November 2026 Vol. 157

MFTM

MESSAGE FROM THE MOUNT



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REMINDERS

- **All submissions for Message from the Mount** should be sent to mftm@mtaerybaptist.org by the Wednesday after second Sunday (next due is November 11th) of each month to be considered for the next issue.
- **If you are not feeling well**, we encourage you to stay home and watch online. But if you come to church, please wear a mask.
- **If you have an announcement for Pastor**, send to admin@mtaerybaptist.org by Wednesday, not Sunday morning.
- **Go to www.mtaerybaptist.org**
  - To join this ministry
  - To get updated information
- **Thank you for trusting God with your finances. You can request a contribution statement at any time in person, for pickup, via email at finance@mtaerybaptist.org or call and we will mail it out to you as well.**
  - Ways to give – Church/Ministry Donations only:
    - Mail in checks and money orders – 73 Frank Street, Bpt. CT 06604
    - Website and click on "give online" to give through Pushpay or download the app
    - Cash App - $MountAery
    - Zelle – finance@mtaerybaptist.org
    - Apple Pay
    - Offering baskets at the door before or after worship, tithing box in the front or bring to the church office

ANNOUNCEMENTS, WHICH ARE ALWAYS SUBJECT TO CHANGE, ARE AVAILABLE IN THE NARTHEX AND ON SOCIAL MEDIA THROUGH OUR WEBSITE, FACEBOOK PAGE AND INSTAGRAM.

BEREAVEMENTS

Keep Bereaved Families in Your Prayers

Audrey Gaines lost her daughter.

2026 CALENDAR

*Subject to Change

November

01 7:00 AM | MAAFA Seaside Sendoff at Seaside Park
9:30 AM | Dr. Daniel Black

14 2:00 PM | Paint and Chew sponsored by the Missionaries

24 Community Thanksgiving Dinner

December

02 Annual Holy Spirit Discernment Meeting

05 6:00 PM | Missionaries Annual Christmas Gala - more info to follow

20 Annual Youth Christmas Party

27 Kwanzaa Celebration

31 Watchnight

Janyary

18 9:00 AM | MLK Day Worship

30 5:00 PM | Open Mic at the Mount – sponsored by Music Ministry and Men's Fellowship – see flyer


Mount Aery Baptist Church
Music Ministry & Men's Ministry
PRESENTS
OPEN MIC
AT THE MOUNT!
SINGERS • MUSICIANS • DANCERS •
SPOKEN WORD • POETS • COMEDIANS • AND MORE!
Come Sing. Come Play. Come Laugh. Come Fellowship!
SATURDAY,
JANUARY 30, 2027
5:00 PM – 8:00 PM
Mount Aery Baptist Church
73 Frank Street • Bridgeport, CT
PERFORMERS WANTED!
Showcase Your God-Given Gifts
All Ages
GOOD FOOD • GREAT MUSIC • LOTS OF LAUGHTER • WONDERFUL FELLOWSHIP
Register at
www.mtaerybaptist.org or call 2033342757

BLACK HISTORY MOMENT







Photo credits: BlackPast.org,, All That Philly Jazz, National Museum of African American History & Culture

Did you know...

- The Pittsburgh Crawfords were a professional Negro league baseball team based in Pittsburgh, Pennsylvania. The team started as an interracial semi-pro youth squad in Pittsburgh's Hill District called the Crawford Colored Giants, named after a local bath house. In 1931, local African American businessman and philanthropist William "Gus" Greenlee bought the team and renamed them. The team featured a lineup of future National Baseball Hall of Famers, including: Satchel Paige (Pitcher), Josh Gibson (Catcher), James "Cool Papa" Bell (Outfielder), Oscar Charleston (First baseman/Manager), and Judy Johnson (Third baseman).

- The Negro Motorist Green-book was an annual travel and survival guide published by Harlem postal worker, Victor Hugo Green, from 1936 to 1967 to help African American motorists navigate safely during the Jim Crow era. One purpose was for safe travel where friendly and safe hotels, restaurants, gas stations, barber shops, and other businesses where Black travelers would be served and not turned away or exposed to danger.

- The National Museum of African American History & Culture is the only national museum devoted exclusively to the documentation of African American life, history, and culture. It was established by an Act of Congress in 2003, following decades of efforts to promote and highlight the contributions of African Americans. The museum opened to the public on September 24, 2016, during the Obama Administration as the 19th museum of the Smithsonian Institution.

There’s more, more and more! Find out for yourself!

TIME OUT

By Pastor Paulette Higgins

"Remember the Sabbath day, to keep it holy, six days, you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your GOD... For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it."
Exodus 20:8-11 NKJV

Every human being needs time to nourish body, mind and spirit. And as we are approaching what seems to be the busiest time of the year, taking time doesn't seem to come naturally. If it did, God probably wouldn't have had to command the human race to take one day a week to rest from work, to refresh themselves, and to renew their relationship with God. Just as nature shows you there are times to grow, to decline, to wake, and to sleep, you need to find a balance in life that allows for physical, emotional, mental, and spiritual ebb and flow.

Consider these few observations; Are there times when you procrastinate in order to give yourself a much-needed break?

When is the last time you set aside a day to do things that nourish you physically, emotionally, mentally and spiritually?

Don't allow the upcoming holidays, work quotas, parties, special celebrations deplete your well-being. Reserve one day a week for rest and worship. Avoid any work and focus on activities that restore your soul and strengthen your relationship with God and loved ones. Use this time to reflect on God's blessings and to recharge.

