates were extremely high, and the city had been plagued by vigilantism, including the August 1920 lynching, by a white mob, of a white teenager accused of murder. Newspaper reports confirmed that the Tulsa police had done little to protect the lynching victim, who had been taken from his jail cell at the county courthouse.

Eight months later an incident involving Dick Rowland, an African American shoe shiner, and Sarah Page, a white elevator operator, would set the stage for tragedy. While it is still uncertain as to

precisely what happened in the Drexel Building on May 30, 1921, the most common explanation is that Rowland stepped on Page's foot as he entered the elevator, causing her to scream.

The next day, however, the *Tulsa Tribune*, the city's afternoon daily newspaper, reported that Rowland, who had been picked up by police, had attempted to rape Page. Moreover, according to eyewitnesses, the *Tribune* also published a now-lost editorial about the incident, titled "To Lynch Negro Tonight." By early evening there was, once again, lynch talk on the streets of Tulsa.

Talk soon turned to action. By 7:30 p.m. hundreds of whites had gathered outside the Tulsa County Courthouse, demanding that the authorities hand over Dick Rowland, but the sheriff refused. At about 9 p.m., after reports of the dire conditions downtown reached Greenwood, a group of approximately twenty-five armed African American men, many of them World War I veterans, went down to the courthouse and offered their services to the authorities to help protect Rowland. The sheriff, however, turned them down, and the men returned to Greenwood. Stunned, and then enraged, members of the white mob then tried to break into the National Guard armory but were turned away by a handful of local guardsmen. At about 10 p.m. a false rumor hit Greenwood that whites were storming the courthouse. This time, a second contingent of African American men, perhaps seventy-five in number, went back to the courthouse and offered their services to the authorities. Once again, they were turned down. As they were leaving, a white man tried to disarm a black veteran, and a shot was fired. The riot began.

Black History Moment (continued)

Over the next six hours Tulsa was plunged into chaos as angry whites, frustrated over the failed lynching, began to vent their rage at African Americans in general. Furious fighting erupted along the Frisco railroad tracks, where black defenders were able to hold off members of the white mob. An unarmed African American man was murdered inside a downtown movie theater, while carloads of armed whites began making "drive-by" shootings in black residential neighborhoods. By midnight fires had been set along the edge of the African American commercial district. In some of the city's all-night cafes, whites began to organize for a dawn invasion of Greenwood.

During the early hours of the conflict local authorities did little to stem the growing crisis. Indeed, shortly after the outbreak of gunfire at the courthouse, Tulsa police officers deputized former members of the lynch mob and, according to an eyewitness, instructed them to "get a gun and get a nigger." Local units of the National Guard were mobilized, but they spent most of the night protecting a white neighborhood from a feared, but nonexistent, black counterattack.

Shortly before dawn on June 1, thousands of armed whites had gathered along the fringes of Greenwood. When daybreak came, they poured into the African American district, looting homes and businesses and setting them on fire. Numerous atrocities occurred, including the murder of A. C. Jackson, a renowned black surgeon, who was shot after he surrendered to a group of whites. At least one machine gun was utilized by the invading whites, and some participants have claimed that airplanes were also used in the attack.

Black Tulsans fought hard to protect their homes and businesses, with particularly sharp fighting occurring off of Standpipe Hill. In the end, they were simply outgunned and outnumbered. By the time that additional National Guard troops arrived in Tulsa at approximately 9:15 a.m. on the morning of June 1, most of Greenwood had already been put to the torch.

A brief period of martial law was followed by recriminations and legal maneuvering. Even though Dick Rowland was exonerated, an all-white grand jury blamed black Tulsans for the lawlessness. Despite overwhelming evidence, no whites were ever sent to prison for the murders and arson that occurred.

The vast majority of Tulsa's African American population had been made homeless by the event. Yet, despite efforts by the white establishment to force the relocation of the black community, within days of the violence black Tulsans had already begun the long and arduous process of rebuilding Greenwood. Thousands, however, were forced to spend the winter of 1921–22 living in tents.

