

Romans 10:14-15

How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can they preach unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"

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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,

As these words are being typed, I am sitting in wonder of the fact that this is the first Sunday of March. It seems as though 2021 is moving forward full steam ahead. As I think about the month of February, I am grateful for all who coordinated and contributed to the Black History Moments, Go Red Sunday, and general participation during virtual activities.

Let me also again thank each and every one of you for your support of your pastor and the institution of Mount Aery which made possible our national and state wide recognitions. I am such a grateful pastor to have opportunity to lead such an open and powerful congregation. We are also thankful for Pastor Dawrell Rich who brought a mighty word during our Ash Wednesday Service.

As we move into this month of March, we will continue to engage in our Lenten fast and our study of the synoptic gospels in order to gain a fresh look at the life and ministry of Jesus. We will also continue to study from the book, *Jesus and the Disinherited* by the Late Howard Thurman.

Mount Aery, we have certainly not anticipated being away from each other for now more than a year. Yet, I know that you will continue to trust God so that we can continue to build together with the faith that has kept us together.

God bless,

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



Welcome Song

Welcome to Mount Aery

We're so glad you came

You're welcome to

Mount Aery

Where everybody comes to

give God praise

Welcome to Mount Aery

Where the spirit

Of the Lord

Is moving free

Right here, at seven three (73)

Frank Street

Hospitalization & Nursing Home List

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

Mary Ryan

Laurel Ridge Health Care Center, 642 Danbury Road, Ridgefield, CT 06877

Paula Watkins

Durham Pruitt Health Center, 3100 Mount Sinai Road, Durham, NC 27705

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

- Sylvia Jackson and family on the loss of her husband, Deacon Primus Jackson III.
- Deacon Annette Febres and family on the loss of her uncle.
- Deacon Julian JeanBaptiste and family on the loss of his father in St. Lucia.
- Ernie Newton and family on the loss of his nephew.
- Bernetha Hill and Bernadette McCall-Hill on the loss of their husband and father, Deacon Jeffrey Hill.
- Bernardine Edwards and family on the loss of her cousin, Beverly Blake.
- Alecia Thomas and family on the loss of her husband, Shay Thomas.
- Deacon April Gist and family on the loss of her aunt, Mae Frances Bowser in South Carolina.
- Liz Sargent and Missy Powell and family on the loss of their niece, Gwenette Sargent.
- Claudine Mosely and the Pettway family on the loss of her grandfather Jobe Pettway.
- Denise Holley and Leona Thompson and family on the loss of their niece.
- Lois and Darryl Murphy and family on the loss of his mother in Harrisburg, PA.
- Gloria Lee and family on the loss of her brother.



ANNOUNCEMENTS

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.*



Here's an exciting way to join in worship with us.
Simply visiting our website at 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>



Deacon on Call
for the month is Deacon Smalls

**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.

COVID-19 PREVENTION

**ACTIVITIES
TEMPORARILY
CANCELLED
UNTIL FURTHER NOTICE**

**SUNDAY WORSHIP 9:30 AM
VIA FACEBOOK LIVE & LIVE STREAM**

**BIBLE STUDY WEDNESDAYS 12 NOON
VIA FACEBOOK LIVE & LIVE STREAM**

**LIKE US ON FACEBOOK
FOR ALL UPDATES &
LIVE VIDEOS**



MOUNT AERY BAPTIST CHURCH

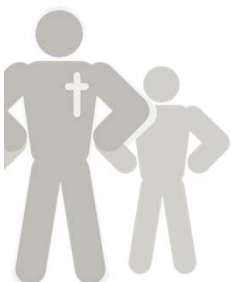


To ensure the church remains
financially sound, please continue
in your giving via PUSHPAY
or

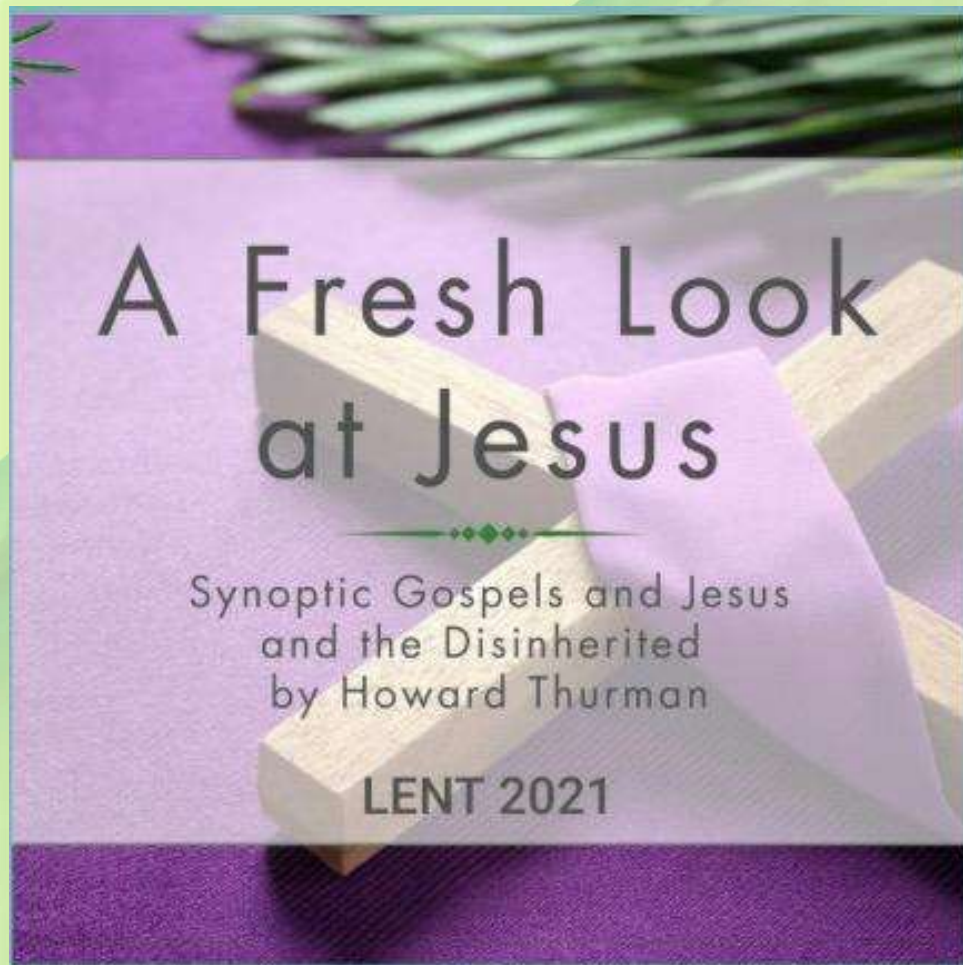
Mail checks to:
73 Frank Street
Bridgeport, CT 06604



WWW.MTAERYBAPTIST.ORG



IMPORTANT DATES ✓



What Should We Do to Replace These Things?

Instead of engaging in one of the previously mentioned activities, consider the following:

1. Intentional time in prayer for the congregation as well as the extended community – in addition to our daily 7am prayer call, we are asking you to pray on your own between 7:00 pm and 7:15 pm.
2. Study the Word of God.
3. Intentional fellowship via phone and when appropriate, in person
4. Stay focused on what builds you up, refusing to be pulled into circumstances that hinder your spiritual witness.
5. Read edifying material that will lead to your emotional, spiritual and social growth.
6. Set monies aside from the non-purchase of Easter paraphernalia for personal savings, investing, and for your personal and spiritual edification such as the MAAFA, Women's events, Men's events, Youth events or sacrificial giving.

How Long Will We Fast?

We will begin on Ash Wednesday, February 17th and continue through Resurrection Sunday, April 4th. Individuals will commit to fasting from something of their choosing. In addition, every Friday beginning the Friday after Ash Wednesday to Good Friday, we will engage in a food fast from 6 am to 6 pm.

Does Fasting Work?

Yes!

What is Lent?

Lent is a period of 40 days not including Sundays, dedicated by Christians to repentant prayer and fasting in preparation for Resurrection Sunday. This is the period of reflection upon the voluntary struggle and suffering of Jesus, The Christ and His ultimate triumph over death, hell and the grave.

The first day of Lent is Ash Wednesday. Christians who observe Ash Wednesday participate in special services, which include putting ashes on one's forehead as a sign of repentance for sin.

What is Fasting?

A Biblical definition of fasting is a Christian's voluntary abstinence from food for spiritual purposes. It is Christian, for fasting by a non-Christian obtains no eternal value because the disciple's motive and purpose are to be God centered.

Fasting is voluntary in that it is not to be coerced. Fasting is more than just the ultimate crash diet for the body. It is abstinence from food for spiritual purposes.

There is a broader view of fasting that is often overlooked. This is the approach Richard Foster takes when he defines fasting as "a voluntary denial of a normal function for the sake of intense spiritual activity." **

So then, fasting does not always deal with abstinence from food. Sometimes we may need to fast from involvement with other people, or from the media, from the telephone, from talking, from sleep, etc., in order to become more absorbed in a time of spiritual activity. Fasting includes abstinence from anything that is legitimate in and of itself for the sake of some spiritual purpose. **

Who Should Fast?

Everyone is encouraged to participate in the general fast by making a commitment to fast from something that would require some form of sacrifice in their daily living habits. Every Friday during the hours of 6am to 6pm, we will abstain from food and only intake juices and water. Due to dietary restrictions, some may not be able to participate in the Friday food fast. *Please consult your physician before engaging with any fast.*

Can Fasting Be Done Incorrectly?