Creator of all, you have given us the Sabbath as a gift. Help me to honor this day by resting from my labors and focusing on you. Let it be a time of renewal and worship where I can experience your peace and grace. Amen

MONDAY MATTERS

by Denise Hanks “Coach D”



“"...Write the vision, and make it plain upon tables, that he may run that readeth it."

- Habakkuk 2:2 (KJV)

#3 THE CALL FRAMEWORK – Step Two: Reimagine What's Possible

Last month, we talked about the first step in my CALL Framework: **Consider**. I invited you to pay attention to your longings and discontents, those little nudges I call your "More Signals." Remember, you can be grateful for the life you have AND still desire something more. Hopefully, you've been paying attention to those signals and perhaps even started making a list.

Now, what do we do with that information?

Well, think about this. If you were going to build a house, would you gather lumber, bricks, and nails and start putting things together? Of course not! You would first decide what kind of house you wanted. You would create a blueprint. Why? Because it's much easier to build something when you know what you're building!

And yet, isn't it interesting how many of us approach our lives without a blueprint? We handle whatever comes our way, and do it all again tomorrow. We may have been very busy, but have we been intentionally creating a life we love living?

That brings us to the next step in my CALL Framework: **Reimagine What's Possible**. We're still in the Consider stage, learning to listen to what our hearts are telling us and explore what might be possible before deciding what comes next.

Let's start by giving ourselves permission to imagine. Not what you think you can afford, not what seems realistic based on your present circumstances, and certainly not what everybody else thinks you should do. I'm asking you to consider what you would truly LOVE.

What would vibrant health look and feel like for you? What kind of relationships would bring you joy and connection? How would you love to spend your time and use your God-given gifts? What would greater freedom with your time and money make possible?

I'm asking what you would LOVE, not what you think you can HAVE. That's an important distinction. We often limit our dreams to what we already know how to accomplish. If we only imagine what we already know how to do, where is the opportunity for growth? Where is the room for God to do something greater?

Now, before we get carried away with every wonderful possibility, we want to test our dream. Just because something sounds exciting doesn't necessarily mean it's the right dream for us.

Here are questions for “The Possibility Check” to consider:

- *What is calling for my attention? When I imagine this possibility, what feels exciting, meaningful, or deeply important to me?*
- *What would become possible? If I allowed myself to explore this desire, how might my everyday life change?*
- *What am I willing to explore? What is one small way I can give this possibility more attention without needing to know exactly how it will happen?*

Here's something I've learned about the mind. Oftentimes, the moment we begin imagining something wonderful, another voice shows up to tell us why it won't work. Sound familiar? That's where many of us get stuck. We have an inspiring idea, and almost immediately our minds start asking, "How am I going to do that?" "Where will the money come from?" "What if it doesn't work?"

That's not necessarily wisdom speaking. Sometimes it's simply an old thought pattern trying to keep us comfortable with what's familiar. We don't have to argue with that voice or believe everything it says. We can notice it, take a breath, and return to the question, "What would I love?"

Those may be questions to address later, but they don't have to decide what you're allowed to dream today.

So, what do you do on Monday?

In your notebook, choose just ONE of the four areas of your life and write a few sentences describing what you would love to experience. Write as though it is already happening. Allow yourself to imagine the details. Then look at what you've written and ask yourself: How does it feel? What am I doing differently? What has become possible? You don't have to get everything figured out this week, or this month. We're simply beginning to create the blueprint.

Remember, God didn't give you the ability to imagine a greater possibility so you could spend your life talking yourself out of it. Perhaps that vision stirring in your heart deserves a little more attention.

Until next month, keep listening, keep imagining, and keep aligning your life with the possibilities God has placed within you.

To your journey!

NOVEMBER PRAYER CALENDAR

November 2026 ~ Healing, Justice & Overcoming The Calamity - Isaiah 61:1-3, 8

Organized Prayer is 7:00am to 7:10am beginning 11/1/2026 through 11/30/2026. Conference Dial-in Number: 716.427.1336, Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. To playback prayer: 716.427.1343, access code is 111933#. This is not a toll free call, Long Distances Charges May Apply. Note: Do not announce yourself if you call after 6:58am. Please mute your phone so that prayer will not be disturbed. Habakkuk 2:2-3 NIV.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Pastor Bennett	2 Sis. Barnes-Ward	3 Elder Deborah Whitaker	4 Rev. Tucker	5 Sis. Thompson-Bennett	6 Rev. Dr. Sherwood	7 Deacon Gardner
		The Power Of Our Testimony - Revelations 12:11				
8 Sis. Smith	9 Sis. Simmons	10 Deacon Hurst	11 Rev. Simmons	12 Deacon April Gist	13 Bro. Cummings	14 Deacon Smith
		Spiritual Warfare & Liberation - Ephesians 6:12				
15 Elder Deborah Whitaker	16 Dr. Morris	17 Sis. Alston	18 Pastor Kingwood-Smalls	19 Pastor Boissiere	20 Sis. S. Jackson	21 Bro. Easley
		Holistic Health & Divine Healing - 3 John 1:2				
22 Deacon Vermont	23 Bro. White	24 Sis. Ellis	25 Sis. Newton-Foster	26 Deacon Hurst	27 Bro. Newton	28 Min. Langley
		Unconditional Gratitude & Abundance - Psalm 100:4-5				
29 Bro. Cummings	30 Rev. King					
		Walking In Spiritual Vigilance - Matthew 25:13				