The deep scars left by the tragedy remained visible for years. While Greenwood was eventually rebuilt, many families never truly recovered from the disaster. Moreover, for many years the violence became something of a taboo subject, particularly in Tulsa. A state commission was formed in 1997 to investigate. The report recommended that reparations be paid to the remaining black survivors. A team of scientists and historians uncovered evidence supporting long-held beliefs that unidentified victims had been buried in unmarked grave sites.

One of the great tragedies of Oklahoma history, this eruption of bloodshed and destruction in Tulsa has lived on as a potent symbol of the ongoing struggle of black and white Oklahomans to forge a common destiny out of an often troubled past.



BIRTHDAYS

June

June 1st

Barr, Richard
 Gardner, Gregory
 Geyer, Monique
 Mackie, Dawn
 Mosely, Regina
 Pettway, Tasha
 Thames, Alfonso

June 2nd

Blackwell, Monica
 Cameron-Sheffield, Elena
 Carter, Claudette
 Crawford, June
 Geyer, Eija
 Geyer, Jacquelyn
 Holley, Ashley
 McClain, Edward
 Miller, Ashley

June 3rd

Dennis, Keyanna
 Johnson, Jeffrey
 Jones, Akila
 Kingwood, Bryeisha
 Morris, Amber
 Nixon, Karen
 Pettway, Mattie
 Thompson, Yolanda
 Walker, Spesha'l

June 4th

Blackwell, Marilyn
 Crook, Michelle
 Crump, Princess
 Hart, Shameka
 Johnson, Barbara
 Mack, Gloria
 McKnight, Kairon
 Miller, Cynthia
 Pettway, Brian

June 5th

Carr, Shanoaha
 Holloway, Angelique
 Powell, Kimberlee
 Scales, Wanda
 Taylor, Tigenia
 Wolfork, Monica

June 6th

Hendricks, Jaquasha
 Jackson, Annie
 Kyle, Calvin
 Lowe, Melvin
 Owens, Glynnteischa
 Rucker, Dwayne
 Vinson, Leslie

June 7th

Caviness, Ronald
 Davis, Kimbla
 Edmondson, Melissa
 Howard, Mildred
 Jackson, Janel
 Jones, Garrett
 Jones, Taheshia
 Kendrick, Lakisha
 Mosely-Green, Leslie
 Mosely-Johnson, Linda
 Richardson, Angela
 Rutherford, Deanna
 Simpson, Melissa

June 8th

Grey, Denise
 Kelly, Craig
 Lewis, Tyrell
 Stone, Nancy
 Watson, Cynthia

June 9th

Gardner, Jr., Gregory
 Rabb, Vincent
 Rochester, Vincent
 Smith, Michael

June 10th

Dennis, Naja
 Ely, Lonnie
 Hill, Shelia
 Scott, Rayford
 Williams, Laquasha
 Young, Amahd

June 11th

Bass, Jannie
 Gray, Shakira
 Grier, Ella
 Jones, Julian

June 12th

Black-Daniels, Trena
 Brown, Jennie
 Carter, Lisa
 Daniels, Trena
 Harris, Jean
 Jeffries, Swan
 Smith, Carlton
 Smith, Marvalene

June 13th

Adams, Sherman
 Baldwin, Henderson
 Carroll-Hall, Nekita
 Dewitt, Isaiah
 Mendes, Anthony
 Seawright, Deja
 Sims, Miriam
 Slade, JoAnn

June 14th

Black, Gail
 Cook, John
 Padgett, Kurt
 Shepard-Garrett, Monica

June 15th

Bravo, Victoria
 Caesar, Clyde
 Cox, Robert B.
 Delgado, Linda
 Gauthier, Renaldo
 Woods, Alissa

