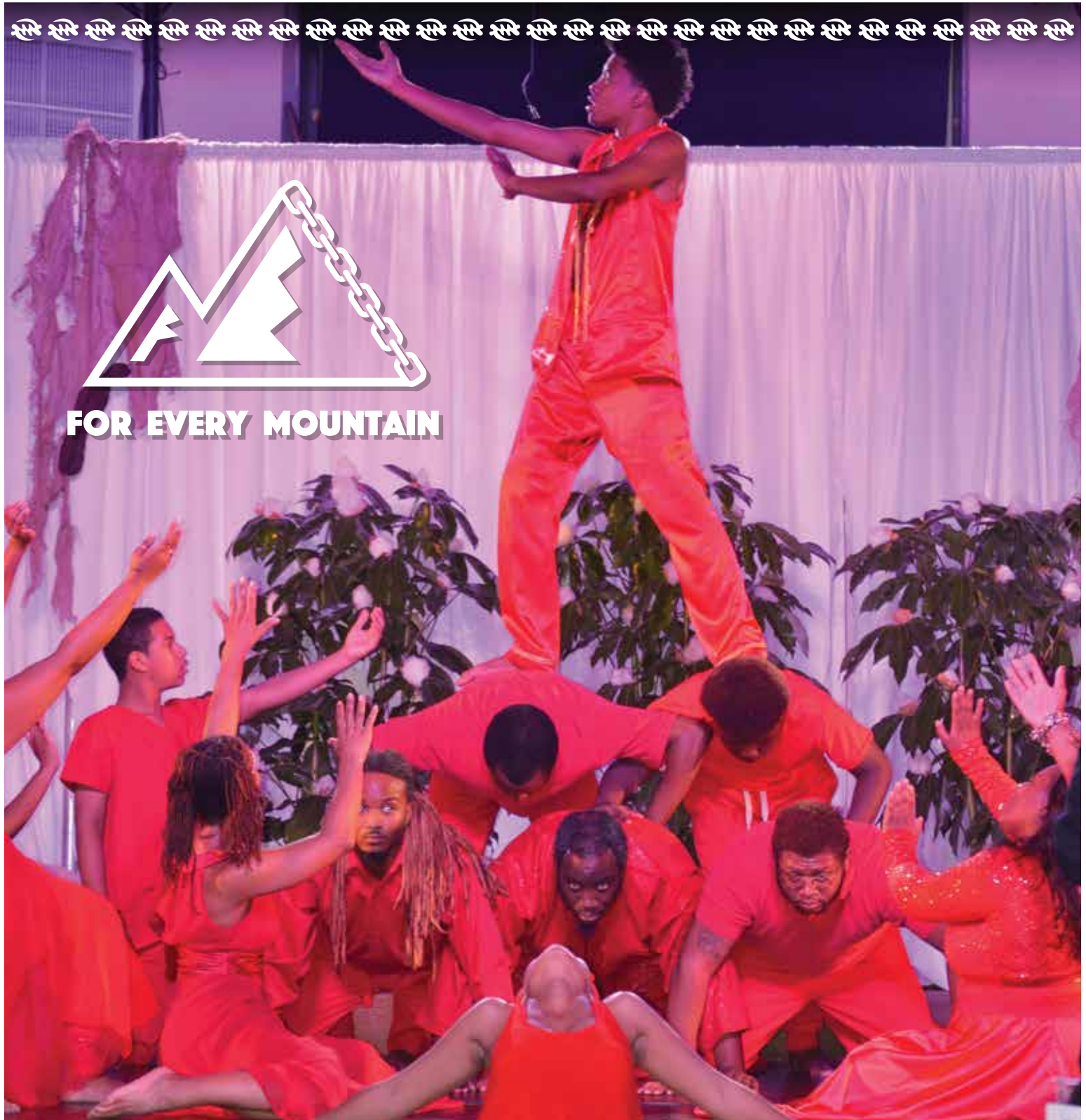




# MESSAGE FROM THE MOUNT



## credits

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Lessons4living.com

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Deacon Henry Smalls

The Complete Collection  
of U.S. Black American  
Commemorative Stamps

### Staff Writers

Leslie Davis-Green

Deacon Doreen Cotter

# from the PASTOR'SPEN



### *Namaste my Brothers and Sisters in Christ,*

We are grateful to God to be writing this December issue, the last month in the year 2016. **WOW!** What a year we have had!! This has been a year full of highs and lows, celebrations and challenges, gains and losses. It has been said, the only constant in life is change. I would add that another constant in our lives is the sustaining power, presence and provision of God's Holy Spirit. I am grateful to God for the way God keeps manifesting God's presence in our midst. Our worship experiences as well as our work within

the congregation and broader community has served as a testimony of God's faithfulness to us.

We are thankful as well for another successful MAAFA Commemoration. We are so thankful to God for the life and spirit of Rev. Ina Alisa Anderson. This year's production was so on point and profoundly spectacular that even persons of other faiths were inspired by our Christian witness. Although we will miss Rev. Anderson's leadership in the MAAFA Ministry, we know the best is yet to come for both she as well as the MAAFA production.

And what can I say; the MAAFA Production has prepared us for the unexpected Trump victory over Secretary Hilary Clinton. Many have expressed their anxieties and fears over what a Trump presidency will hold for people of color as well as other marginalized communities. Our challenge is, in the midst of expressing our angst and anxieties, to resolve ourselves to continue to fight and contend for our faith and to live out the Gospel of Jesus, The Christ which teaches us to do justice, love mercy and to walk humbly before our God.

Stay tuned for further announcements regarding holiday activities this month in preparation for our new year.

God bless,

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

### Mount Aery Baptist Church

73 Frank Street

Bridgeport, CT 06604

Church Office: 203.334.2757

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

# MFTM TEAM



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Director of Operations,  
Production, Photography



**Victor Hayes**  
Layout, Design



**Claudine Walton**  
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**Deacon Doreen Cotter**  
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**Cathy Patton**  
Healthy Habits



**Jennifer Bruton**  
Recipes



**Deacon Jackie Seawright**  
Financial Freedom



**Talia Lazaro**  
Financial Freedom

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# what's next?

# IMPORTANT DATES



During this season of prayer, call in to the prayer line at 7:00am daily at 712-432-0490. 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.

The nominations for 2017 Servant Leader are open.

**Connect House Meetings** will be held on Sunday Dec 4th at 1pm, Tuesday Dec 6th at 6:30pm, Wednesday Dec 7th at 12pm, and Saturday Dec 10th at 10:30am

**FRAngelism Sunday** is Sunday December 11th, 2016.

**8th Annual Holy Spirit Discernment Session** Wednesday December 14th, 2016 at 7pm.

**The next New Disciples Class** will be held on Saturday, December 17, 2016, from 9:00 am until 12:00 noon. 203-334-2757 ext. 145

## Acknowledgments

Congratulations to Ernie & Pam Newton celebrating 36 years in the Ministry of Marriage!

## Retraction

In November's issue of MFTM, we reported that the beautiful orchid presented to Sister Toni Belcher on Leader's Appreciation Sunday, was in memory of her late husband, Deacon Brad Belcher, but we must correct this report by sharing that the beautiful orchid was actually presented to Sister Belcher for her own dedicated years of ministry service here at Mt. Aery. Well Deserved!