Yes. The Bible sites clear examples of some people who made a "show" of their fasting, but they were only inviting God's condemnation. (Isaiah 58:3-5, Matthew 6:16-18; Luke 18:12). By contrast, God approved of true fasting, whether individual or collective when it was combined with genuine prayer (Matthew 4:1-4; Luke 2:37; Acts 13:2-3).*

Biblical Examples of Fasting

Old Testament	New Testament
Deuteronomy 9:9	Matthew 6:16-17
Joel 2:15-16	Luke 18:2
2 Chronicles 20:3	Matthew 4:2
Zechariah 8:19	Acts 9:9

* Paraphrased from World's Bible Dictionary

** Spiritual Disciplines for the Christian Life

From What Can We Fast?

These are simple suggestions. You may add others to the list:

1. Food – minimize eating foods or intake that are harmful to your physical temple
2. Social Media (i.e. Facebook, Snapchat, Instagram, Twitter, Clubhouse) – significantly reduce viewing hours
3. Idle Conversation - Refrain from engaging in gossip or dialogue that do not edify the body of Christ.
4. Fear – discover what your comfort zone is and then ask God if it's time to step out of it.
5. Other – any other thing that you enjoy and/or know that is not good for you

Why are We Fasting as a Congregation?

Edify

- ❖ Pastor's vision is that we take a fresh look at Jesus historically and who Jesus is today. We will do this through discipleship, social service and providing resources to the community locally and spreading abroad.
- ❖ That the congregation stay focused on its vision in the midst of the collateral impact of the pandemic as well as personal crisis.

A Fresh Look at Jesus

Synoptic Gospels and Jesus and the Disinherited

by Howard Thurman

Lent 2021

¹²To equip his people for works of service, so that the body of Christ may be built up ¹³until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

Ephesians 4:12-13 (NIV)

Mount Aery Baptist Church

Pastor Anthony L. Bennett, D. Min.

73 Frank Street

Bridgeport, CT 06604

(203) 334-2757

Fax (203) 334-6808

Website: www.mtaerybaptist.org

Equip

- ❖ That there will be a greater number of disciples participating in our daily prayer calls, Bible Studies, Saturday Institute and our Sunday Worship Services.
- ❖ That the leaders will prayerfully discern and prepare for ministry opportunity.
- ❖ For individual and collective prosperity (fiscally, emotionally, physically, and spiritually)

Engage

- ❖ For discovering and using our spiritual gifts both personally and when appropriate, in person
- ❖ To engage in social services and social justice ministry, i.e. Clean Slate legislature, Education Reform, Living Wage and Mental Health

Opportunities to Engage

- ❖ Ministries within Mount Aery
- ❖ CONECT (Congregations Organized for a New Connecticut)
- ❖ GBAPP / University of Bridgeport partnerships
- ❖ Other Social Service / Social Justice Agencies

IMPORTANT DATES ✓

**IT'S
TAX
TIME**



**Tithing Statements
Available**

**REQUEST
VIA EMAIL OR PHONE**

 finance@mtaerybaptist.org

 203.334.2757

WWW.MTAERYBAPTIST.ORG



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 203.334.2757

 finance@mtaerybaptist.org

IMPORTANT DATES ✓

MOUNT AERY BAPTIST CHURCH

FRIDAY
03
19
6:30 PM
BOOK
AVAILABLE
ON AMAZON

BIPOLAR & FAITH
A Black Woman's Journey with Depression and Faith
MONICA A. COLEMAN

MENTAL HEALTH & THE CHURCH: with
Impact on The Pulpit & The Pew
REGISTER TO GET ZOOM LINK
W W W . M T A E R Y B A P T I S T . O R G

Dr. Monica A. Coleman

 **zoom**

IMPORTANT DATES ✓

MOUNT AERY BAPTIST CHURCH

Missionaries Issachar Association

BASIC NECESSITIES HYGIENE DRIVE

*Helping Women
Shelters & Programs
for Those at Risk!*

**DRIVE BY &
DROP OFF**



**WOMEN'S HISTORY
MONTH**

**EVERY SATURDAY IN MARCH
11 AM - Noon**

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

MOST NEEDED ITEMS

- Feminine Products
- Deodorant
- Dental Care
- Face/Bath Soap
- Body Lotion
- Shampoo
- Conditioner
- Razors
- Lip Balm
- Small First Aid

**HAVE YOU
APPLIED FOR
ENERGY ASSISTANCE YET?**
If not, now is the time.
Call your local agency today.



Alliance for Community Empowerment (formerly ABCD)
203 366 8241

TEAM
203 736 5420

Community Action Agency
203 387 7700

If you're not sure which is your local agency call 211
from a landline phone or 1800 203 1234
from your cell phone.

2021 Beautiful Are The Feet Honoree

Romans 10:14-15 *How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can they preach unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"*



Our illustrious Pastor, Dr. Anthony L. Bennett, is honored by The Samuel DeWitt Proctor Conference, Inc. at the 2021 Clergy & Lay Leadership Virtual Conference, with the "Beautiful Are The Feet" Award. This is a lifetime achievement award for the gifts and sacrifices of faithfulness and service he has bestowed upon the African American and world community.

"Founded in 2003, the mission of the Samuel DeWitt Proctor Conference, Inc. (SDPC) is to nurture, sustain and mobilize the African American faith community to address critical needs of human and social justice within local, national, and global communities. In collaboration with civic, corporate, and philanthropic leaders, SDPC strives to strengthen the individual and collective capacity of leaders and activists in the church, academy, and community through education, advocacy, and activism. They reach thousands of persons of faith and goodwill. They are blessed that their voice is even present as a United Nations Non-Governmental Organization (NGO)."

It is my absolute honor and pleasure to have been selected by the honoree to write "a tribute" to be included in the Beautiful Are The Feet commemorative book:

Tribute: Wounded Healer

GENERAL NEWS 
by Deacon Kathy Tabb-Small

Rev. Dr. Anthony L. Bennett: Faithful Servant of God; Dedicated Husband, Father, & Grandfather; Supportive Pastor, Brother, & Friend; Eloquent Preacher/Teacher/Speaker; Passionate Community Activist; Unashamedly Black, Unapologetically Christian.

A Godly example in the midst of darkness, I am fueled by your steadfast faith: My Blair, Your Brittany, My Son, Your Daughter, Our Beloved Babies, gone far too soon, too much for our hearts to bear? We ARE wounded healers.

(Blair & Brittany passed away, suddenly and unexpectedly in 2019 within 3 days of one another; Blair, a drug overdose; Brittany, a brain aneurysm. Brittany was 30 years old, and she passed away on Blair's 30th birthday.)

Witnessing your unwavering strength, support, and determination assured me that even in the midst of my broken heart, my woundedness, it is okay to continue to allow God to order my steps, with all my questions, the sadness, the anger, I am still able to continue to lead the people of God, to be a healer, a wounded healer, the leader He called me to be.

I silently watched as you leaned upon your staff, associate ministers, and deacons...including me!, reassuring me that, despite our pain, and in the midst of our pain, we didn't have to do it all by ourselves...we could call upon our "Aaron and Hur(s)".

Your honesty and openness...a true leader, you revealed your innermost pain, speaking openly about how you cried when you needed to cry, giving me permission to cry anytime God said so. You also reassured me that it was okay not to cry as well...a time for every season.

Your uncanny sense of humor showed me that even in the midst of sorrow, laughter is good for the soul!

Although we know, beyond a shadow of a doubt, that Jesus is our Wonderful Counselor, again, by example, you made it ok, smart, and sensible to seek professional counseling services.



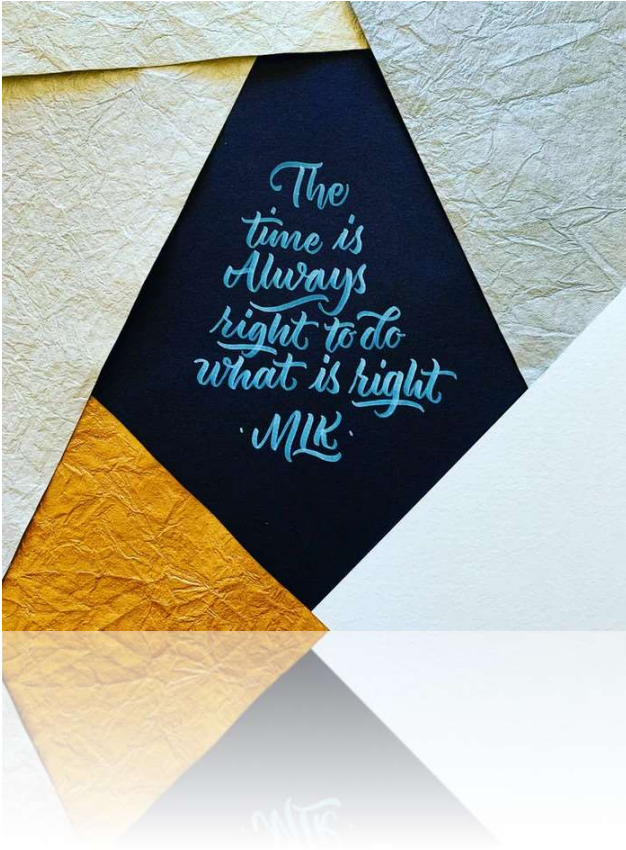
Pastor Bennett, you are a "Major Man of God", and unquestionably deserving of this prestigious lifetime achievement award for so many reasons. As a Pastor who sees Social Services and Social Justice as Ministry, I end this tribute with an excerpt taken from a recent newspaper article you co-wrote, expressing your views as to why a statue of Nat Turner should replace the statue of Christopher Columbus which was removed from one of our local parks:

"For those who have voted to return the statue (of Christopher Columbus) and have offered to erect a statue of Dr. Martin Luther King Jr., we suggest erecting statues of persons more connected to the era of Christopher Columbus and the transatlantic slave trade. We suggest Nat Turner, who during his time of enslavement, used physical force to seek his and other's freedom. In addition to Nat Turner, consider erecting a statue of an indigenous person who fought against the colonization imposed upon them by white occupiers. If the Christopher Columbus statue returns, it should only be placed beside statues of men and women who resisted his brutal sense of progress. It is only when those statues stand together that they begin to share a more truthful story of America's birth."