June 16th

Adams, Kyra, L.
 Allen, Antoinette
 Kennedy, Danna
 Lyles, Dawanda
 Moye, Carlton
 Perry, LaToya
 Underwood, Tyshaun
 Wray, Michael

June 17th

Day, Donald
 Fatal, Elijah
 Garner, Sherlyn
 Hudson, Felicia
 Walton, Harold
 Whirl, Linda

June 18th

Hill, Davon
 Javis, Kenneth
 McDowell, Keisha
 Ryan, Roger
 Torres, Carmen
 Williams, Tammy

June 19th

Blackwell, Kendall
 Hayes, Shontesha
 James, Michael
 Jones, Charles
 Maitland, Amori
 Matos, Ramon
 Williams, Christine

June 20th

Harris, Synaa
 Harvin, Ruth
 Luckey, Jennifer
 Railey, Gretel
 Savain, Ketcha
 Sloan, Allison
 Tyson-Sherwood, Alicia
 Williams, Patryce

June 21st

Brooks, Donna
 Cohen, Leonard
 James, Jessica
 Stanford, Candice
 Williams, Pamala Joy

June 22nd

Adonis, Mildred
 Foster, William
 Kuchta, Robert
 Lee, Tonya
 Nance, Anisha
 Shabazz, Muhammad

June 23rd

Hatton, Starr
 Lark, Harold
 Manigo, Lori
 Stewart, Tanya
 Strode, Randy

June 24th

Ferguson, John
 Ingram, Charlie
 Lloyd, Lameika
 McKelvie, Stephanie
 Raye, Brittany
 Rhoden, David
 Spence, Keshaudas
 Taylor, Maxie

June 25th

Bendolph, Desha
 Mackey, Ronald
 Madrid, Daniel
 Pratt, Larritta
 Ryan, Michael
 Wilson, Mark

June 26th

Irby, Sasha
 Martinez, Emelitta
 Pettway, Leila

June 27th

Bass, Daniel
 Davis, Tajuanna
 Jenkins, Napoleon
 Mathis, Terry
 Morrah-James, Abigail

June 28th

Christian, Cynthia
 Gnat, Cynthia
 Jean, Michaelle
 Jowers, Carol
 Mones, Grace
 Williams, James

June 29th

Gray, Leasha
 Rogers, Kevin
 Samuel, Rose
 Taliaferro, Keasha
 Williams, Alicia
 Young, Jermisha

June 30th

Austin, Juanita
 Dennis, LaShonda
 Oliver III, Walter
 Paulin, Robert
 Powell, Elizabeth
 Ricketts, Daena



July 1st
 Adams, Kathy
 Burch, Regina
 Dennis, Tequesta
 Gaines, Audrey
 Gant, Kenita
 Mack, Keith
 Peeler, Elisha
 Pettway, Nell
 Pittman, Carolyn

July 2nd
 Breedon, Paula
 Dikko, Ann
 James McBroom, Leonora
 Martin, Tywanda
 Pirro, Delilah
 Smalls, Henry
 Thomas, Andrew

July 3rd
 Bardliving, Andre
 Blake, Michael
 Collier, Tamiko
 Edmounds, Wilma
 Pagan, Carlos
 Smith, Dan
 Williams, Imani
 Wright, Anthony

July 4th
 Buster, Kenneth
 Charles, Claretta
 Cox, Linda
 Gardner, Jennifer
 Henley, Lawrence
 Johnson, Jannine
 Miller-Luciano, Jasmin
 Piires, Tatiana
 Pride, Tynesha
 Pride, Felicia

July 5th
 Cox, Anthony
 Jackson, Antoniette
 LaRose, Dania
 Okhiria, Felix
 Rogers, Billy
 Taylor, Terence

July 6th
 Cook, Jerrell
 Gordon, Kelly
 Holly, Synethia
 Parker, Natachia
 Pearson, Sheryl
 Thomas, David
 Walker, Alice
 Walker, Rita