## Announcements

- **Here's a new and exciting way** to join in worship with us. Follow us on Ustream.tv. Simply visit this link <http://www.ustream.tv/channel/mount-aery-baptist-church> Please be sure to pass the link to your friends and family as well so they can be blessed by our ministry.
- **The Mount Aery Clothing Ministry** is located at 72 George Street (in the basement), adjacent to the Optimus Health Care Center. Clothing can be dropped off on Thursdays, 9am-12:30pm. We accept clothes that are clean and in good condition. On Friday mornings at 10:00am, the Clothing Ministry is open to the public.
- **Generation Next Youth Ministry** is calling all youth ages 4-18. Youth Church for the 2016 year will be held at the 11:00 am services on 2nd and 3rd Sunday of each month! Please see Minister Michael Walton or Deacon Kathy Tabb-Small for more information!
- **Chosen Generation** is inviting everyone from the ages of 13-27 to join this youth and young adult choir. Please see Brother D'Andre Haynes or Rev. Ina Alisa Anderson with your interest.
- **Lost and Found** – Several pairs of glasses, sunglasses, bibles and other lost items are in the church office. If you have lost anything, please check the church office. Items may be given away if left any longer. Thank you.
- **Deacons on Call** are Deacons Paul and D. Seawright.
- **Submissions of announcements and due dates:**
  - o **Message From The Mount**
    - Send information to [mftm@mtaerybaptist.org](mailto:mftm@mtaerybaptist.org) by the second Wednesday after the first Sunday
  - o **Monitors in the Sanctuary**
    - Send information to [media@mtaerybaptist.org](mailto:media@mtaerybaptist.org) by Wednesday before the Sunday you want the announcement
    - Please make sure that your announcement is in PowerPoint format.If announcements are not received by the due dates they may be omitted or placed in the next edition.
- **No Pork on Church Property**
  - o **For health, healing and sensitivity for those with health conditions**, no pork is to be brought on church premises (i.e. ministry affairs and/or catering).
- **NO Food or Beverage in the Sanctuary**
  - o Please, please, please, do not bring food or beverages into the sanctuary. Parents, please feed infants and toddlers in the Wilson Hall or the Bass Hall. It is everyone's responsibility to be good stewards of the building that God has blessed us with. If you see anyone not being responsible, please get an Usher or a Deacon to handle the situation. Thank you.
- **Parents**, while you are in worship, your children should be in worship next to you, unless Youth Church is in session. Teenagers have been wandering around the church and the younger children have been playing in the Quiet Room. The Quiet Room is for parents with infants only.  
**Please keep your children with you at all times.**

## Our Vision Statement

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

*Edify ~ Equip ~ Engage*

## Hospitalization & Nursing Home

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

**Clyde McLaughlin**

The Carolton Chronic & Convalescent Hospital, 400 Mill Plain Rd, Fairfield, CT 06824

**Mary Ryan**

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

**Sandra Stephenson**

The Fairview of Fairfield, 930 Mill Hill Terrace, Southport, CT 06890

**Roger Mullins, Sr.**

Willows Rehabilitation and Nursing Center, 225 Amity Road, Woodbridge, CT 06525

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

- **Debbie Moore** on the loss of her father Cleo Moore and her aunt Argie Mae Moore.
- **Rev. Chyron and Yolanda Kearney** on the loss of their mother and grand-mother, Twyler Nance.
- **Deacon Benjamin Maxwell & family** on the loss of his brother, Hubbard Maxwell in Chicago.
- **Deacon Cynthia Seabrook & family** on the loss of her mother, Edna Lindsay.
- **Deacon Dan Gardner** on the loss of his aunt, Anna Gardner-Morgan in Georgia.

## Please Pray for Our Healing List

Shirley Borum  
Elease Breedlove  
Isaiah Brown  
Carol Carter-Mims  
George Cauthen  
Lucille Cauthen  
Joan H. Colley  
Elaine Craig  
Tracey Nicole Craig  
Deaconess Louise Cunningham  
Frances Dicks  
Ruth Hasty-Dove  
Sandra Dunn  
James Freeman  
Ruth Harvin  
Deacon Jeffrey Hill  
Deacon Primus Jackson  
Sandra Jackson  
Unice Jones  
Maria Knight  
Regina Manns  
Lemme McIntosh  
Mary McRae  
Autumn Mitton  
Caleb Mitton  
Spring Mitton  
Edward A. Morris  
Hadassah Nightingale  
Eulalia Pettway  
Terrance Quiller  
Arthur Ragsdale  
Waverly Ragsdale  
Frances Riley  
Esther Ryan  
Rose Samuel  
Sandra Simpson  
Herb Sutton  
Karen Whittington  
Barbara Wilson  
Michelle Lisa Wilson  
Jacqueline Tyson-Wright  
Willie Mae Wright

## 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

## healthy habits

# Keeping Your Healthy Lifestyle Intact

by Cathy Patton

*Namaste family! Keeping your healthy lifestyle intact; it's easy as 1, 2, 3...*



Recently I had a debate between my scale and myself. No matter what I do or have ever done, my scale greets the same body, each day. The dilemma is that if I eat one thing out of my normal diet, my scale punishes me with extra ounces and, yes, sometimes pounds, almost immediately. However, if I eliminate that same item from my diet, for days and even weeks, my scale does not reward me as quickly with the same enthusiasm in reverse poundage, as it did in sharing the negative news.

Because these discussions have been a part of my normal life for years, I have 3 different sections in my closet; one section host the clothes in the size I am now, one in the size I was and never want to get back to, and the far section are those clothes I refuse to toss because I am visualizing I will wear them again one day soon. Experts will tell you, get rid of those old larger size clothes. Holding on to them is not healthy and may allow you that open opportunity of pessimism, to return to that size again. These same experts say, it is good to keep that smaller size outfit, as it encourages you to see the goal of where you wish to go.

Let's face it; there will always be an expert that tries to tell you what is best. Bottom line, you already know all the rules. You know what you should be doing to get to where you wish to be. You already know that exercise is a necessary part of your life to either maintain your health or improve it. You are well aware that bread is not an essential need in your daily diet, nor is ice cream or chocolate. It is already understood, that you are not obligated to buy cartons of eggnog each week because it

is only available during the winter holidays. Finally, do you really think Grandma will be crushed if you don't eat at least 3 slices of her sweet potato pie?

Yes, you already know all these things, yet why is it so hard to stay on the straight and narrow, and implement what you know is right, into your daily life style. It's not; people just make it that way. The holidays will come and go, but bad health habits can have a long-lasting effect, much longer than the time the holidays are here to visit. Here are some ways to make getting through the holidays easier, while keeping your healthy lifestyle intact:

1. First, do not try to give up all your favorite foods and bad habits at once. You will feel deprived and all too often this makes people give up the good habits they began, quicker. Try introducing one good lifestyle change each week and give up just 1-2 of your favorite foods. You will begin to reap the benefits of these changes, which will encourage you to continue on this positive path to good health.
2. Dust off that scale and begin to weigh yourself at least weekly. By weighing yourself, you will begin to hold yourself accountable for what you are eating each day and it will help monitor your progress.
3. Change your plate. I don't mean go out and buy new dishes; I mean change what the food looks like on your plate. The larger portion of your plate should be the dedicated to protein. (chicken, fish, beef). The next largest section should be healthy green veggies (green beans, salad, and broccoli) and lastly a starch, but please be certain the starch area is smaller than the size of your fist.
4. Make water your friend. You need to drink at least 64 ounces of water each day. Carry it everywhere and make it easily accessible to you. You can add crystal light or mio if it makes it easier for you to take in your daily allowance.
5. Nothing helps improve your health quicker than introducing an exercise routine into your week. Begin slowly with at least 2-3 days of 30 minutes of exercise. Zumba is a great way to get moving and its fun. If there are no classes near you, then turn on the radio and start dancing. If you are not a dancer, then walk. Whatever you choose, commit to those 30 minutes, and before you know it, you're on your way to a healthy new you.

# healthy habits

# recipes

## Cookies

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

*Namaste family! This month's recipe is a good old fashion Chocolate Chip cookie and a decadent Red Velvet Crinkle cookie something nice to do with the children or give as a gift! Enjoy!!*



### MIRROR LAKE INN CHOCOLATE CHIP COOKIES

Pre heat oven to 350 degrees

**Mix the following until light and fluffy**

- 2 cups butter
- 2 cups sugar
- 1 cup brown packed brown sugar
- 4 large eggs
- 4 tsp. vanilla

**Blend and add to sugar mixture**

- 4 cups flour
- 3 tsp. salt
- 2 tsp. baking soda

**Add**

- 4 cups chocolate chips
- 2 cups broken walnut pieces (optional)

Drop by rounded teaspoon onto greased cookie sheet and bake at 350 degrees for 8-10 minutes. Cool for 2 minutes on baking sheets then move to wire rack to cool completely. Yields approximately 4 dozen cookies.