**Submitted by:
Deacon Kathy Tabb-Small
Deacon Ministry Chairwoman,
Mt. Aery Baptist Church, Bridgeport, CT**

2021 MLKJHC Legend Award

GENERAL NEWS 
by Deacon Kathy Tabb-Small



Pastor Bennett and the membership of the awesome, outstanding congregation of Mt. Aery Baptist Church has been selected by the State of Connecticut to receive the Martin Luther King Jr. Holiday Commission **2021 MLKJHC Legend Award** because we exemplify the ideals and philosophies of Dr. King.

In the words of the MLKJHR Holiday Commission:

"The Mount Aery Baptist Church has been instrumental in keeping Dr. King's dream alive by inspiring so many people in Bridgeport to reach their highest potential through volunteer services, community outreach, and in leadership roles available through various ministries at Mount Aery. This award reflects the enthusiasm and dedication that your congregation has given with your time and expertise and by making a transformative impact in the community for over 90 years!"

Congratulations, Pastor & People!

**Happy 100th Birthday
Mrs. Johnnie Mae Hunter Foxworth**



Happy 100th. Birthday Mrs. Johnnie Mae Hunter Foxworth. The first black Commissioner for the State of Connecticut Department of Motor Vehicles. Johnnie Mae Is also the proud recipient of the prestigious Carter G. Woodson Award at the Sixth Annual Carter G. Woodson Awards Luncheon, February 2013.



Academic/Career Achievements/Acknowledgements



Grade School

- Joseph Maxwell – First honors
- Troy Maxwell, 2 – B, 3 - A
- Chandra Maxwell graduated with doctorate in Educational Leadership
- Ahmad L. Bennett – Six to Six Magnet School – 8th grade – 3 – B, 7 - A
- Jayvon Givan – Worthington Hooker School – 5th grade – All A's, he was also asked to be an Ambassador of his science class
- Harlow Hairston, 2 – B, 5 - A
- Carlester “CJ” Jones, Discovery School, 8th Grade, 7 – A
- Edward Newsome, Fairfield College Preparatory School, 10th Grade, 1 – C, 3 – B, 2 – A
- Richard Snowden, Park City Magnet, 8th Grade, 10 A's
- Giselle Collier, Our Lady of Assumption Catholic School, 8th grade, 2 – B, 6 – A. She has been on the honor roll for 2 both marking periods
- Christopher Hayes, Common Ground High School, 9th Grade, 3 – B, 6 – A. He is also displaying his leadership skills by joining the Student Leadership Team.

College

- Jeremiah Smith is on the Dean's list at Southern Connecticut State University.
- Morgan Rollins, Fairfield University, Grad Student, 3.86 GPA, Co-President of Honor Society for the Clinic Mental Health Program
- Khayla Jones, Temple University, Sophomore, 1 – C, 1 – B, 3 – A

Adult

- Keith Arrington retired from the NY Metropolitan Transit Authority after spending the past 29 years working as a Bus Operator.



2020 Laboratorian of the Year!



As a frontline worker, Claudine Mosely stands in the gap for all of us, risking her own life to help save others.

An honor well deserved, Claudine!

We are so very proud of you and love & appreciate you immensely.

Congratulations!

Retirement Announcement For Kat Tabb-Small

After 27 years, 2 months of dedicated service, Kat Tabb-Small is Retiring!!!

Kat began her DSS career as a CCT in the Bridgeport Office where she was quickly promoted to the Lead position as a Family Independence Representative (FIR). Soon after, Kat was chosen amongst her peers to serve as an out-posted worker at St. Vincent's Medical Center in Bridgeport. After 6 years of being out-posted, Kat decided to return to the regional office, hence transferring to the Danbury and New Haven offices. While working in New Haven, when DSS re-introduced their collaboration with the Department of Developmental Services (DDS), Kat jumped at the opportunity to become one of the DDS/DSS Liaisons, housed at DDS's Central Office in Hartford, hence the beginning of her 8-year daily commute from Trumbull to Hartford! Kat was soon promoted to Supervisor of the Long Term Care Unit in the Hartford office; under her tenure as supervisor, this unit transformed into the current Waiver Unit. Kat ends her DSS career as Supervisor of the Pre-Release Entitlement Unit at Central Office and the Greater Hartford Office.

Throughout her career at DSS, Kat has remained steadfast and strong, encouraging all those she encountered, both her peers and the citizens of CT that she took great pride in serving.

Kat looks forward to sharing her leisure time with her husband, Henry, and the newest addition to their family, grand-son, MJ!



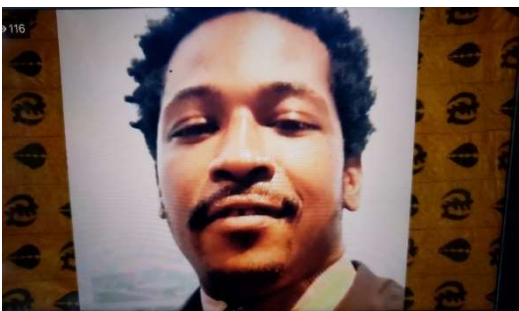
**In typical Kat fashion,
she leaves us with these 3 words of advice
taken from Ephesians 4:11-12:**

- **EDIFY** build up and encourage those you encounter
- **EQUIP** provide them with the tools for success; share your knowledge
- **ENGAGE** get to know them; recognize their hard work

Job Well Done, Kat! Congratulations!

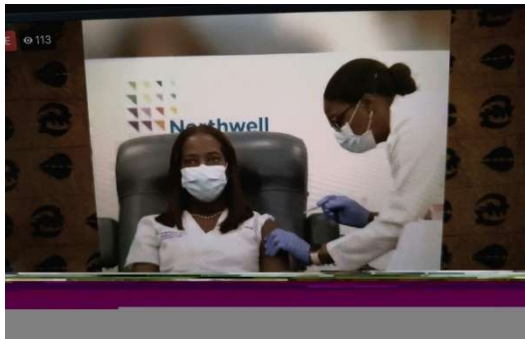


MLK Day 2021 – Bridgeport Black Pride

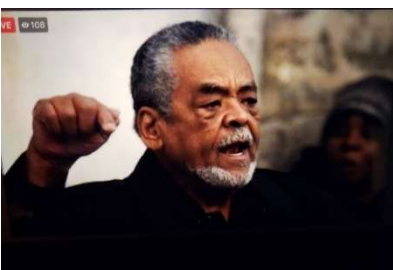


MLK Day 2021 – Bridgeport Black Pride

GENERAL NEWS



Former CT State Senator Ed Gomes



by Jennifer Bruton RDH, MS
Master of Science, Human Nutrition

RECIPES 

I always make this quiche for my husband when we have a snow day. It's a very versatile recipe and can be made with or without crust. This recipe makes two quiche.



Snow Day Quiche

Ingredients

- Two premade pie crusts (optional)
- Eight large eggs
- 1 1/2 cups of half and half
- 2 cups of shredded cheese (I used mozzarella and cheddar)
- Salt and pepper to taste
- 2-6 drops of tabasco (optional)
- 2 pats of butter
- 2 small yellow onions diced
- 1 small can of mushrooms drained and chopped
- 2 cups of cooked broccoli chopped
- 8 slices of turkey bacon cooked until crisp and crumbed
- 8 chicken sausages cut into small pieces

Directions

Preheat oven to 375 degrees

If using premade pie crust, let thaw for 15 minutes. Then pierce the bottom of the crust with a fork. Bake the pie crusts for ten minutes and remove from the oven and set aside. Raise the oven temperature to 400 degrees.

Crustless method, spray two eight inch pie plates with cooking spray and set aside.

In a large frying pan melt the butter and cook the onion until soft. Add the mushrooms, broccoli, turkey bacon and chicken sausages. Cook on medium heat for two or three minutes. Divide the mixture and place on the bottom of the pie crusts or pie plates.

In a large bowl, beat the eggs with a whisk. Add ingredients 2-6 to the eggs and mix with a large spoon or spatula until all ingredients are well combined. Pour the egg mixture evenly into the pie pans. Place the pans on a baking sheet and cover loosely with aluminum foil. Bake for 45 minutes, then remove the foil and cook for an additional 15 minutes. Let sit for five minutes before serving.



The Heart-Mind Connection

Working Together for Good Health

HEALTHY HABITS 
by Cathy Patton

A Year In Review

Raise your hand if you found 2020 and now even 2021 stressful? Just looking at events in the news, let alone our own personal lives was enough to make us turn televisions and access to any social media off. One year ago, schools shut-down and parents became at home teachers; jobs had employees working from home-if you were lucky; unemployment was at an all-time high; Black Lives Matter stepped in to lead the way for the unjust murders in our neighborhoods; food deprivation increased as access to supplies decreased; we were forced to limit contact with family and friends, and as the days went on the list of do-not's grew.