July 7th
 Barr, Tony
 Cox-Prince, Alicia
 Jackson, Darlene
 Knight, Alice
 Lincoln, Minnie
 McGhee-Maxwell, Denise
 McKoy, Margaret
 Munro, Cheryl
 Roacher, Mary
 Roberson, Tiffany
 Soares, Michael
 Sutton, Herbert

July 8th
 Johnson, Connie
 Johnson, Jodi
 Seabrook, Cynthia
 Simmons, Diedre
 Smith, Reginald
 Staton, Nakisha

July 9th
 Dennis, Shelby
 Inabinett, Issac
 Johnson, Brenda L.
 Martin-Velez, Anthony
 McKinney, Quamaine
 Teray, Mary
 Vielot, Yeharar

July 10th
 Addison, Janie
 Bond, Lola
 Glenn, Tanya
 Gorham, Natasha
 Iribarren, Alexander
 Jeune, Cynthia
 Murphy, Lisa
 Statum, Georgia
 Strain, Heather

July 11th
 Bawala, Joseph
 Jones, Gary
 Manns, Vanessa
 Moore, Larry
 Strong, Annie
 Tucker, Samantha

July 12th
 Adams, Barbara
 Grisby, Sophia
 Kennerly, Blaine
 Petteway, Jeniaya
 White, Shawn

July 13th
 Bradshaw, Michelle
 Cooper, Darryl
 Johnson, Linda
 Jones, Tavarrea
 King, Tyrone
 Pettway, Kye

July 14th
 Bailey, Brittany
 Barr Williams, Nicole
 Bennett, Johnette
 Geter-McClain, Terri
 Hardy, Joe
 King, Kenneth
 Lobban, Ida
 Lowe, Dorothy
 Ragin, Erica
 Roselle, Ruthe
 Stone, Ronald
 Upchurch, Walter

July 15th
 Austin, Michelle
 Cohen, Crystal
 Dyer, Marian
 Kinston, Beryl
 Randolph, Dorletha
 Roach, Andrew
 Sheffield, Javante
 Williamson, Shaqirah

July 16th
 Foster, Lucy
 Howard, Quincie
 Johnson, Ronald
 Liggins, Jason
 Miller, Connie
 Sayles, Gregory

July 17th
 Arroyo, Andrea
 Blackwell, Kim
 Clarke, Vernal
 Ess, Clarence
 Hamilton, Leie
 Lewis, John
 Mercer, Vera

July 18th
 Bentley, Rameika
 Boissiere, Dionne
 Bradley, Lovelle
 Brown, Yvonne
 Grayson, Larry
 Jennings, Pamela
 Johnson, Joseph
 Phelmetta, Robin
 Sims, William
 Taliaferro, Albert
 Winston, Wayne

July 19th
 Cummings, Gregory
 Darby, Alonzo
 Hill, Lillian
 Lee, Octavia
 McClain, Tierra
 Patrick, Whitney
 Ruiz, Linda
 Santos, Melissa

July 20th
 Anderson, Angela
 Credle, Jimmy
 Freeman, Arthur
 Hamilton, Tiffany
 Jones, Rufus

July 21st
 Alston-Carr, Pia
 Foster, Eartha
 Hill, Jovon
 Small, Michele

July 22nd
 Cuttino-Muniz, Kiara
 Donald, Shakia
 Gomes, Constance
 Johnson, Glen
 King, Sharifa
 Miley, Krishna
 Paulk, Shaunda
 Roseboro, Valerie
 Rucker, Shanika
 Young, Robert

July 23rd
 Bailey, Rohan
 Bendolph, Courtney
 Eison, Vivian
 Grant, Lauren
 Sanders, A.J.
 Stewart, Kimone
 Williams, Tahila

July 24th
 Anderson, Jesse
 Collier, Gisselle
 Foster, Richard
 Mazon, Nicki
 Oliver, George
 Pettway, Eulalia