# recipes



## RED VELVET CRINKLE COOKIES

Prep time: 20 minutes Total time: 50 minutes Yield: approximately 40 cookies

### Ingredients

- 1 package Red Velvet Cake mix
- 2 large eggs
- 6 Tbsp. melted butter
- 2 tsp. vanilla extract
- ½ cup confectioner's sugar
- ½ tsp. cornstarch

### Baking Instructions

Preheat oven to 375 degrees. Grease baking sheets

Combine cake mix, eggs, butter and vanilla in a large bowl with a wooden spoon until blended.

Blend confectioner's sugar and cornstarch and set aside.

Shape dough into 1 inch balls. Roll balls in sugar mixture. Place 2 inches apart on prepared pans.

Bake: 8-9 minutes or until edges are set. Cool cookies one minute on baking sheets. Move to wire rack to cool completely

### Baking tips

- When baking let butter and eggs come to room temperature before mixing.
  - For easy clean up use parchment paper on the baking trays instead of greasing them.
  - For more uniform sized cookies use a cookie scoop.
- I used a medium scoop for the chocolate chip cookies, and a small scoop for the red velvet cookies.

(This recipe has been adapted from the Duncan Hines Red Velvet Crinkle Cookie recipe)



# Connecticut Baptist Deacons' Alliance

by Deacon Doreen Cotter

The Connecticut Baptist Deacons' Alliance Women's Auxiliary and Youth Department celebrated their **71st Anniversary** on Saturday, October 22nd at Mount Aery Baptist Church in Bridgeport Connecticut. The Reverend Porsha Williams was the preacher of the hour. The scripture came from **Psalm 137** and the title of her sermon was, "**How Is That?**" One would consider this to be an appropriate sermon title for an organization that has been in existence for seventy-one (71) years. **How is That – It was GOD!** In the year **1945**, Deacon Noggin of New Haven, was divinely led and felt that an effort should be made to bring the Baptist Deacons together. They met at the Immanuel Baptist Church in New Haven, Connecticut to study the duties and qualifications of deacons so that they would be able to effectively assist their Pastor. As well as, support each other in Spiritual Growth, Fellowship and Worship. After several meetings, twenty-six (26) deacons made the decision to organize the Connecticut Baptist Deacon's Alliance.

Throughout the seventy-one (71) years of its existence "The Alliance" has helped to foster relationships between churches; and advance the personal growth of each of its members. The membership consists of Deacons, Deaconesses and Youth. The organization as provided educational and structured programs that have made meaningful changes through the power of the Word of God.

As a diverse body of believers who strive to increase the Word of each member comes with a variety of life experiences and testimony of God's Providential Care. We are seeking to lead by the example set by our Lord and Savior JESUS the Christ. 2 Timothy 2:15 "Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth".

The Alliance welcomes all members of the Diaconate and their youth to join the alliance. Monthly meeting is Every 4th Saturday (except March, July and December) @ 12:30 pm.

March:	National's Mid-Session
July:	National's Annual Convention
December:	No Meeting

## ***For more information Contact:***

Deacon Alfred Powell	Parent Body President	(203)268-9007	alfredpowell@hotmail.com
Deacon Charlie Jones	Vice President	(203)360-7075	
Deaconess Lillie Wilson	Women Auxiliary President	(860)443-6438	
Deacon Terry Potter	Corresponding Secretary	(860)442-8713	

The Connecticut Baptist Deacons' Alliance Women's Auxiliary and Youth Department would like to Thank everyone who made their 71st Anniversary a success.

# MAAFA Lecture

by Deacon Doreen Cotter

The term “**MAAFA**” is a Kiswahili word that gives definition to the catastrophic event experienced by millions of African people during the middle passage journey from Africa, bound for enslavement in the Americas. It is Mount Aery’s contention that for the African-American family to engage in a liberation process, it must face the trauma and consequences of its bondage in America. The MAAFA Production is one such ministry that allows people to experience the effects of slavery through the re-enactment of different vignettes and genres.

Our first guest lecturer for the MAAFA Influence 2016 production - “For Every Mountain”, was the Reverend Dr. Leslie Callahan of St. Paul’s Baptist church located in the heart of Philadelphia. Dr. Callahan spoke about our ancestors and their sincere faith during suffering, our communities that are in crisis, and the fact that God is telling us to pay attention. The selection ‘You are my Strength’ was a catalyst for the sermon title, “**Take a Knee**”, with the passage of scripture coming from **(2 Timothy 1:1-18)**. Her title was in reference to **Colin Kaepernick**, the NFL quarterback star from the San Francisco 49ers, who gained national attention when he began protesting the oppression of black people and other non-white races, by not standing while the United States National Anthem was being performed before the start of games. His actions prompted a wide variety of responses, including additional athletes in the NFL and other U.S. sports leagues, protesting in various ways during the anthem.

## Star Spangled Banner 3rd Verse

And where is that band who so  
vauntingly swore  
That the havoc of war and the  
battle's confusion  
A home and a country should leave  
us no more?  
Their blood has wash'd out their  
foul footsteps' pollution.  
No refuge could save the hireling  
and slave  
From the terror of flight or the  
gloom of the grave:  
And the star-spangled banner in  
triumph doth wave  
O'er the land of the free and the  
home of the brave

Dr. Callahan brought awareness to the fact that the third verse of the National Anthem - The Star Spangled-Banner, literally celebrates the killing of slaves. In the **War of 1812**, the slaves who were fighting for their freedom were mocked. When Frances Scott Key penned “No refuge could save the hireling and slave From the terror of flight or the gloom of the grave,” he was taking great satisfaction in the death of slaves who’d freed themselves and were fighting for the side of the British who were going to give them their freedom.

The lyrics for the flag that should represent freedom and justice, song of the free, home of the brave - once held black people in slavery.

“**Take a Knee**” is a football code when every player kneels to a posture of attentiveness so they might be instructed to what they need to know; Dr. Callahan stressed that we all need to take a knee and pay attention to our ancestors and their sincere faith. We were taught to stand up for our dignity and humanity. Throughout history, our ancestors stood up for truth. Even through their suffering, they emerged from slavery and evolved into a community with resources for survival; resources that were put there by God. They built their own institutions and businesses, and they lived in their own spaces. We should pay attention to our elders and our ancestors who persevered. We must never forget that they invested in us. They knew the truth that ‘Lift Every Voice and Sing’ was the anthem for African Americans.

Rev. Callahan spoke about the tension that exists between the ancient text and the contemporary text. Pay attention to the Apostle Paul’s letter to Timothy; a letter that inspired and strengthened him for his task in Ephesus. She reminded us that like Timothy, God has given us power and authority; his gifts and Spirit are within us. The qualities that characterize us as Christian, is our courage, power, love and self-discipline. Our courage to stand in times of chaos and uncertainty, the power to cope and endure hardship, the love that we have for each other, and our self-discipline to remain faithful. Those were some of the attributes of our ancestors. God is faithful and trustworthy. We pledge alliance to the one that saved us – God. Our ancestors continue to cheer us on as that Great Cloud of Witnesses. Our ancestors gave us a National Anthem that also has a third verse:

God of our weary years,  
God of our silent tears,  
Thou who hast brought us thus far on the way;  
Thou who has by Thy might  
Led us into the light,  
Keep us forever in the path, we pray.  
Lest, our feet stray from the places, our God, where we met Thee,  
Lest, our hearts, drunk with the wine of the world, we forget Thee,  
Shadowed beneath Thy hand, may we forever stand,  
True to our God, true to our native land.