The internal impact of these event details on our bodies varied from lack of, or too much sleep; loss of, or increase of appetites; desires to exercise, but minimal energy to do so. Most of us recognized that what we felt was stress and as emotions begin in our brain, we began to practice healing methods like meditation, read relaxing articles or books, even began to take on fun dance challenges shared on Tik-Tok. We did anything that assisted us in moving out thoughts to something positive. But while we were focusing on our minds, we missed other signs of how these thoughts and emotions were affecting other parts of our body, particularly our heart.

Have you ever heard the saying *what is good for our hearts is also good for our minds*. If you think about it, feelings we attribute to our heart, actually begin in the brain. When we feel sad, hurt, or love, we often place our hands on our chest area as a sign of any of these emotions.

We often think of the heart and brain as being completely separate from each other. After all, your heart and brain are located in different regions of your body, and cardiology and neurology are separate disciplines. Yet these organs are intimately connected, and when your emotions adversely affect your brain, your heart is affected as well.

According to an article in the Harvard Medical School: Harvard Health Publishing



The negative impact of emotions when your heart is already vulnerable

There are two kinds of stress that impact your brain. Helpful stress can assist you with getting things done by helping you focus your attention. Unhelpful stress, on the other hand, can be so severe that it can lead to fatigue and heart disease.

If you have coronary artery disease, your heart may be deprived of oxygen. This deprivation, called myocardial ischemia, can occur in as many as 30% to 50% of all patients with CAD. It can be further exacerbated by emotional stress. In fact, if you have any type of heart disease, any strong emotion such as anger may also cause severe and fatal irregular heart rhythms. Expressions like “died from fright” and “worried to death” are not just hyperbole — they are physiologic possibilities. Furthermore, when patients with newly diagnosed heart disease become depressed, that depression increases the risk that a harmful heart-related event will occur within that year.

The Heart-Mind Connection

Working Together for Good Health

(continued)

HEALTHY HABITS 
by Cathy Patton

The negative impact of emotions when you have no heart disease

Of course, stress can have a big effect on your heart even if you don't have heart disease. Recent studies have also observed these changes in the settings of stress, anxiety, and depression — all of which are, of course, brain-based conditions. Even in people with no prior heart disease, major depression doubles the risk of dying from heart-related cause

Cardiac psychology: Tending to your emotions for your heart's sake

It is important to control your worry and stress, not just because you will worry less and feel better, but because less worry means less stress for your heart. This applies to the entire range of stressors, from a small episode of acute panic to a larger context such as living through a natural disaster. For all the reasons outlined above, a new emotion-based approach to heart health, called cardiac psychology, is receiving increasing interest. You really can change your brain and get a healthier heart in the process.

It is important to make mention here that according to The Center for Disease Control (CDC):

- The death rate for African Americans decreased **25%** from 1999 to 2015.
- African Americans ages 18-49 are **2 times** as likely to die from heart disease than whites.
- African Americans ages 35-64 years are **50%** more likely to have high blood pressure than whites.

These statistics are attributed to some social factors of African American households and communities due to:

- Living with higher rates of Unemployment
- Lower rates of home ownership
- Less access to affordable healthy food options, therefore increasing obesity

These factors, along with numerous others increase the stress levels of persons of color versus our White counterparts. We know we can make daily efforts to improve our health, like maintaining a healthy diet, and increase our movement and exercise, but we carry issues and social burdens facing us every day, so reducing our levels of stress requires larger planning efforts.

Here are things we can do to address the larger issues in our communities and with health disparities that will help our hearts and minds to have a better relationship.

- Work with our Federal and local governments to supporting actions to create healthy food environments and increase physical activity in underserved communities.
- Require public health professionals to use proven programs to reduce disparities and barriers to create opportunities for health.
- Work with other sectors, such as faith and community organizations, education, business, transportation, and housing, to create social and economic conditions that promote a health start in childhood.
- Link more people to doctors, nurses, or community health centers to encourage regular and follow-up medical visits.
- Develop and provide trainings for healthcare professionals to understand cultural differences in how patients interact with providers and the healthcare system.

Most importantly be your own advocate. If there are stressors in your life, that you fear are impacting your overall health, then be honest and have conversation with your health care professionals so they can treat the whole person. Your Heart and Mind are in your hands.





ASSISTANCE

**FREE ONLINE MENTAL HEALTH
RESOURCES DURING THE
CORONAVIRUS EPIDEMIC****FEELING ANXIOUS OR DEPRESSED?
YOU ARE NOT ALONE!**

Although in-person support groups are not meeting during the Covid-19 pandemic, you still have options to connect **ONLINE** through audio or videoconferencing. Check out the **FREE** options below. Be #coronastrong

NEED TO CONNECT?

- Talk to a peer at Soundview Warmline, 800-921-0359, daily from 5pm-10pm
- Free forums & chats at www.7cups.com
- Older adult check-in (Greenwich), 203-862-6700
- Community Mindfulness Project (New Canaan), free meditation daily at 7am, 12n, 7pm: 857-799-9498

SUPPORTS FOR YOUNG ADULTS?**CT's Young Adult Warmline:**

- Call 1-855-6-HOPENOW daily from 12pm-9pm. (Other times: call Patricia at 860-549-2435)

NAMI Young Adult Connection

- Community check-In, daily from 3:30-4:30pm. Info: Val at vlpoutre@namict.org

SPECIALIZED SUPPORT GROUPS:

- SMART Recovery videoconferences: Ages 18+, Tuesdays at 6; Teens, Wednesdays at 4; ; Family & Friends Thursdays at 6:30; Join at: meetings.ringcentral.com/j/6651939516
- Hearing Voices Network: Info: Skye at scollins@advocacyunlimited.org

IN A CRISIS?

- Kids in Crisis: 203-327-KIDS
- Text the Crisis Text Line at 741741
- Call the National Suicide LifeLine at 800-273-TALK
- Call The Trevor Project (LGBTQ support): 866-488-7386
- Dial 2-1-1, select option 1 for CT's mobile crisis
- Call 911 and ask for a Crisis Intervention Trained (CIT) officer

Find more resources and behavioral health treatment options at
www.thehubct.org/treatment





ASSISTANCE



SMART RECOVERY DURING COVID 19!

**FEEL OVERWHELMED OR ANXIOUS?
USING ALCOHOL & DRUGS TO COPE?**

SMART Recovery peer groups help you develop self-management and coping skills to make positive changes in your life or help a loved one.

FREE online groups (audio or video) with facilitators right here in Southwest CT:

- Ages 18 & up: Tuesdays, 6pm-7:30pm
- Teens: Wednesdays, 4pm-5:30pm
- Family & Friends: Thursdays, 6:30-8pm



<https://meetings.ringcentral.com/j/6651939516>
Click meeting link on thehubct.org/calendar



Questions: Contact Amy at oestreicher@thehubct.org

Visit TurningPointCT.org/smart or TheHubCT.org/freepeersupport



He Cried Out to His Mama

by Samantha Burton

YOUTH SPEAK 

Mama I know I did some things to make you frown
Mama I know I did some things to make you proud
Mama I been up and down this road searching to be the best man that I can be
But Mama I feel like the walls are closing in on me

Mama I feel like no matter what I do, I can't win
Mama my enemies are after me because some of them think that
the color of my skin is a sin
Mama I remember when I was a protected child in your womb
But Mama now that I'm out of your womb, Some people treat me so cruel

Mama someone's got their knee on my neck
Mama I can't breathe
Mama I know I'm not perfect
But Mama what did I do to deserve this?
Mama I'm crying out to you from the Earth to the Heavens above
Mama come save me, I'm your child, I need my Mama's love

With my last breath my Mama appeared and she said to me
my precious child, Mama is here and you have nothing to fear
My precious child, let go and let God
For you are now free with your Mama
In Heaven Resting Peacefully!



Time has come for Tyler Gordon, 14 year-old painting prodigy from San Jose



Artist Tyler Gordon, 14, had to choose from four portraits of basketball great LeBron James for Time magazine's Athlete of the Year issue, and he chose his favorite, the black-and-white one on the far left. Photo: Nina Riggio, Special to The Chronicle.

When Tyler Gordon paints, he starts with the darkest and most defined facial features: the line of the eyes, the structure of the jaw, the shadow from the chin. He continues with the medium-shaded areas, lips, hair and nose, then finishes with the lightest surfaces, like the cheekbones and smile lines. In about 30 minutes, he can create a portrait that might take other artists hours.

A video Tyler posted to Twitter on Nov. 22 shows a time-lapse version of this process from start to finish. Tyler sits by San Francisco Bay with his easel and canvas, the Golden Gate Bridge behind him. At the end, he stands, gives a thumbs-up and shows the final painting, revealing the face of Vice President-elect Kamala Harris.

"I'm overwhelmed by the magnificence of your artistry," Harris told Tyler in a phone call after the video racked up more than 1.5 million views. "You really have a gift, my goodness, such a gift." She closed by saying she hoped she could meet the 14-year-old San Jose artist one day.

Like other teenagers, Tyler loves video games, doesn't always clean his room and is adjusting to distance learning. But, aided by social media and a message about overcoming significant physical and social obstacles, he also commands a \$3,500 starting price for portrait commissions and is getting national attention for his portraits of celebrities such as Harris, comedian Steve Harvey and actor Chadwick Boseman.

"I pick people who inspire me," the Overfelt High School freshman says of his portrait subjects. As a Black teenager, Tyler says he appreciates Harris' historic significance as the first female and Black Indian American vice president. "Kamala Harris inspires me. She broke tons of barriers, and I have too."