July 25th
 Blackwell, Antionette
 Blackwell, Ronald
 Church, Kyle
 Foster, Shaun
 Gatison, Malcolm
 Gilbert, Melvin
 Marini, Tracey
 Taylor, Walter
 Thomas, Deanna
 Upchurch, Lisa
 Walton, Michael
 Williamson, Simone

July 26th
 Best, Kelley
 Blackwell, Mako
 Brantley, Tavon
 Brown, LaTasha
 Brown, Peggy
 Cheatham, Timothy
 Ewell, Bernard
 Geyer, Elani
 Jefferson, Emma
 Mosely, Claudine
 Pettway, Donna
 Reid, Rachel
 Richardson, Kellie

July 27th
 Dobson, Tyheem
 Ennis, Barrington
 Miller, David
 Nunn, Aja
 Phillips, Cassandra
 Roper, Tasha
 Scales, Genise
 Scott, Kim
 Simmons, Terry
 Williams, Jeffrey
 Zenquis, Jessica



July 28th
 Bernabel, Daniel
 Giles, Larry
 Morris, Willie Mae
 Young, Catherine

July 29th
 Christie, Linda
 Dailey, Rykem
 Johnson, Tonya
 Jones, George
 Jones, Charlie
 Pounce-Carr, Jacqueline

July 30th
 Bethea, Angel
 Black Smith-Tompkins, Michelle
 Bultron, Miranda
 Dunn, Robbi
 Geyer, Edward
 Jean-Gilles, Toya
 Journey, Dixon
 Miller, Laura
 Rose-White, July

July 31st
 Gamble, Desmond
 Hodges, Sean
 Miller, Lillie
 Moore, Aaron
 Norris, Yvette
 Sherrod, Hans
 Tabscott, Keith
 Toms, William
 Williams, Gwen





BIRTHDAYS

August

August 1st

Blackwell, Patrice
Bohannon, Henry
Caribe, Bonnie
Hill Hopkins McCall, Bernadette
Holden, Emma
Smith, Artent
Vermont, Terence

August 2nd

Bloschichak, Deandra
Feaster, Amira
Lumpkin, Jeffrey
Murphy, Lois
Powell, Rochelle
Slade, Keith
Spearman, Lynda

August 3rd

Carther, Anthony
Cesar, Alain
Gary, Soraya
Myers, Frances
Perez, Elizabeth
Perry, Leonard
Ruffin, Dametrias
Sanon, Caroline
Santos, Dwayne

August 4th

Durrah, Robert
Jones, Lindsey
Lee, Henry
Plata, Julena
Rankin, Lisa
Roundtree, Shamoni Laraye
Simmons, Sonya
Warren, Terence

August 5th

Baptista Dix, Frances
Bass, Gloria
Bevel, JeRel
Campbell, Rosa
Dempsey, Dontay
Hall, Shawna
Jones, Tykeem
Myrie, Adrian
Pettway, Ryan

August 6th

Alvarez, Danielle
Dickey, Nicole
Hodges, Lonnie
Holmes, Naomi
Jackson, Loretta
Lamar, Quinne
Oquendo, Crystal
Shephard, Shannon

August 7th

Berry, Patricia
Bush, Jessica
Dewitt-Smith, Janet
Hayes, Willie
James, Tina Marie
Studvant, Bernadine
Tate, Tonya
Taylor, Tiffany
Tucker, Velva

August 8th

Baker, Carolyn
Boahen, Stephen
Combs, Catherine
JeanBaptiste, Jazmin
Spillman, Guy
West, Rashiyydaa

August 9th

Blackwell, Grace
Dewitt-Smith, William
Goodwin, Ninoshka
Jones, Samuel
LaRose, Terrence
Maxwell, Eugene
Nichols-Rhoden, Lynette
Noel, Valrie
Pettway, Christopher
Reid, Ronnie
Scott, Sarina
Turman, Kara
Velez, Pedro