Dr. Callahan charged us to allow the spirit of MAAFA to let us experience the tension between the ancient and the contemporary.

*Dr. Callahan’s complete sermon can be purchased at our Olmec Bookstore in Wilson Hall.*





# Night of Healing: Reimagine A Change

by Cathy Patton

The Night of Healing was supported through the delivered message of Reverend Toby D. Sanders, MDIV.

Rev. Sanders shared a historical background of a professor in the Government Department at Harvard University and at the Harvard Graduate School of Education. She is also the Director of the Edmond J. Sara Center for Ethics at Harvard University. Danielle Allen is the author of *The World of Prometheus: The Politics of Punishing in Democratic Athens*. This work focuses on the Greek hero, Prometheus. He was Titan and truly had a good heart and wanted to help people. So through a walk along the sea, he saw a long stalk of fennel growing; and when he had broken it off, he saw that its hollow center was filled with a dry, soft pith which would burn slowly and keep on fire for a long time. So, he took the long stalks and walked with them. Along his way, he saw men freezing while taking care of their livestock, so he showed them how to use fire to warm themselves. Then, it was not long after that people learned to use fire to cook for themselves. Through those acts, people began to show favor toward Prometheus. The King Zeus did not like this as he felt his people would see Prometheus as the one with power and so he planned to punish him.

Rev. Sanders said it was the act of the actual punishment of Prometheus that makes you pay attention and remember this story. The King had Prometheus chained to a rock on top of a mountain and each day vultures would eat at his liver. How cruel this punishment was for an act that was intended to advance the lives of people, not harm them. In her works, Danielle Allen, points out that how people punish people when they transgress from what has been established as the norms for a society, tells you something about those people.

Rev. Sanders stated that the foundation of Blackness is based on the brutal murder of those who built the homes, was innovative in technology, which cleaned the homes of White families, and tried to make the American dream happen for those who punished them. He went on to share that our historical content is based on the MAAFA. The notion of slavery, coming bound, is a central

image for people to seek freedom. We have a responsibility to remember who we are and how we got here.

Sometimes we get tricked and tempted to believe that America loves Black people, like Oprah, Beyoncé, and LeBron. People like them are a hand-picked by a society that does not really want us, but uses them to make us feel they exalt us and love us. But he calls on us to remember that before LeBron, there were lynching's.

Rev. Sanders reminded us that Moses was a criminal. He had murdered before, but yet God called him to the mountain to deliver us. He spoke of Socrates, who was also a convict, a capitol criminal, because he was accused of refusing to recognize the gods acknowledged by the state, importing strange divinities and corrupting young minds. Yet we would not have philosophy without the African American Socrates. And the Apostle Paul, because he preached the word that Jesus was the Son of God, was incarcerated for many years. He also points out that Jesus was not considered innocent, in the eyes of the Jews, he was guilty of almost everything he was tried for, but that he was sinless. Jesus broke 17-18 religious covenants and broke all the laws of the Sabbath. He also had a warrant out for his arrest.

We have to reimagine what success is and flip it to what works best for us. We have to reimagine school board policies, trapped in tradition of things that don't work for us or our children and flip it to seeing changes being made. When a mother with a child who is considered buck wild, lets God move in, we have to reimagine that Gods greatness will show through when that child graduates from college.

The message to all of us is that in order for us to begin healing ourselves from the historical torture from where we came, and begin to become unbroken, we must begin to reimagine our greatness. We have to have faith that God will meet us where we are. We do not have to be perfect, because the standard is not perfection, but it is our willingness to reimagine a change for the better.





# MAAFA Experience

by Tiffany Williams

Being the daughter of Rev. Ina Alisa Anderson, I've been learning about "MAAFA Moments" all my life. Not until I was about 15 years old, was I able to connect the word, MAAFA, with the events of the past and how it shaped the contemporary world. As my mom began to study and participate with Pastor Youngblood, Jesse Wooden and the St. Paul congregation/cast, I became more and more enamored by our history and what God has brought us through over time!

At the age of 18, I joined the MAAFA cast at Mt. Aery Baptist Church in 2004, and my experience from that first production helped shape my life even up until this very moment. Days after the first production in 2004, I joined Mt. Aery, and I thank God for introducing the ministry of MAAFA into my life.

Fast forward to 2016, and the ministry is still going strong! We have, over the years, touched thousands of people's lives through dance, song, acting, teaching, and overall, giving God the praise! We have performed for hundreds of Connecticut High School students, in South Carolina, in New York, and even at the historical Schubert Theater in New Haven, CT. God has been good to us!

This year's production theme is "For Every Mountain" written and directed by Rev. Ina Anderson. Starting with the circus theme entrance, including Saartjie (Sarah) Baartman, Ota Benga, and the Minstrels greeting you at the door, we aimed to show real historical figures and ideas that our people had to endure back then, and even now, under a different pretense.

We displayed our Royalty and the transition into slavery, in a powerful way. During the "slave ship" scene, the passing back of the drums, fabric, and child, signified what "they" have taken from us, then, and now. But still, God prevails!

"Are we still slaves in 2016?!" A rhetorical question asked, as we see the overseer shoot and kill a runaway slave, then transition into that modern day cop, who "shoots to kill" the running young black man. Cops' killing young black men is at an explosive rate today. But God has kept us through it all. We are more than Conquerors!

One thing I know about my Mom is that she has a special gift of discernment (as well as many other gifts that God has given her), and when she chooses people for certain roles, God is an intricate part of her decision making process. This year, my Mom chose me to be Assistant Director of MAAFA 2016! What a blessing this experience has been for me! Unexplainable in the greatest way!

"For Every Mountain", struggle, and obstacle we go through as a people, God will never lead us astray! Throughout history, He has given us the strength to keep striving and to keep fighting! And because of his Son and the sacrifice of our Lord and Savior, Jesus Christ, we are healed!

"The Great Calamity", or the tragic events that took place during the Transatlantic Slave Trade which lead to our existence in this country, and even the times of today, is MAAFA! Our stories will be told.



# The Labyrinth

[Lessons4living.com/labyrinth.htm](http://Lessons4living.com/labyrinth.htm)

The Labyrinth is an ancient symbol that relates to wholeness. It has long been used, by many spiritual paths, as a meditation practice, path to prayer, tool for transformation and so forth. They can create a heightened awareness of the human condition and aid psychological and spiritual growth. The labyrinth has only one path. It is unicursal. The way in is the way out. There are no blind alleys like a maze. The path leads you on a circuitous path to the center and out again.

A labyrinth is an archetype with which we can have a direct experience. It is a metaphor for life's journey. It is a point of focus, mirroring the journey of our lives with its twisting and turning path leading to the sacred center. This spiritual journey opens you to the possibility of gaining a new understanding and insight about who you are and about your place in the world.



There are many approaches to the labyrinth. One Christian approach to the labyrinth is based on the "threefold path" of Purgation, Illumination, and Union. These represent three stages in a labyrinth walk.

1. **Releasing** (Purgation) - From the entrance to the goal is the path of shedding or "letting go." There is a release and an emptying of worries and concerns.

2. **Receiving** (Illumination) - At the center there is illumination, insight, clarity, and focus. It is here that you are in a receptive, prayerful, meditative state.

3. **Integrating** (Union) - Empowerment and taking ownership. The path out is that of becoming grounded and integrating the insight. It is being energized and making what was received manifest in the world.

There are three stages but one path, and it is different for everyone.

## "Palms Up, Palms Down"

These three stages can be symbolized with a "palms down, palms up" approach to walking the labyrinth.

"Palms down" symbolizes release or letting go, while "palms up" indicates receiving.

Stand still for a moment at the opening of the labyrinth and take a deep breath. If you wish say a brief prayer. Enter the labyrinth and walk to the center with palms down and center your thoughts on releasing conflictual issues and concerns in your life.