Tyler describes himself as partially deaf, with a stutter and vitamin D deficiency. He says he has endured years of bullying in school. But this month, he broke another barrier when his portrait of NBA superstar LeBron James was the cover image for Time magazine's Athlete of the Year award.

Tyler himself was a finalist for Time's Kid of the Year honor.

Time has come for Tyler Gordon

(continued)

YOUTH SPEAK 

Tyler Gordon, 14, holds his portrait of LeBron James for Time magazine's Athlete of the Year issue outside his family's apartment in San Jose. Photo: Nina Riggio, Special to The Chronicle. "Prodigy is the only way I can describe it," says Damien Escobar, a musician and gallery owner who has been Tyler's manager for a year. "He sees it and cranks it out in 30, 20, five minutes. He's a kid far beyond his years, he knows exactly what he wants."

After being shown Tyler's work by publicist Kasey Woods, Escobar gave the teen his first solo show at the Gloria Gail Gallery in Brooklyn in 2019. Upon meeting the teenager, Escobar says, "I knew I needed to put my hands on his career to make sure it's done right. It's a big brother-little brother relationship."

Tyler has been painting since he was 10. His only instruction has been watching his mother, Nicole Kindle, in her painting practice and getting advice from her. Spurred by a recurring dream where "God told me if I didn't paint, he would take it (the ability) away from me," he asked his mother for a canvas to paint a portrait of his elementary school principal. The piece took him 17 minutes. He entered it in a school contest and won.



"I put my own art on the back burner when I saw what he can do," says Kindle, adding that she mostly painted around the holidays to make extra money and that her older daughter is working two jobs to help buy painting supplies for Tyler. "When I saw his first painting, I said to him, 'This is what you want to do?' He said, 'It's all I want to do.' I told him I don't care if I spend my last dollar, you're going to have your dream."

Kindle and Escobar struggle at times to describe Tyler's abilities. It's not just what he can do, it's how fully formed his talent was from the beginning. There are times when he paints for hours, with few breaks, and completes several portraits, once finishing 32 in a day. His focus is intense, and his "shadow painting" process consistent.

"The reason I call it shadow painting is because I paint the light and shadow off people's faces," Tyler says. "The part of the face with no light gets darker colors first, if I do the lighter colors first, it won't look right to me."

Susan Stauter, artistic director emeritus of the San Francisco Unified School District, says there are occasionally young people who come into the world with an intrinsic ability that seems advanced beyond their years — highly developed muscle control, hand-eye coordination, style and an ability to replicate what they see with little or no training.

"It's uncommon," says Jaime Austin, director of exhibitions and public programming at California College of the Arts. "Tyler is incredibly prolific, but it's the fact that he has his own style is what I find unique. It would be more common at that age to try on artistic styles. It's less common for people at that age to have their own style they do and follow through so consistently."

“It feels like it’s a language of really sophisticated graphic novel portraiture and the great tradition of pop likeness,” says Alison Gass, the director and chief curator at the San Jose Institute of Contemporary Art. Gass says Tyler’s work has arrived at a moment when portraiture has become a tool of representative equity, and social media have changed the way images like Shepard Fairey’s “Hope” portrait of Barack Obama have a life beyond the confines of the traditional art world.

“Social media is a democratizer,” Gass says. “You still need to have the skill and work, but especially during COVID, it’s clear we don’t need to go to galleries or art fairs to discover great new artists. It’s a powerful mechanism to learn about new artists wherever they are.”

Tyler, his mother says, is “the baby” of her five children — even though he points out that technically, he was born before his twin brother, Taylor. Kindle divorced her children’s father while she was pregnant with the twins. Tyler and Taylor were born 10 weeks premature. and Tyler, the weaker of the two, was put on life support.

“They counted him out from the beginning,” Kindle says. After placing the twins together in the same incubation unit, Tyler began to get stronger, but doctors warned he would probably be developmentally delayed and possibly blind. Tyler could see, but when he was 2 years old, Kindle noticed that he frequently held his ears and didn’t respond to her voice. She suspected he might be hearing impaired but was rebuffed by doctors, who dismissed her.

It wasn’t until he started school and a teacher also voiced concern that Tyler finally got a diagnosis of otosclerosis: deafness resulting from bones fused together behind his ears. He was 5 when he had surgery that allowed him to hear.

“I honestly think it was his medical insurance,” Kindle says of the delay. “I was on welfare. He was on Medi-Cal, the cheapest health care out there. The tests he needed would get denied.”

Tyler now uses hearing aids.

Once he began speaking, Tyler developed a stutter, which made him a target of bullies. In junior high, after breaking bones in his legs because of a vitamin D deficiency, he used a wheelchair for two years, making him further vulnerable to taunts and even physical violence from other students. As recently as February, Tyler broke his two front teeth after other students loosened the screws on his desk, causing him to fall and injure himself. Due to appear with the San Jose Sharks the next day to present some artwork, he spent the night getting an emergency dental procedure.

Time has come for Tyler Gordon (continued)

YOUTH SPEAK 



Tyler Gordon, alongside his mother, Nicole Kindle, holds his portrait of LeBron James outside the family apartment in San Jose. Photo: Nina Riggio, Special to The Chronicle

Through it all, Tyler says, painting has been his salvation, a protected place that makes him feel invigorated and that he's fulfilling his purpose. Celebrity fans of Tyler's include singer Janet Jackson, 49ers star Richard Sherman, NBA superstar Kevin Durant and singer-actress Janelle Monáe, who commissioned a portrait. Tyler is also a featured artist in "Heirs to the Throne," an exhibition at the Beverly Center in Los Angeles that also includes work by one of his artistic heroes, Jean-Michel Basquiat.

Along with appearances on programs such as "The Today Show," Tyler has expanded his presence in popular culture through Twitter and Instagram, platforms where he has about 50,000 followers each. Austin says Tyler's painting process, and the way it can be shown from start to finish with time-lapse video, is tailor-made for contemporary sensibilities. The artist's social media strategy is his own design, Escobar says. "He needs very little help with that. The vision is his, we just want to put his visibility on steroids."

While 2020 has been challenging for Tyler, it has also been fruitful. He loves online learning. He doesn't have to change out of his pajamas for school and doesn't have to deal with bullies. Some of his former tormentors have reached out to him since his newfound fame, he says, but he's not interested in opportunists.

What has been difficult for Tyler is the lack of speech therapy through virtual learning, his mother says. Kindle worries her son's stutter has regressed without access to in-person therapy, although Overfelt High School began offering virtual speech therapy in November, according to Principal Vito Chiala.

But virtual learning has also given him more freedom to paint. Although Kindle says Tyler finds plenty of time to play "Fortnite" and video-chat with friends, he has also been busy building his career. He says he has his own sneaker collection coming out next year, a waiting list for portrait commissions and a line of apparel featuring his artwork. He is working on a nonprofit organization called Tongue Tyed, focused on ending bullying and helping other young people with speech impediments.

Austin and Gass say they are curious to see where Tyler goes with his painting, but the 14-year-old already has one goal in mind: One day, he'd like to paint the official presidential portrait. He's already made a portrait of President-elect Joe Biden.

"Joe Biden inspired me to accept my stutter," Tyler says. "He stutters as well and is not afraid to use his voice. Neither am I."



SQUIGLY'S ALPHABET PUZZLE

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

Letters

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

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

ZOOM

YOUTH SATURDAYS

GENERATION NEXT

MEETING CODE EMAILED WEEKLY

WANT TO JOIN US?



EVERY SATURDAY



11:00 AM

AGES 3 & UP

SEND YOUR EMAIL TO ADMIN@MTAERYBAPTIST.ORG TO GET ON THE LIST

Simple Brain Exercises and Cognitive Activities for Seniors

G.R.A.C.E. 

Often times when we think of a healthy lifestyle and healthy living habits, we primarily focus on the body. While it's important to take part in healthy habits for our physical health, like working out and eating a balanced diet, it's just as important to pay attention to our mental health. Just like physical exercising that benefits your body and muscles, mental exercises also play a critical role in strengthening and maintaining overall brain functions.

To help keep your brain as limber and fit as your muscles and body, we've put together a list of a few cognitive activities and memory games for seniors.

Cognitive Activities for Adults

Part of maintaining your overall health includes keeping your cognitive skills sharp through various activities which allow you to practice your critical thinking, speaking, reading, recalling memories, making sound judgments and learning. There are many simple cognitive activities for adults which can be done on a daily or weekly basis.

THOUGHTFUL CONVERSATIONS

Conversations allow people to practice speaking, critical thinking and many other cognitive aspects which stimulate and refresh their mind. This is especially important for older adults as people tend to withdraw from social interaction as they age.

MEDITATION

One of the best brain exercises for seniors is meditation. The reason for this is that meditation allows one to relax and focus on their thoughts and emotions. There are many free apps available that provide guided meditation for those unfamiliar with how to meditate.

[Omnavia](#) is one of the top free apps available and offers a whole library dedicated to different meditation techniques.

ART CLASSES

Art is a great way to express one's emotions and thoughts in a manner which practices hand-eye coordination and encourages a happier mood. Doing art activities, such as watercolor painting, allows the artist to self-reflect on their piece and the emotions which contributed to their creation. All of these benefits help keep your mind sharpened and your cognitive abilities strong.

LANGUAGE CLASSES

Practicing another language is a great way for seniors to practice their ability to speak, recall information and improve critical thinking. In fact, practicing languages is even said to help deter dementia in the elderly.