August 10th

Allen, Lacy
Bendolph, Genesis
Daniels, Freddy
Dixon, Quinnette
Fulton, Nancy
Grace, Jr, James
Graves, Marquisha
Parker, Tina
Pettway, Joe
Reynolds, Byron
Williams, Ella June

August 11th

Bracey, Lisa
Chest, Debra
Estrada, Nelly
Horton, Linard
McMillan, Henry
Robinson-Turner, Loretta
Thompson, Petrelle'
Washington, LaTonya
Whittington, Karen
Williams, Dwan
Wilson, Mark

August 12th

Batson, Manuel
Desrouilleres, Stacy
Lamar, Senetta
Moore, Gregory
Powell, Iasla

August 13th

Brown, James
Dalrymple, Damian
Gant, Gayle
Johnson, Carla
Pettway, Dennis
Riddick, Chakena
Scales, Isaac
Walker, Janet

August 14th

Abdul-Karim, Samira
Boyd, William
Cannady, Carol
Ely, Ruby
Evans, Michael
Hopkins, Brianna
Hutchinson, Raquel
Lemdon, Mable
Shaner, Michelle
Sherrod, Twana
Upchurch, Jerry

August 15th

Bradley, James
Gathers, Devoria
Hamilton, Carlton
Hopkins, Eric
Lazarus, Theresa
Springer, Teagan
Upchurch, Harold

August 16th

Brown, Ma'Khi
Grisby, Lee
Livingstone, Dolores
Miller, LaShalle
Spearman, Glenn

August 17th

JeanBaptiste, Julian
Johnson, Chamya
Johnson, Chanea
Jones, Lyle
Norris, Joseph
Rayell, Akiam
Romero, Robin
Santiago, Angelica
Vazquez, Crucito
Whitaker, Shanta

August 18th

Boyd, Joan
Cruz, Desiree
Hawthorne, Marvin
Holloway, Fern
Steele, Rodney

August 19th

Allen, Toquirah
Danso, Kwabena (NaNa)
Ebron, Crystale
Fenwick, Victoria
Jordan, Sarita
Lawhorn, Kendell
Lewis, Michelle

August 20th

Hawkins, Barbara
Laws, Shalishea
Lowe, Jonathan
Pettway, Patricia
Proctor, Joseph
Raines, Grover
Williams, Adrienne

August 21st

Blackwell, Monique
Blaine, Elnora
Commodore, LaShonda
Ebron, Lorraine
Godfrey, Venus
Moraes, Tyler
Moye, Renee
Smith, Emajai

August 22nd

Hardison, Stephanie
Jackson, Kenneth
Mooney, Kayloni
Thomas, Joshua

August 23rd

Abraham, Jazmine
Baker, Andre
Cotter, Doreen
Jackson, April
Rogers, Clara
Rogers, Wanda
Royster, Ivy

August 24th

Bethune, Elijah
Gardner, Tredron
Gray, Kevin
Harrell, Sarah
Higgins, Justin
Santiago, Emily

August 25th

Brown, Tinerra
Hanna, Vickie
Jones, Glenda
Marrow, Evelyn
Murray, Malcom
Williams, Ronald
Wilson, Vincent

August 26th

Dennis, Kathie
DeVane, Edward
Ebron, Shelby
Hudson, Curtis
Jackson, Walter
Johnson, Otis
Jones, Maxine
LaRose, Timothy
Parker-Ervin, Latoya
Wells, Desirae
Williams, James

August 27th

Anderson, Brooke
Badgett, Quamisha
Brown, Twanjuri
Forney, Kiesha
Lee, Ryan
Paul, Shamika
Pryor-Davis, Janisha
Randolph, George
Vann-Dennis, Justine

August 28th

Blanding, Regina
Jones, Teresa
Patterson, Gail
Stanley, Chyna
Vermont, Regina
Wallace, Shirlene
Wray, Juliet