When you get to the center stay there for a while. Notice any sensations in your body, or if there are any changes in your awareness of self, time, or surroundings. At the center turn your palms up to be receptive to insight. The center marks the halfway point of your walk. To return follow the same path in, and the same path out to the entry point. This means you will meet people coming in the other direction. Step into the next path as you pass, and then return to the path you were on. This spiritual journey helps us to learn more about ourselves, the importance of community, and to understand that in life God's grace remains the primary protector of the labyrinthine spiritual journey through life.

As you walk out of the labyrinth keep your palms up to receive strength and guidance to make your insight manifest. As you turn to face the center, bring your palms together for a prayerful end to your walk; pause a moment to bring closure to your meditation.

*Resource: [Lessons4living.com/labyrinth.htm](http://Lessons4living.com/labyrinth.htm)*

# The Black National Anthem

by James Weldon Johnson

Lift every voice and sing  
till earth and heaven ring,  
Ring with the harmonies of Liberty;  
Let our rejoicing rise,  
High as the listening skies,  
Let it resound loud as the rolling sea.  
Sing a song full of the faith that the dark  
past has taught us,  
Sing a song full of the hope that the  
present has brought us,  
Facing the rising sun of our new day begun,  
Let us march on till victory is won.  
Stony the road we trod,  
Bitter the chastening rod,  
Felt in the days when hope unborn had died;  
Yet with a steady beat,  
Have not our weary feet  
Come to the place for which our fathers sighed  
We have come over a way that with tears  
has been watered,  
We have come treading our path through  
the blood of the slaughtered,  
Out from the gloomy past, till now we  
stand at last  
Where the white gleam of our bright star  
is cast.  
God of our weary years,  
God of our silent tears,  
Thou who hast brought us thus far on the way;  
Thou who has by Thy might  
Led us into the light,  
Keep us forever in the path, we pray.  
Lest, our feet stray from the places, our  
God, where we met Thee,  
Lest, our hearts, drunk with the wine of  
the world, we forget Thee,  
Shadowed beneath Thy hand, may we  
forever stand,  
True to our God, true to our native land



## MAAFA Worship & Word--8:30

by Jennifer Burton

On Sunday November 6, 2016, I was given the privilege of hearing Reverend Dr. Susan K. Smith preach. Reverend Smith's sermon took the disciples of Mt. Aery on a powerful journey from the times of slavery to modern times. She reminded us that history repeats itself.

She began by talking about the previous MAAFA experience. She stated that being part of the MAAFA experience was a blessing. Then she went on to mention that the older you get, you begin to thank God a little bit more. Reverend Smith reminded us to thank God for life and for every breath we take. During the next portion of the sermon she spoke about slavery. She explained that we were not told the full and true history of slavery. We were not told of slave castles, and how they marched the people hundreds of miles to there. We came from royalty. All people come from Africa. Everyone is African first. She enforced that slavery never ended that it has just evolved.

Dr. Smith informed us that when we do not know our history that we have a tendency to forget. God is trying to show us something. We haven't come that far. We are going through what our ancestors went through.

She then spoke about women and how they were abused.

Women would have their heads up but their spirits down. How does any mother get through a child being murdered? Children were taken away; they were pulled from their mother's arms. Now they are being shot dead. Children are still being ripped from their mothers. She explained the sisters can expect no justice in the court system. Women are wailing out loud. Nobody is giving them any room to grieve. We are living the lives of our ancestors. How did they survive? They were filled with God.

She told us to come to God. We can't do this without God!

At the end of her sermon she said we have to look up like our Ancestors did.

Then she said Namaste, I surrender all to Jesus, I need GOD.

Bible verse and Psalms that Reverend referred to:

1 John 4:4 KJV Ye are of GOD little children, and have overcome them: because greater is he that is in you, than he that is in the world.

Psalms 27 and Psalm 121

## MAAFA Worship & Word--11:00

by Minister Michael Walton

Namaste,  
I recently have had the opportunity to sit back and reflect on the amazing MAAFA weekend that God has allowed me to experience, my heart and spirit are filled with mixed emotions; mixed emotions because I think of all of the hardships and struggles that my parents, grandparents and ancestors have gone through in their lifetimes. Having the opportunity to hear an amazing preached word on that following Sunday has allowed me to get a grasp and understanding on some of my feelings. Rev. Melvin Anderson preached a sermon entitled, "Before Our Mountain There Was a Hill". This sermon has inspired me to continue to move forward despite any adversities or trials that I may come across. Despite what evils may come my way, as long

as I stay rooted, grounded and trusting in God, God will always prevail and see me through to the other side. After listening to the sermon I realized that I must continue to climb my hills in order to get to the mountain top with God. Our ancestors have climbed many hills and mountains throughout their time and they refused to give up. So the hills and mountains that I am encountering and climbing now, I will continue to climb harder to reach God's destination for my life. We never know who is watching us or whom we are inspiring and encouraging by our actions. God is the source of everything for me and no matter how hard it gets I will continue to climb my hills and mountains trusting and believing that God will see me through and greater is on the other side.





























## youth speak

# Our Lives Matter...To God

### 'Why My Life Matters To God'

My life is important because I was put in earth to make a difference, to live up to my lifelong dream of becoming a sports manager. With my accomplishment I can help people who have potential of going very far in sports entertainment. Another reason why my life is important is because I want people to be proud of what I do/did in life. I want to leave a legacy behind. Therefore showing the world I'm a strong black man who had a goal to achieve and succeed in life. Also lead the way for others to accomplish their dreams.

Rodney Gist

Age 17



## Midway

I've come this far to freedom and I won't turn back.  
I'm climbing to the highway from my old dirt track.  
I'm coming and I'm going  
And I'm stretching and I'm growing  
And I'll reap what I've been sowing or my skin's not black.  
I've prayed and slaved and waited and I've sung my song.  
You've bled me and you've starved me but I've still grown strong.  
You've lashed me and you've treed me  
And you've everything but freed me  
But in time you'll know you need me and it won't be long.  
I've seen the daylight breaking high above the bough.  
I've found my destination and I've made my vow;  
So whether you abhor me  
Or deride me or ignore me,  
Mighty mountains loom before me and I won't stop now.

~Naomi Long Madgett



# Word Search

by Deacon Kathy Tabb-Small

## MAAFA

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

ACT	DANCE	JIM CROW	PRIDE	STARS
ACTION	DEATH	LIFE	PRODUCTION	STRIPPED
AFRICA	EXPERIENCE	LIGHTS	ROYALTY	TAKEN
CALAMITY	FAMILY	LOSS	RUN	TEAM
CAMERA	FIGHT	LOVE	SHIP	TRADITION
CAST	FREEDOM	MINISTRY	SING	TRANSATLANTIC
CREATIVITY	GOD	OCEAN	SKY	UJIMA
CREW	JESUS	OVERSEER	SLAVERY	

## financial freedom

# Countdown to 2017... Few Tips to Get Started on a Better Financial Path

by Deacon Jackie Seawright



### 1. **Know your Cash Flow**

Taking control of your finances is to have a clear picture of income and begin to better manage the monthly expenses according to Eric Roberge.

### 2. **Honor God with your wealth by giving him your first fruits. *Proverbs 3:9***

It is evident in God's word and throughout this world today that giving a portion back opens the door to so many blessings.

### 3. **Pay yourself first**

Contribute to your savings just as you would any other bill. Look for higher earning interest savings accounts and open a separate account not connected to the checking account. Automate the savings monthly, this way the money is no longer available in the spending bucket.

### 4. **Look at the big picture**

Figure out what you can do today to have the tomorrow you've always wanted. Action plans of small steps toward total financial freedom though long-term commitment is smart start.

### 5. **Seek Financial knowledge**

Most of us were not educated on how to create a budget, get a mortgage or pay off debt BUT learning through trial and error is an expensive lesson. Check out the local banks, town library or community services for free tools, classes or advice

### 6. **Set Financial Goals**

Write it down, make it clear, hold yourself accountable, and accomplish each goal.