NATURE WALKS

If you're able to comfortably walk for long stretches at a time, nature walks are another great brain exercise for seniors. Leisurely nature walks are said to promote socialization, independence and feeling relaxed. This helps older adults feel connected to what is around them and to themselves. Keeping track of interesting landmarks and animals throughout your walk also helps keep your ability to recall details sharp.

Brain games for seniors and games that rely on memory are a great choice for seniors to keep exercising their noggins! There are plenty of game options out there for seniors to choose from.

JIGSAW PUZZLES

Traditional jigsaw puzzles are a popular option because they are easy to understand, simple to do and can be done over a long period of time. What is key about jigsaw puzzles is that they encourage one to use their spatial skills, ability to concentrate and creativity and their general problem-solving ability.

SUDOKU

For those looking to practice their ability to find and recognize patterns, Sudoku is a great choice. With easy-to-understand rules, Sudoku is all about finding patterns and using those patterns to solve problems. One's intuition and judging abilities are practiced, and this is incredibly important for seniors.

CONCENTRATION CARD GAME

Concentration, the card game where pairs of images are turned face-down and the player must match the pairs together, helps improve one's ability to focus, recall details and make sound judgments based off of known information. It's a simple game that only requires a deck of cards with images on them.

WORD GAMES FOR SENIORS

What separates word games from memory games for seniors is how word games force the player to think outside the puzzle's content itself and recall their knowledge to complete the puzzle. This is great for strengthening your ability to recall and associate.

CROSSWORDS

The beauty of crosswords as a tool to maintain cognitive health is that they only provide simple hints and the player must consider what knowledge they have and recall a possible answer for the puzzle. Even better, you can do crosswords with friends to practice critical thinking through discussions about what you found as answers for the possible.

LOGIC PUZZLES

Riddles and other such logic puzzles are also great word games for seniors. These sorts of puzzles provide hints in the puzzle themselves and require the player to combine known information with ideas that can be blended together into a plausible solution. This ability to associate ideas with solutions, connect recognizable patterns and remembering what information the puzzle provides are all great ways to maintain your cognitive abilities.

“Beautiful Are Their Feet”

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

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

ALICIA TYSON SHERWOOD
ANTHONY BENNETT
CHYRON KEARNEY
COLIN JONES
DAWRELL RICH
DIONNE BOISSIERE
IMANI JONES
JEROME STREETS

JERRY SIMMONS
KATHY WILLIAMSON
MAXINE PLUMMER
MIKE JONES
MIKE WALTON
NANCY KINGWOOD SMALL
ODELL COOPER

PORSHA WILLIAMS
QUEEN CURRAN
RON BLACKWELL
THOMAS WILLIAMS
TONYA LANGLEY
VELVA JEAN TUCKER

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.

Keeping Children Safe Online and Building a Digital Defense for School Kids and Cell Phone Safety



Keeping Children Safe Online

What unique risks are associated with children?

When a child is using your computer, normal safeguards and security practices may not be sufficient. Children present additional challenges because of their natural characteristics: innocence, curiosity, desire for independence, and fear of punishment. You need to consider these characteristics when determining how to protect your data and the child.

You may think that because the child is only playing a game, or researching a term paper, or typing a homework assignment, he or she can't cause any harm. But what if, when saving her paper, the child deletes a necessary program file? Or what if she unintentionally visits a malicious web page that infects your computer with a virus? These are just two possible scenarios. Mistakes happen, but the child may not realize what she's done or may not tell you what happened because she's afraid of getting punished.

Online predators present another significant threat, particularly to children. Because the nature of the internet is so anonymous, it is easy for people to misrepresent themselves and manipulate or trick other users (see [Avoiding Social Engineering and Phishing Attacks](#) for some examples). Adults often fall victim to these ploys, and children, who are usually much more open and trusting, are even easier targets. Another growing problem is cyberbullying. These threats are even greater if a child has access to email or instant messaging programs, visits chat rooms, and/or uses social networking sites.

What can you do?

- **Be involved** - Consider activities you can work on together, whether it be playing a game, researching a topic you had been talking about (e.g., family vacation spots, a particular hobby, a historical figure), or putting together a family newsletter. This will allow you to supervise your child's online activities while teaching her good computer habits.
- **Keep your computer in an open area** - If your computer is in a high-traffic area, you will be able to easily monitor the computer activity. Not only does this accessibility deter a child from doing something she knows she's not allowed to do, it also gives you the opportunity to intervene if you notice a behavior that could have negative consequences.

Set rules and warn about dangers - Make sure your child knows the boundaries of what she is allowed to do on the computer. These boundaries should be appropriate for the child's age, knowledge, and maturity, but they may include rules about how long she is allowed to be on the computer, what sites she is allowed to visit, what software programs she can use, and what tasks or activities she is allowed to do.

Keeping Children Safe Online and Building a Digital Defense for School Kids and Cell Phone Safety (continued)

SECURITY CORNER 

by Deacon Henry Smalls, Jr.

- You should also talk to children about the dangers of the internet so that they recognize suspicious behavior or activity. Discuss the risks of sharing certain types of information (e.g., that they're home alone) and the benefits to only communicating and sharing information with people they know (see [Using Instant Messaging and Chat Rooms Safely](#), [Staying Safe on Social Network Sites](#), and the document [Socializing Securely: Using Social Networking Services](#) for more information). The goal isn't to scare them, it's to make them more aware. Make sure to include the topic of cyberbullying in these discussions (see [Dealing with Cyberbullies](#) for more information).
- **Monitor computer activity** - Be aware of what your child is doing on the computer, including which websites she is visiting. If she is using email, instant messaging, or chat rooms, try to get a sense of who she is corresponding with and whether she actually knows them.
- **Keep lines of communication open** - Let your child know that she can approach you with any questions or concerns about behaviors or problems she may have encountered on the computer.
- **Consider partitioning your computer into separate accounts** - Most operating systems give you the option of creating a different user account for each user. If you're worried that your child may accidentally access, modify, and/or delete your files, you can give her a separate account and decrease the amount of access and number of privileges she has.

If you don't have separate accounts, you need to be especially careful about your security settings. In addition to limiting functionality within your browser (see [Evaluating Your Web Browser's Security Settings](#) for more information), avoid letting your browser remember passwords and other personal information (see [Browsing Safely: Understanding Active Content and Cookies](#)). Also, it is always important to keep your virus definitions up to date (see [Understanding Anti-Virus Software](#)).

- **Consider implementing parental controls** - You may be able to set some parental controls within your browser. For example, Internet Explorer allows you to restrict or allow certain websites to be viewed on your computer, and you can protect these settings with a password. To find those options, click **Tools** on your menu bar, select **Internet Options**, choose the **Content** tab, and click the **Enable...** button under **Content Advisor**.

There are other resources you can use to control and/or monitor your child's online activity. Some ISPs offer services designed to protect children online. Contact your ISP to see if any of these services are available. There are also special software programs you can install on your computer. Different programs offer different features and capabilities, so you can find one that best suits your needs.

Additional information

The following resources offer additional information about protecting children online:

- Talking with Kids About Being Online:
<https://www.whitehouse.gov/wp-content/uploads/2018/05/Talking-with-kids-about-being-online-2018.pdf>
- StaySafeOnline:
<https://www.staysafeonline.org/>
- Stop. Think. Connect.:
<https://www.dhs.gov/stophinkconnect>
- Concerned Parent's Internet Safety Toolbox:
<http://backgroundchecks.org/the-concerned-parents-toolbox-120-tools-and-tricks-to-protect-your-kids.html>

Keeping Children Safe Online and Building a Digital Defense for School Kids and Cell Phone Safety (continued)

SECURITY CORNER 
by Deacon Henry Smalls, Jr.

FBI Tech Tuesday: Building a Digital Defense for School Kids and Cell Phone Safety

PHOENIX, AZ—Summer break is over, and it's time to pack up the backpacks and lunch bags for another school year. Many students are headed back to class with cell phones in their pockets. More and more kids are getting phones by the time they enter middle school—and some are toting their phones through elementary school hallways.

Cell phones are a great way for parents to keep in touch with their children. But, parents and kids alike need to recognize the risks that come bundled with that device. From scams to cyber bullies—if your child is old enough to have and carry a phone, then it's also time to have a conversation with him or her about potential risks.

Here are 10 basic phone/computer tips to help keep your child safe:

- The phone should default to a locked setting. The only people who should have that access code are the child and the parent.
- Parents should know every password to every device and every password to every app on that device. Sure you want your kids to have some privacy as they grow up, but they are still kids. You pay the bill, and as long as that child is a child, he or she is your responsibility.
- Check those accounts—as well as instant messaging programs and texts—for disturbing content on a regular basis. You and your kids should have a non-negotiable understanding that this access is a requirement for continued phone use.
- Parents should make sure their child is using appropriate screen names. “Babygirl2005” and “sweet16” may sound cute and innocent, but they can be a beacon to predators.
- Check the privacy and security settings on the phone and the apps. Check regularly to make sure they are up-to-date.
- Learn about how photos are geo-tagged. Even if you are discreet about what you post, your photos could be tagged in the meta-data with your child's exact location. Do you want just anybody to know what school your child goes to or what field his team uses for soccer practice? You should be able to turn this feature off in settings.
- Teach your kids to never respond to calls, texts, or emails from unknown numbers or people. Scam artists and predators will victimize anyone, regardless of age.
- Talk early and often to your child about the dangers that they may find on the other end of the line. If your child is old enough to carry a phone to school, he is old enough to have a frank discussion with you. Be open and responsive. If your child does encounter a bully or other disturbing content, you want him to feel like he can come to you to for help.
- Talk to your kids about what constitutes appropriate language and photos. One sexually explicit photo can change a life forever. It is crucial that they understand that just because something starts out as a private communication between two people does not mean that it can't be shared with thousands of people in mere seconds.
- Teach your children to program the privacy settings on social media feeds to the highest level and to reject any “friend requests” from those they don't know and trust in a face-to-face relationship. Parents should also consider forbidding any new “friend requests” by their kids, without parent approval.
- If you or your child has been victimized by an online crime, make a report to the FBI. You can file an online report at the FBI's Internet Crime Complaint Center at www.ic3.gov or call your FBI local office.

www.FBI.gov
www.us

Money Problems

The Coronavirus Pandemic has altered every aspect of our lives, including our money problems. More people are filing for unemployment than ever before and many small business owners are struggling.