August 29th

Dyer, Carmen
Gautier, Edith
Goodwin, Roderick
Hart, Latoya
Higgins, Clive
Pettway, Nyeshia
Pierre, Ketteline
Rawls, Alfreda
Stewart, Charles
Vermont, Jada

August 30th

Barr, Audrey
Booker, Gwendolyn
Bush, Andrea
Charles, Shawn
Craddock, Allison
Gardner, Germar T.
Harrison, Anthony
Miller, Bernetha
Myrick, Antonio
Pryce, Michael
Smith, Jordan
Thomas, Joyce

August 31st

Combs-Baldwin, Gaye
Fleming, Kieth
Freeman, Kazmain
Kingwood, Jocelyn
Richardson, Joseph
Tuck, Tanjala
Wilson, Cecelia



JUNE 2021 - STRENGTHENING OUR LEADERS

Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 6/1/2021 through 6/30/2021. Conference Did-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 Changes 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. Reference number for June 1, 2021 is #73471.

S U N	M O N	T U E	W E D	T H U	F R I	S A T
			1 Isaiah 50:4 Pastor Bennett	2 Jeremiah 33:3 Sis. Barnes	3 Psalm 84:1-2 Sis. D. Whittaker	4 John 15:5 Sis. Alston
6 Revelation 3:2 Rev. Sherwood	7 Revelation 16:15 Deacon Gardner	8 1 Peter 5:8 Sis. Smith	9 Luke 22:31-32 Sis. Simmons	10 Isaiah 35:3 Rev. Williamson	11 Matthew 25:13 Deacon Paul	12 Deut. 3:28 Deacon Gist
13 Matthew 15:8 Bro. Cummings	14 Jeremiah 29:13 Deacon Smith	15 Jeremiah 24:7 Rev. Tucker	16 Psalm 19:14 Min. Langley	17 John 17:3 Sis. Alston	18 Isaiah 26:3 Pastor Kingwood-Small	19 Colossians 3:1 Pastor Boissiere
20 2 Cor. 6:18 Sis. S. Jackson	21 Psalm 103:13 Bro. Easley	22 Proverbs 23:22 Deacon Vermont	23 Proverbs 23:24 Bro. White	24 Luke 15:20 Sis. Ellis	25 Malachi 4:6 Rev. Walton	26 Hebrews 12:7 Deacon Hurst
27 Philippians 4:7 Bro. Newton	28 John 16:33 Min. Langley	29 Jeremiah 17:7-8 Deacon J. Seawright	30 Romans 5:1 Deacon Adetona			PERFECT PEACE

J U L Y 2 0 2 1 - 1 0 0 D A Y S O F D I S C I P L I N E

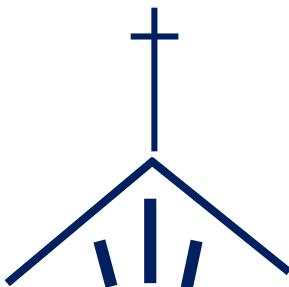
Organized Prayer Time
 Prayer time is 7:00am to 7:10am beginning 7/1/2021 through 7/31/2021. Conference Dial-in Number: 319-527-3510. Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. To playback prayer: 319-527-3518. access code is 11193#. This is not a toll free 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.

S U N	M O N	T U E	W E D	T H U	F R I	S A T
4 Philippians 4:7 Sis. Alston	5 Luke 6:12 Sis. Thompson-Bennett	6 Luke 11:1 Rev. Sherwood				
11 Proverbs 1:33 Deacon Paul	12 Jeremiah 29:11 Deacon Gist	13 Philippians 4:19 Bro. Cummings				
18 Hebrew 13:17 Pastor Kingwood-Smalls	19 Luke 22:26 Pastor Boissiere	20 Isaiah 41:10 Sis. S. Jackson				
25 Ephesians 2:10 Rev. Walton	26 Ephesians 2:13 Deacon Hurst					