*Resources: Trulia Blog/Money Matters* <https://www.trulia.com/blog/money-sabotage-5-things-holding-you-back-from-financial-freedom/>  
<http://brunchandbudget.com/>  
<http://askthemoneycoach.com/#>



# Mount Aery Baptist Church Security Corner

by Deacon Henry C. Smalls, Jr



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

Rule number one at all times is being aware of your surroundings. When entering a room, aircraft, bus or any type of space you are unfamiliar with know how you would get out if an emergency occurred. You also want to be aware of everything going on around you; if it does not look right or feel right, "See Something Say Something", let Security or Police know what you've seen and give the best possible description. We will cover below some helpful safety tips and procedures to help keep you and your family safe during the Holidays.

## Ways to Shop Safely

The Christmas season brings out shoppers, and shoppers attract pickpockets, purse snatchers, and identity thieves eager to harvest the new crop of potential victims. Nothing can put a damper on the holiday spirit like being the victim of a crime, so do what you can to ensure that your holidays are happy and safe:

## Be Aware of Your Surroundings

The best protection against theft or assault is being in lighted places with plenty of people around. Some experts advise that men keep their wallets in a front pocket, and that women carry their purses with the strap over their shoulder and around their necks while grasping the purse with a hand. This practice can deter pickpockets who prefer easier victims. If you have any concerns about walking to your car with or without packages, ask a store security person to accompany you.

## Carry a Single Credit Card

Carrying large amounts of cash or multiple credit cards is neither wise nor necessary for most people. If your purse or wallet is stolen or the card number compromised, the process to stop charges on a single card is easier than having to deal with multiple cards and enduring the delay until new cards are issued. Therefore, a single credit card with a low limit is perfect for most shopping trips and getting cash is relatively easy anywhere in the U.S., especially in large shopping areas or malls. Pay attention to how your card is used – never let someone walk away with your card out of sight, whether in a store or a restaurant. And save your receipts so you can check them against the charges on your monthly statement.

## Use PayPal for Online Purchases

While major retailers and online merchants offer secure connections, there is always the possibility that a commercial organization can be hacked – the more transactions, the more attractive target for an enterprising computer hacker. Open a PayPal account and tie it to a credit card with a maximum daily spending limit (not your checking account) for online purchases. There is no cost to you as a buyer for this extra level of security, and PayPal will reimburse you for the full cost of any item purchased online that doesn't arrive or match the seller's description.

## Store Presents in Locked Car Trunks

Breaking a car window to gain access to presents or other valuable items is a common occurrence in the parking lots of shopping malls. Many shoppers, focused on their own shopping missions, fail to notice suspicious characters just waiting for the right opportunity to break a window, reach in, grab packages, and be gone in less than a minute.

When storing purchases in your car, lock them in the trunk where they will be hidden. If you notice someone watching you store the presents, consider getting into your car and driving to a new parking place – thieves are on the lookout for people who rush to store their purchases then rush to return to shopping, not the person just driving into a lot to begin shopping.

If you use a valet service at your mall or store, use a "valet key," which only allows the car doors to open and the car to be started, not access to the trunk or glove box. Valets and parking lot attendants are usually not well-paid, and are often hired without background checks.

## Password Protection

Luckily, there is a simple way to secure your online accounts and better protect yourself against online crime: **Strong Authentication**.

Enabling strong authentication, sometimes called multi-factor or two-factor authentication, goes beyond just a username and password and is a useful way to lock down your login. I encourage you to enable strong authentication on your sensitive online accounts such as your email, banking, and social media accounts today. Taking advantage of the strong authentication – such as a unique one-time code through an app on your mobile device, biometrics, or security keys – that are offered by the majority of popular websites and services, can go a long way in protecting your personal information online.

The White House recently launched the "Lock Down Your Login" campaign to encourage all Americans to protect themselves online with strong authentication. For more information on strong authentication and the new campaign, please visit [www.LockDownYourLogin.com](http://www.LockDownYourLogin.com). You'll find specific advice on how to turn on strong authentication on a variety of websites and services that Americans use each day.

Additionally, DHS' Stop.Think.Connect. Campaign has a number of tips and resources to help consumers protect themselves when shopping online. In addition to using strong authentication whenever possible, consumers should:

- Never provide your banking or credit card information over an unsecured public Wi-Fi network.
- Shop only at credible, reputable websites, and look for URLs that start with "https", which are more secure than "http" sites.
- Remember, if it sounds too good to be true, it probably is. Hackers and thieves often use "can't miss" deals to lure unsuspecting customers and collect credit card or financial information.

Be Safe & Be Well!

Ref: <https://www.dhs.gov>, <http://www.moneycrashers.com>

The Complete Collection of U.S. Black American Commemorative Stamps



Nannie Helen  
**Burroughs**

**“Women’s Suffrage Activist”**

Helped Found the National Association of Colored Women



# Nannie Helen Burroughs

**1879-1961** *Nannie Helen Burroughs worked tirelessly for the education and voting rights of black women. She was one of the best known and most widely respected African Americans of the early 20th century.*

## ***Determined to Lift Herself Up***

Burroughs was born on May 2, 1879, in Orange, Virginia, the oldest daughter of John and Jennie Burroughs. Her father was a preacher who had attended Virginia's Richmond Institute, one of the first schools in the south to hire black faculty and teaching assistants. He died when Burroughs was still a toddler, and her mother moved the family north to Washington, DC, in search of better opportunities for her children. Burroughs became an outstanding student who demonstrated particular aptitude for business and domestic science after entering the M Street High School. She graduated with honors in 1896, but even with a high school diploma, typically earned by children of white, middle- and upperclass families, Burroughs found that her employment opportunities were still limited by her race.

Although the 13th Amendment to the U.S. Constitution had abolished slavery at the end of the Civil War in 1865, equality for African Americans, especially women, was still out of reach. Most black women, including Burroughs' mother, lacked formal education and were limited to low-paying work as domestic servants. Burroughs wanted more for herself, and she also had a profound desire to help others succeed. Diploma in hand, she applied to teach domestic science in area public schools, but was denied a position by the District of Columbia Board of Education. There were no jobs for a "colored girl," they said.

Disappointed but determined to "lift herself up," as she would later write, Burroughs moved to Philadelphia where she took a position as secretary at a Baptist newspaper. At the time, the National Baptist Convention was the country's largest organization of African American clergymen. In 1900, through this powerful organization, Burroughs was offered a job in the Louisville, Kentucky, office of its Foreign Mission Board. The move helped her become more deeply involved in the Convention and furthered the course of her career. Later in 1900, she took a life-changing trip to Richmond, Virginia, for the annual meeting of the National Baptist Convention. Burroughs was offered a platform to voice her views at the gathering, and she took full advantage of it.

In Richmond, Burroughs delivered a passionate speech titled *How the Sisters Are Hindered From Helping*, in which she made a persuasive argument about the importance of allowing women to participate equally in the group's missionary work. Her powerful oratory gained Burroughs national recognition within the Convention, and soon after, the Woman's Convention Auxiliary was created. Only seven years after she had been denied a teaching job in Washington, DC, the organization she

helped found had nearly one million members working to raise money for educational, anti-poverty, and anti-hunger programs. From 1900 until 1948, Burroughs was the elected corresponding secretary of the group.

## ***Specializing in the "Wholly Impossible"***

After the turn of the century, Burroughs focused her efforts more closely on education. She formed the Women's Industrial Club, a group that offered short-term housing and life-skills training to black women. Eventually, Burroughs offered business training classes through the club, hoping to help women in the community become successful business owners. In 1907, in recognition of her educational efforts, she was awarded an honorary M.A. degree from Eckstein-Norton University in Kentucky. That same year, she began planning her own school for women.