These hardships can also lead to an increase in “financial stress.” Financial stress contributes to a feeling of anxiety over financial problems as well as your everyday baggage. It can cause an impact on your health from the way you feel physically to how you interact with people.

There are three (3) major signs of oncoming stress:

- (1) Arguing more than usual about small things.
- (2) Having difficulty falling and staying asleep at night.
- (3) A sudden change in your eating habits.



Before you can address any issues, you must relax yourself and produce a financial plan that does not suffocate you, so you will be able to meet other challenges with a clear head. There are also ways to help keep a person balanced:

- Eat Healthy. You may have started eating unhealthy foods for comfort. GET BACK ON TRACK!
- Stick to an exercise plan; Meditate; Walk; Tai Chi; Yoga... pick one. They DO work.
- If need be, speak with your doctor. They will help you identify and subscribe something for your medical situation.

Just to refresh you. Make a budget you can adhere to. Eat as healthy as you can. Establish an exercise regimen suitable for your body.

Do not panic...Breathe!

Remember, we are all in this together. We pray for you...you pray for us.

Bountiful blessings physically, mentally, spiritually, and financially-

Deacon Cynthia Seabrook

Cicely Tyson (December 19, 1924 – January 28, 2021) was an American actress and fashion model. In a career spanning more than seven decades, she became known for her portrayal of strong African-American women.^{[1][2]} Tyson received three Primetime Emmy Awards, four Black Reel Awards, one Screen Actors Guild Award, one Tony Award, an honorary Academy Award, and a Peabody Award.



Having appeared in minor film and television roles early in her career, Tyson garnered widespread attention and critical acclaim for her performance as Rebecca Morgan in *Souder* (1972); she was nominated for both the Academy Award for Best Actress and Golden Globe Award for Best Actress in a Motion Picture – Drama for her work in the film. Tyson's portrayal of the title role in the 1974 television film *The Autobiography of Miss Jane Pittman*, based on the book by Ernest J. Gaines, won her further praise; among other accolades, the role won her two Emmy Awards and a nomination for a BAFTA Award for Best Actress in a Leading Role.

Tyson continued to act in film and on television in the 21st century. In 2011, she played the role of Constantine Jefferson in the award-winning film *The Help*. She also played the recurring role of Ophelia Harkness in the legal drama TV series *How to Get Away With Murder* since the show's inception in 2014, for which she was nominated for the Primetime Emmy Award for Outstanding Guest Actress in a Drama Series five times.

In addition to her screen career, Tyson appeared in various theater productions. She received a Vernon Rice Award in 1962 for her Off-Broadway performance in *Moon on a Rainbow Shawl*. Tyson also starred as Carrie Watts in the Broadway play *The Trip to Bountiful*, winning the Tony Award, the Outer Critics Award, and the Drama Desk Award for Best Actress in a Play in 2013. Tyson was named a Kennedy Center honoree in 2015. In November 2016, Tyson received the Presidential Medal of Freedom, which is the highest civilian honor in the United States. In 2020, she was inducted into the Television Hall of Fame.

She was born in East Harlem on December 19, 1924, the daughter of Fredericka (Huggins) Tyson, a domestic worker, and William Augustine Tyson, who worked as a carpenter and painter.^[3] She was one of three children.^[4] Her parents were immigrants from Nevis in the West Indies.^{[5][6]} Her father arrived in New York City at age 21 and was processed at Ellis Island on August 4, 1919.^[7]

Tyson grew up in a religious atmosphere. She sang in the choir and attended prayer meetings at an Episcopal church in [East Harlem](#). Tyson's mother was opposed to her becoming an actress and would not speak to her for a time. She changed her mind when she saw Cicely appear on stage.^[8]

Tyson was discovered by a photographer for [Ebony](#) magazine and became a successful fashion model. Her first acting role was on the [NBC](#) television series *Frontiers of Faith* in 1951.^[9] Tyson played her first film role in *Carib Gold* in 1956.^[10] She had small roles in the 1959 films *Odds Against Tomorrow* and *The Last Angry Man*. Her first stage appearance was in [Vinnette](#) Carroll's production of *Dark of the Moon* at the [Harlem YMCA](#) in 1958.^[8]

In the early 1960s, Tyson appeared in the original cast of French playwright [Jean Genet](#)'s *The Blacks*. She played the role of Stephanie Virtue Secret-Rose Diop; other notable cast members included; [Maya Angelou](#), [James Earl Jones](#), [Godfrey Cambridge](#), [Louis Gossett Jr.](#), and [Charles Gordone](#).^[11] The show was the longest running off-Broadway non-musical of the decade, running for 1,408 performances.^[12] She won the 1961-1962 Vernon Rice Award (later known as the [Drama Desk Award](#)) for her performance in another off-Broadway production, *Moon on a Rainbow Shawl*.^{[8][13]}

Tyson also appeared on the TV game show *To Tell The Truth* in 1963 as a contestant who tried to deceive the panelists into believing she was [Folk](#) singer [Shirley Abicair](#).

Tyson, who once worked for a social services agency, was spotted by producer [David Susskind](#) in *The Blacks* and in *Tiger, Tiger, Burning Bright*, and was cast for a role in the CBS TV series *East Side/West Side* (1963–1964), playing the secretary of a social worker played by [George C. Scott](#).^[8] She was at the time the only African American regular member of a TV cast,^{[14][15]} The show was noted for its treatment of social issues, and one of its episodes, on an African-American couple in [Harlem](#), was [blacked out](#) in [Atlanta](#) and [Shreveport, Louisiana](#).^[15]

In the mid-1960s she had a recurring role in the soap opera *The Guiding Light*.^[16] She appeared with [Sammy Davis Jr.](#) in the film *A Man Called Adam* (1966)^{[17][18]} and starred in the film version of *The Comedians* (1967) based on the [Graham Greene](#) novel.^[19] In 1968 Tyson had a featured role in *The Heart Is a Lonely Hunter*.^[20]

In 1972, Tyson played the role of Rebecca Morgan in the film *Sounder*. She was nominated for both the [Academy Award](#) and [Golden Globe Award](#) for Best Actress for her work in *Sounder*,^[21] and also won the [NSFC Best Actress](#) and [NBR Best Actress](#) Awards.^{[22][23]}

In 1974, Tyson played the title role in the television film *The Autobiography of Miss Jane Pittman*. Tyson's portrayal of a centenarian black woman's life from slavery until her death before the [Civil rights movement](#) won her a [Primetime Emmy Award for Outstanding Lead Actress – Miniseries or a Movie](#) and an [Emmy Award for Actress of the Year – Special](#). Tyson was also nominated for a [BAFTA Award for Best Actress in a Leading Role](#) for her work in this television film.^[24]

Tyson's television roles included; Binta in the 1977 miniseries *Roots*, for which she was nominated for a [Primetime Emmy Award for Outstanding Supporting Actress – Miniseries or a Movie](#); [Coretta Scott King](#) in the 1978 miniseries *King*, for which she was nominated for a [Primetime Emmy Award for Outstanding Lead Actress – Miniseries or a Movie](#); [Marva Collins](#) in the 1981 television film *The Marva Collins Story*, for which she received an [NAACP Image Award for Outstanding Actress in a Television Movie, Mini-Series or Dramatic Special](#) and was nominated for a [Primetime Emmy Award for Outstanding Lead Actress – Miniseries or a Movie](#),^[21] and [Muriel](#) in the 1986 television film *Samaritan: The Mitch Snyder Story*, for which she received an [NAACP Image Award for Outstanding Actress in a Television Movie, Mini-Series or Dramatic Special](#).^[25]

In 1989, Tyson appeared in the television miniseries, *The Women of Brewster Place*.^[26] In 1991, Tyson appeared in *Fried Green Tomatoes* as Sipsey.^[27] In the 1994–95 television series, *Sweet Justice*, Tyson portrayed a civil rights activist and attorney named Carrie Grace Battle, a character she modeled after Washington, D.C. civil rights and criminal defense lawyer Dovey Johnson Roundtree.^[28] Her other notable film roles include the dramas *Hoodlum* (1997) and *Diary of a Mad Black Woman* (2005), and the television films *Oldest Living Confederate Widow Tells All* (1994) (for which she received her third Emmy Award) and *A Lesson Before Dying* (1999).^[29] In 2005, Tyson co-starred in *Because of Winn-Dixie*.^[30]

In 2010, Tyson appeared in *Why Did I Get Married Too?* and narrated the Paul Robeson Award-winning documentary, *Up from the Bottoms: The Search for the American Dream*. In 2011, Tyson appeared in her first music video in Willow Smith's 21st Century Girl. That same year, she played Constantine Jefferson, a maid in Jackson, Mississippi, in the critically acclaimed period drama *The Help*.^[31] Set in the backdrop of the Civil Rights Movement, the film won the Broadcast Film Critics Association Award for Best Acting Ensemble and the Screen Actors Guild Award for Outstanding Performance by a Cast in a Motion Picture.^{[32][33]}