41

AUGUST 2021 - 100 DAYS OF DISCIPLINE						
SUN	MON	TUE	WED	THU	FRI	SAT
1 1 Cor. 11:28 Pastor Bennett	2 2 Cor. 13:5 Sis. Barnes	3 Lamentations 3:40 Sis. Whitaker	4 Matthew 6:21 Sis. Alston	5 Leviticus 27:30 Sis. Thompson-Bennett	6 Deut. 14:22 Rev. Sherwood	7 2 Chron. 31:12 Deacon Gardner
8 Philippians 4:10 Sis. Smith	9 Psalm 100:4 Sis. Simmons	10 Malachi 3:10 Pastor Williamson	11 Psalm 147:1 Deacon Paul	12 Psalm 33:1 Deacon Gist	13 1 Cor. 14:40 Bro. Cummings	14 Ephesians 6:15 Deacon Smith
15 Colossians 2:6 Rev. Tucker	16 1 Peter 2:2 Min. Langley	17 Ephesians 6:12 Sis. Alston	18 2 Thess. 2:16-17 Pastor Kingwood-Small	19 1 Cor. 11:1 Pastor Boissiere	20 Isaiah 41:3 Sis. S. Jackson	21 Psalm 10:17 Bro. Easley
22 Titus 2:7 Deacon Vermont	23 Isaiah 25:1 Bro. White	24 Hebrews 11:1 Sis. Ellis	25 Luke 6:48 Rev. Walton	26 Romans 15:20 Deacon Hurst	27 1 Cor. 3:10 Bro. Newton	28 Ephesians 2:20 Min. Langley
29 1 Timothy 6:19 Deacon J. Seawright	30 2 Timothy 2:19 Deacon Adetona	31 Isaiah 28:16 Deacon A. Febres	A JOURNEY OF FAITH		FOUNDATIONAL FAITH	

Organized Prayer Time
 Prayer time is 7:00am to 7:10am beginning 8/1/2021 through 8/31/2021. 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.



**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

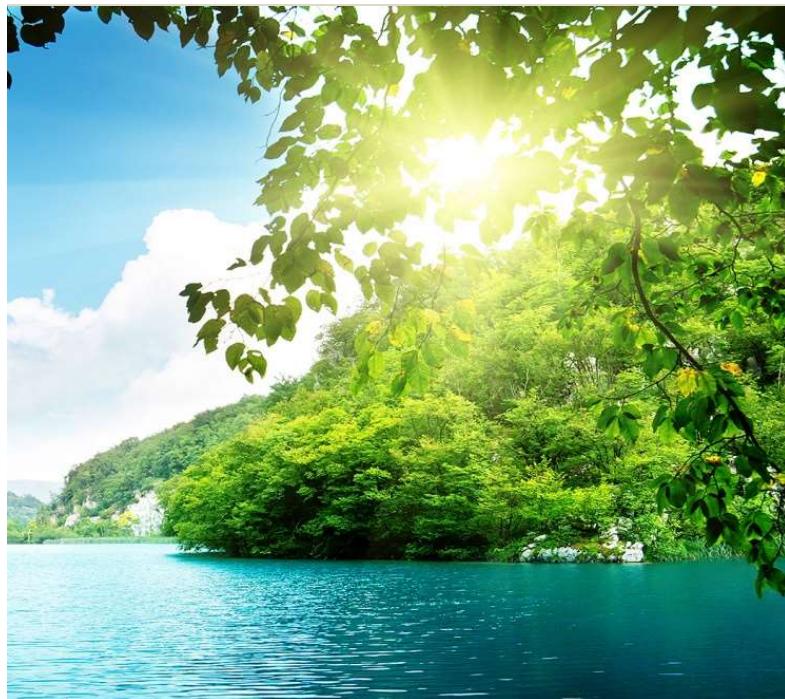
Exodus 17:2

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#



June 17

July 15

August 12

September 16

October 14

November 18

December 16