With determination and persistence, Burroughs was able to persuade the National Baptist Convention and Woman's Convention to help her establish and fund the school. She arranged the purchase of a farmhouse and six acres of land on a rolling hillside in Washington, DC, and in 1909, the National Training School for Women and Girls accepted its first students. Burroughs developed a curriculum that focused on *Bible* study, and subjects like home nursing, English literature, public speaking, and dressmaking. In addition, every student was required to take courses in black history. Her goal was to turn out graduates who would be self-sufficient wageearners and "expert homemakers." The school's motto was "We specialize in the wholly impossible."

Although best known for her efforts in education, Burroughs was also an activist for voting rights. In 1896, she had helped found the National Association of Colored Women and began helping women organize politically. In 1915, Burroughs wrote an article for *Crisis*, the magazine of the NAACP, arguing that women's suffrage was essential to the advancement of all African Americans. After women gained the right to vote, she formed the National League of Republican Colored Women, and helped groups organize politically across the country. Burroughs became a sought-after speaker, and frequently traveled to lend her voice to special events and rallies. In 1928, when Republican President Herbert Hoover was elected, he appointed her to head a fact-finding commission on housing. She remained committed to her school where she served as president until her death, and also moved from her position as secretary to that of president of the Woman's Convention in 1948. She served in that capacity until her death on May 20, 1961.

In 1964, the Board of Trustees voted to rename the National Training School in honor of its founder, and today it is known as the Nannie Helen Burroughs School. Although the school now admits elementary age boys as well as girls, it has retained a strong focus on religion, self-sufficiency, and black history. In 1975, Washington, DC, mayor Walter E. Washington honored Burroughs by naming May 10th Nannie Helen Burroughs Day. She is especially remembered on that day for her fearless determination and enduring devotion to expanding opportunities for African American women.

## **About This Stamp:**

Date of First Issue: **August 26, 1970**

Scott Number: **1406**

Depicts: **Woman Suffrage 50th Anniversary**

**Note:** This stamp has been discontinued and is no longer for sale by the U.S. Postal Service.



# DECEMBER**2016**BIRTHDAYS

## December 1st

Bember, Porter  
Bradley, Keith  
Brassell, Diane  
Caesar, Gloria  
Coplon, Latosha  
DeJesus, Marta  
Febres, Annette  
Foremar, Nenyelle  
Kenyattaia, Dorothy  
King, Tameka  
Lindsey, Curtis  
Matthews, Ronald  
Reyes, Luis  
Scales, Reginald  
Storms, Stephanie  
Williams, Brittany

## December 2nd

Cato, Elijah  
McDuffie, William  
Moye-Sprangle, Yvonne  
Pasha, Hope  
Rogers, Dawn  
Williams, Donell  
Williams, N'Gai

## December 3rd

Bernard, Michelle  
Eagleton, Tonia  
Smith, Karin  
Wright, Lavanda

## December 4th

Barreiro, Elizabeth  
Penix, Elizabeth  
Reed, Lakeisha  
Reed, Lakeya  
Skeeter, Sharron  
Wilson, Lamar

## December 5th

Buford, Carlton  
Cauthen, Adrian  
Ess, Darin  
Hunter-Faison, Jeanette  
James, Jesse  
McKenzie, Roger  
McKnight, Quincy  
Travis, Lisa

## December 6th

Brown, Jr, George  
Dunn, Sandra  
Fleming, Brianna  
Joyner, Bennie  
Lyles, Starsheenma  
Simpson, Sheila  
Wedda, Elizabeth

## December 7th

Brown-Palmer,  
Bernadette  
Gray, Donna  
Harris, Artrena  
Marsh, Mary

McIntyre, Keneisha

Mendes, Anthony  
Reese, George  
Thomas, Alecia  
Walls, Kecia  
Wright, Jessie

## December 8th

Gallimore, Cirell  
Geter, Frederick  
Hargrove, Ebony  
Holmes, Kimberly  
Lee, Kevin  
Penix, Avery  
Phaire, Claudine  
Porter, Michael  
Reed, Valerie  
Robinson, Wesley  
Vereen, Kenneth  
Walden, Chimere

## December 9th

Housey, Angela  
Marshall, Leola  
Perry, Vanessa  
Satchwell, Sharon  
Sims, Bonita  
Soares, Jordan  
Thompson, Terry  
Watley, Andrea

## December 10th

Boyd, Sean  
Burks, Cecelia  
Frederick, Monique  
Galberth, Tory  
Gay, Kenyon  
Jackson, NaQuasha  
Johnson, Rhoshenae  
Lee, Brittany  
Mack, Barren  
Pollard, LaJeune  
Risher, Vanessa  
Sanders, Rodney  
Walton, Catherine

## December 11th

Blanding, Jennifer  
Cruz, Rubin  
Jackson, Kevin  
White, Howard  
Williams, Nicole

## December 12th

Hill, Betty  
Rollins, Quintin  
Rollins, Quinton  
Simmons, Denetris  
Wortham, Terrance

## December 13th

Bradley, Rubin  
Burres, Betty  
Dicks, Carl  
Foster, Telazia  
Hardison, Shawn

Haskins, Marian  
Hendrickson, Jhakiema  
Ingram, Philip  
Mitchell, Justan

## December 14th

Darden, Mamie  
Hudson, Armoni  
Jordan, Nhrail  
Joseph, Veronique  
Lee, Charlene  
Lewis, John  
Mendez, Tykeisha  
Mercer, Rhonda  
Pettway, Robert  
Stephenson, Kathy

## December 15th

Bennett, Anthony  
Cooper, James  
Freeman, Lawrance  
Gathers, Quadir  
Horton, Horace  
Seawright, Dwayne  
Thomas, Alisha  
Thomas, Felisha  
Womack, Crystal

## December 16th

Ben, Joe  
Failey, Felicia  
Garner, Katrina  
Jones, Shanda  
Lanham, Roosevelt  
Samuel, Shaniyah

## December 17th

Day, Terrell  
Johnson, Jeannette  
Maye, Tamika  
Mincey, Loletha  
Moorer, Mazie  
Nichols, Sean  
Pettway, Lee  
Small, Trevon  
Stokes, Alan  
Taylor, Shayna  
Walker, Virginia

## December 18th

Butler, Whilamenia  
Cook, Talyne  
Dennis, Monica  
Hill, Lakisha  
Holmes-Cobb, LaNeesa  
Narcisse, Paul  
Pettway, Lenora  
Seldon, Christina  
Slade, Rosie  
Thornton, Marion  
Worsley, Irene

## December 19th

Eason, Reginald  
Gordon, Calbert

Ploughman-Hamm,  
Jeanine N.  
Rosino, Cianela  
Sundar, Keisha

## December 20th

Bush-Hanks, Denise  
Clark, Rhonda M  
Domond, Ellen  
Eldridge, Mary  
Gary, Blair  
Thompson, Leona  
Thornton, Barbara  
Williams, Aleen

## December 21st

Boyd, Melanie  
Gist, April  
Holmes, Anthony  
Mitchell, Inez  
Shakur, Alquan

## December 22nd

Hill, Shirley  
Jones, Cynthia  
Richards, Jasmine  
Rowe, Charmaine  
Strode, Seonique

## December 23rd

Daniels, Rhohzharia  
Gray, Christie  
Hendrickson, Simon  
Sapp, Michelle  
Walker, Vickie

## December 24th

Lazaro, Madison  
Buford, Mary  
Carter-Mims, Carol  
Duharte, Tiffany

## December 25th

Lesperance, Esther  
Reed, Shirley  
Scudder, Janis  
White, Andrea

## December 26th

Ellis, Chyna  
Manns, Melissa  
McFadden, Lori  
Simpson, Shakira  
VanNorden, Gregory

## December 27th

Carr, Thelma  
Edwards, Bernardine  
Kearney, Chyron  
Kearney, Yolanda  
Simpson, Sandra  
Williams, Melissa