At the 67th Tony Awards, on June 9, 2013, Tyson won the Tony Award for Best Actress in a Play for her performance as Miss Carrie Watts in *The Trip to Bountiful*. Upon winning, the 88-year-old actress became the oldest recipient of the Best Actress Tony Award.^{[34][35]} She also won the Drama Desk Award for Outstanding Actress in a Play and the Outer Critics Circle Award for Outstanding Actress in a Play for the role.^{[36][37]}

In 2013, Tyson played a supporting role in the horror film *The Haunting in Connecticut 2: Ghosts of Georgia*.^[38] Beginning in 2014, Tyson guest-starred on *How to Get Away with Murder* as Ophelia Harkness, the mother of main character Annalise Keating (Viola Davis); for this role, she was nominated for a Primetime Emmy Award for Outstanding Guest Actress in a Drama Series in 2015, 2017, 2018, 2019, and 2020. In 2020, she was in the popular movie *A Fall From Grace* featured on Netflix.^[39]

In addition to her Screen Actor Guild Award, her Tony Award, her Emmy Awards, and her Black Reel Awards, Tyson received several other honors. In 1977, Tyson was inducted into the Black Filmmakers Hall of Fame. In 1980, she received the Golden Plate Award of the American Academy of Achievement.^[40] In 1982, Tyson was awarded the Women in Film Crystal Award. The award is given to outstanding women who, through their endurance and the excellence of their work, have helped to expand the role of women within the entertainment industry.^[41] In 1988, Tyson received a Candace Award for Distinguished Service from the National Coalition of 100 Black Women.^[42] In 1997, she received a star on the Hollywood Walk of Fame.^[43]

In 2005, Tyson was honored at Oprah Winfrey's Legends Ball. She was also honored by the Congress of Racial Equality, the National Association for the Advancement of Colored People, and the National Council of Negro Women.^{[44][45]} Tyson was awarded the NAACP's 2010 Spingarn Medal for her contribution to the entertainment industry, her modeling career, and her support of civil rights.^{[46][47][48]} Tyson was a recipient of the Kennedy Center Honors in 2015.^[49] She was awarded the United States' highest civilian honor, the Presidential Medal of Freedom, by President Barack Obama in November 2016.^[50] In September 2018, the Academy of Motion Picture Arts and Sciences announced that Tyson would receive an Academy Honorary Award.^[51] On November 18, 2018, Tyson became the first African-American woman to receive an honorary Oscar.^[52] In 2018, Tyson was inducted into the American Theater Hall of Fame.^[53] One of 12 soundstages was named after Tyson in her honor at Tyler Perry Studios. She was chosen to be inducted into the Television Academy's Hall of Fame in 2020.^[54]

Tyson received honorary degrees from Clark Atlanta University,^[55] Columbia University,^[56] Howard University,^[57] and Morehouse College, an all-male historically black college.^[58] The Cicely Tyson School of Performing and Fine Arts, a magnet school in East Orange, New Jersey, was named after her in 2009.^[59]

Tyson had a daughter when she was 17 years old.^[60] At age 18, Tyson married Kenneth Franklin on December 27, 1942.^[61] According to her divorce decree, her husband abandoned her after less than eighteen months of marriage. The marriage was formally dissolved in 1956.^{[62][63]}

Tyson began dating jazz trumpeter Miles Davis in the 1960s when he was in the process of divorcing dancer Frances Davis.^[64] Davis used a photo of Tyson for his 1967 album, Sorcerer. Davis told the press in 1967 that he intended to marry Tyson in March 1968 after his divorce was finalized,^[65] but he married singer Betty Davis that September.^[66]

Tyson and Davis rekindled their relationship in 1978. They were married on November 26, 1981, in a ceremony conducted by Atlanta mayor Andrew Young at the home of actor Bill Cosby. Their marriage was tumultuous due to Davis' volatile temper and infidelity.^[67] Davis credited Tyson with saving his life and helping him overcome his cocaine addiction.^[67] They resided in Malibu, California, and New York City, until she filed for divorce in 1988.^[68] Their divorce was finalized in 1989, two years before Davis died in 1991.^[67]



Tyson was godmother to the singer Lenny Kravitz, having been friends with his mother, actress Roxie Roker, as well as to Denzel Washington's daughter Katia; and Tyler Perry's son Aman.^[69]

Tyson was an honorary member of Delta Sigma Theta Sorority, Incorporated.^[70] She was a vegetarian.^[71]

Tyson's memoir, *Just As I Am*, was published January 26, 2021,^[72] and she was promoting the book during her final weeks. In an interview with Gayle King, asked how she wanted to be remembered, Tyson said, "I've done my best. That's all."^[73]

Tyson died on January 28, 2021, at the age of 96.^[72]

MARCH



March 1st

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

March 2nd

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

March 3rd

Deslandes, Dorothy
Frances, Gregory
Jackson, Laverne
Jordan, Manion
Kendricks, Kimberly
Kendricks, Rhonda
Myles, David
Smalls, Barbara
Szucs, Barbara
Wilson, Clarice

March 4th

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

March 5th

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

March 6th

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

March 7th

Annunziato, Kristen
Austin-Christy, Sharon
Baldwin, Dalaine J.
Carter, Sovah
Cobb, Sherrine
Colson, Sheila
Dumas, Renee
Johnson, Latasia
Mendez, Dezmondae
Mones, Barbara
Reid, Joel

March 8th

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

March 9th

Black, Geneysa
Cooper, Odell
Davy, Orlando
Maye, Shawneisha L.

March 10th

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

March 11th

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

March 12th

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

March 13th

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

March 14th

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

March 15th

Bigelow, Roxie
Brown, Stafford
Burton, Samantha
Jones, Jennifer

March 16th

Gatison, Thedis
Gerald, Johnny
May, Janet
McKenzie, Julian
McKenzie, Mabel
Miller-Hayes, Jocelyn
Paul, Candida
Wilson, Anita

March 17th

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

March 18th

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

March 19th

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

March 20th

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

March 21st

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

March 22nd

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

March 23rd

Byrd, Nannette
Cohen-Gatison, Mary
Dickey, Lindsay
Santiago, Barbara
Shepard, Willie
Christy, Alyssa
Hibbert, Sheryll
Moore, Debbie
Richardson, Willie Mae
Timmons, Rushawn
Williams, Porsha

March 24th

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

March 25th

Davis, Piaget
Patton, Garland

March 27th

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

March 28th

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

March 29th

Adams, Alisa
Jordan, Molly
Lee, Shelia
Maxwell, Troy
Green, Sampson
McIntosh, Joel
White, Princella
Williams, Terrance

March 30th

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

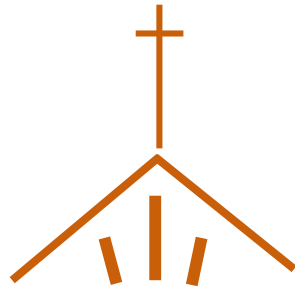


MARCH 2021 - JESUS AND THE DISINHERITED

Organized Prayer Times

Prayer time is 7:00am to 7:10am beginning 3/1/2021 through 3/31/2021. 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 Distance 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. Reference number for March 1, 2021 is 3361.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Exodus 34:28 Pastor Bennett	2 Ezra 8:21-23 Sis. Barnes	3 Isaiah 58:6 Sis. G. Williams	4 Joel 2:12 Sis. Alston	5 Matthew 6:16-18 Sis. Thompson-Bennett	6 Matthew 4:2 Rev. Sherwood
	FOCUSING ON OUR FAST					
7 Matthew 9:14-17 Deacon Gardner	8 1 Cor. 12:7-10 Sis. Smith	9 Romans 12:6-8 Sis. Simmons	10 1 Peter 4:10-11 Rev. Williamson	11 Colossians 3:23-24 Deacon Paul	12 James 4:6 Deacon Gist	13 Hebrews 3:13 Bro. Cummings
	FOCUSING ON OUR SPIRITUAL GIFTS					
14 Hebrews 10:24 Deacon Smith	15 2 Corinthians 9:10 Rev. Sherwood	16 Ephesians 4:15 Min. Langley	17 Colossians 1:10 Sis. Alston	18 1 Thess. 3:12 Pastor Nancy Kingwood-Small	19 Hebrews 6:1 Pastor Boissiere	20 2 Peter 1:5 Bro. Newton
	FOCUSING ON OUR SPIRITUAL GROWTH					
21 Psalm 139:14 Bro. Easley	22 Ephesians 5:29 Deacon Vermont	23 Proverbs 19:8 Bro. White	24 Mark 12:31 Sis. Ellis	25 Psalm 36:7 Rev. Walton	26 1 John 4:19 Deacon Hurst	27 Ephesians 2:4-5 Bro. Newton
	FOCUSING ON LOVING OURSELVES					
28 Philippians 2:6-11 Min. Langley	29 Isaiah 42:1-4 Deac. J. Seawright	30 Isaiah 49:1-4 Deacon Adetona	31 Matthew 26:14-16 Deacon A. Febres			
	HOLY WEEK					



**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

on the last Sunday of each month at 6:30 p.m. 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#



February 28
March 28
April 25
May 30
June 27
July 25
August 29
September 26
October 31
November 28
December 26

An Evening of Intentional Prayer Time for Pastor Bennett

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