## December 28th

Bennett, Angelope  
Ely, Clara

Fields, Audrey  
Gardner, Joy  
Gerald, F.  
Jackson-DeYounge,  
Gladys  
Langs-Johnson, Selaja  
Tawney, Millicent

## December 29th

Burton-Seldon, Brenda  
Chandler, Martin  
Clemons, Charles  
Curtis, Anderson  
Evans, Toni  
Geer, Connie  
LaFountain, Sadara  
Pettway, Barnetta  
White, Gloria

## December 30th

Bass, Santoni  
Bowens, Debbie  
Givan, Jayvon  
Grey, Tawanda  
James, Robin  
Kearse, Serverina  
Mitchell, Cheryl  
Pettway, Randy  
Rainey, Juanita  
Smith, Geronald  
Taylor, Marcia

## December 31st

Brown, Vendance  
Lesperance, Bernadette  
McIntosh, Bennie  
Seawright, Jacqueline  
Simmons, Darlene  
Washington, Sally



# DECEMBER 2016 - THE SEASON OF ADVENT

## Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 12/1/2016 through 12/31/2016. Conference Dial-in Number: 712-432-0490, Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. **To playback prayer: 712-432-0508, access code is 111933#.** **This is not a toll free call, Long Distances Charges May Apply.** Note: Do not announce yourself if you call after 6:58am. Please mute your phone so that prayer will not be disturbed. **Ephesians 4:11-13 NIV Reference number for December 1, 2016 is 1769#**

SUN	MON	TUE	WED	THU	FRI	SAT
If you are having trouble with the main number, please use the backup number: 559-546-1400, then follow the prompts.						
4 Isaiah 11:1-10 Sis. Rawls	5 Psalm 72:1-7 Deacon Adetona	6 Psalm 72:18-19 Min. M. Walton	7 Romans 6:1-11 Sis. Barnes	8 Psalm 124 Sis. T. Langley	9 2 Sam. 7:18-29 Bro. E. Newton	10 Matt. 24:36-44 Sis. G. Williams
THAT'S WHY WE PRAISE YOU!						
11 Isaiah 35:1-10 Sis. Rawls	12 Psalm 21 Deacon Adetona	13 Luke 1:46-49 Min. M. Walton	14 Isaiah 1:24-31 Sis. Barnes	15 Luke 11:29-32 Sis. T. Langley	16 Luke 7:31-35 Bro. E. Newton	17 Matthew 3:1-12 Sis. G. Williams
GOD - THE RESCUER OF THE PEOPLE						
18 Isaiah 7:10-16 Sis. Rawls	19 1 Sam. 2:1-10 Deacon Adetona	20 Luke 1: 50-55 Min. M. Walton	21 James 5:7-10 Sis. Barnes	22 Micah 4:1-5 Sis. T. Langley	23 2 Peter 1:16-21 Bro. E. Newton	24 Matthew 11:2-11 Sis. G. Williams
THANKSGIVING AND ASSURANCES FOR THE KING						
25 Luke 1:46-55 Sis. Rawls	26 Psalm 100 Deacon Adetona	27 Proverbs 8:22-31 Min. M. Walton	28 Isaiah 49:13-23 Sis. Barnes	29 Psalm 95:1-7 Sis. T. Langley	30 2 Cor. 4:15-16 Bro. E. Newton	31 John 8:12-19 Sis. G. Williams
WHEN A MOTHER PRAYS						
THE REIGN OF CHRIST						

# December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				6:30 PM Deacon Min. Mtg. 6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal		8:30 AM Men's Fellowship Ministry Mtg. 12:00 PM Ushers Seniors Christmas Party 12:30 PM Music Ministry Rehearsal 1:00 PM Hands Unto the Lord 1:00 PM Ministers' Meeting
4	5	6	7	8	9	10
7:45 AM Prayer 8:30 AM Worship Celebration 9:45 AM Mount Aery Cafe 10:00 AM Sunday School 11:00 AM Worship Celebration 1:00 PM CONECT House Meeting	7:00 PM Re-Entry Ministry	9:00 AM System of Care Meeting 6:30 PM CONECT House Meeting 7:00 PM Music Ministry reh.	12:00 PM Daytime Bible Study/CONNECT House Meeting 1:00 PM Cong Review of Budget 7:00 PM Bible Study 8:00 PM Cong Review of Budget	6:00 PM Safe Place Training 6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal 7:00 PM Ushers	10:00 AM CARE Ministry	8:30 AM Men's Fellowship Ministry Mtg. 10:30 AM CONECT House Meeting 12:00 PM MAAFA Cast Party
11	12	13	14	15	16	17
7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church 1:30 PM Music Ministry Rehearsal	6:00 PM Fellowship Ministry mtg. 6:30 PM Strategic Planning Meeting	6:30 PM Trustee Ministry Meeting 7:00 PM CONECT Listening Sessions 7:00 PM Music Ministry reh.	12:00 PM Daytime Bible Study 1:00 PM Quilters 7:00 PM 8th Annual Holy Spirit Discernment Session	6:30 PM Deacon Min. Mtg. 6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal		8:30 AM Men's Fellowship Ministry Mtg. 9:00 AM New Disciples Ministry Class 12:00 PM Angel Tree Celebration 1:00 PM Hands Unto the Lord
18	19	20	21	22	23	24
7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church 1:30 PM Music Ministry Rehearsal		7:00 PM Music Ministry reh.		7:00 PM Music Ministry Rehearsal		
25	26	27	28	29	30	31
7:45 AM Prayer 10:00 AM Christmas Worship Celebration 10:00 AM Sunday School		6:00 PM Baptismal Class 6:30 PM Deacons Ministry Meeting	1:00 PM Quilters	6:30 PM Deacon Min. Mtg. 7:00 PM Music Ministry Rehearsal		10:00 AM Ministers' Meeting 5:00 PM Church Office opens 6:00 PM Vesper Service, Communion 10:00 PM Watch Night & Baptism

# Mount Aery Baptist Church

*FRANgelism Ministry*

Presents

## “WALK THE WALK”

Come Join Us @ 7:00 AM Every Saturday of Each Month for

Prayer – Fellowship – Exercise

Trumbull Mall – 1<sup>st</sup> Floor Main Entrance

Starting at Entrance Between Macy's & Lens Crafters

Mount Aery Baptist Church

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

73 Frank Street, Bridgeport, CT

Sunday Worship: 8:30 AM & 11:00 AM

Visit Us @ [www.mtaerybaptist.org](http://www.mtaerybaptist.org) Phone: 203-334-2747

## **F.R.A.N.GELISM SUNDAY**

***BRING A FRIEND, RELATIVE, ACCUANTANCE, OR  
NEBHOR TO CHURCH!***

**SUNDAY, DECEMBER 18, 8:30AM & 11AM WORSHIP CELEBRATIONS**



**MOUNT AERY BAPTIST CHURCH  
73 FRANK STREET, BRIDGEPORT, CT 06604  
PASTOR ANTHONY L. BENNETT, D.MIN., LEAD PASTOR  
[WWW.MTAERYBAPTIST.ORG](http://WWW.MTAERYBAPTIST.ORG)**





# CONNECT

Congregations Organized for a New Connecticut  
Congregaciones Organizadas para un Nuevo Connecticut

# meeting house

## *What's a "house meeting"?*

- An intentional, focused group conversation for the purpose of identifying issues of common concern that are widely and deeply felt at Mount Aery
- House meetings also provide opportunities to identify leaders who are willing to take action on community issues

## *Who should attend?*

**EVERYONE!!!**

**Please Participate & Sign Up in Church Office**

Sunday December 4 <sup>th</sup> 1:00 PM	Tuesday December 6 <sup>th</sup> 6:30 PM	Wednesday December 7 <sup>th</sup> 12:00 PM	Saturday December 10 <sup>th</sup> 10:30 AM
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Mount Aery Baptist Church  
73 Frank Street  
Bridgeport, CT 06604  
203 334-2757