

M F T M

FEBRUARY IS



H I S T O R Y M O N T H

Black History Month is an annual celebration of achievements and a time for recognizing the central role and contributions of black people in U.S. and world history.



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Pastor's Pen

Namaste My Brothers and Sisters in Christ,

We greet you in the joy of the Lord for indeed the joy of the Lord is our strength! I am grateful that we have just come out of our 30 Days of Prayer which included our leadership fast. I am already sensing and believing the benefits of our intentional and collective time in prayer will manifest healing and wholeness in our midst. Again, let me thank Rev. Alicia Tyson-Sherwood, Deacon Annette Febres and all of the prayer intercessors and facilitators of our Prayer Ministry.

Although the beginning of 2022 has ushered in that final season in the cycle of life, we are that much more grateful for the grace and gift of life granted to us.

In the month of February, we will introduce for some and re-present for others the South African term "Sawubona" which means, *we see you*. The culture in which we live specializes in overlooking and marginalizing those perceived not to have particular value. Yet during the month of February, we will lift up examples in our history as well as in the word of God that point to God seeing us and therefore, we collectively seeing ourselves, our dignity, our value and our purpose. I look forward to the preaching series as well as the Bible Study and Saturday Institute discussions.

We will also promote heart health awareness through our Go Red Sunday on February 13th. Though the national Go Red for Women Day was on Friday, February 4th, everyone is asked to wear something red on Go Red Sunday.

Continue to keep Pastor, staff, leaders and each congregant in your prayers for God's guidance, strength and direction.

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
 Volney Bryan
 Isaiah Brown
 Linda Lee Brown
 Carol Carter-Mims
 Joan H. Colley
 Minister Odell Cooper
 Rayvon Cox
 Tracey Nicole Craig
 Rev. Queen Curran
 Frances Dicks
 Ruth Hasty-Dove
 Sandra Dunn
 Bernardine Edwards
 Rose Evans
 Johnnie Mae Foxworth
 Willie Freeman
 Leonard Grace
 Deacon Minnie Grant
 Leslie Green
 Jodi Green
 Deacon Leroy Haggans
 Deaconess Ollie Haggans
 Deacon John Hill
 Ruth Harvin
 Deacon Naomi Holmes
 Gerard James
 Barbara Jones
 Maria Knight

Theresa Lazarus
 Cheryl Lewis
 Jordan Alexander Lewis
 Deacon Melvin Lowe, Sr.
 Deacon Benjamin Maxwell
 Reanna McCoy
 Mary McRae
 Autumn Mitton
 Caleb Mitton
 Spring Mitton
 Edward A. Morris
 Deacon Regina Mosely
 Austin Perkins
 Eulalia Pettway
 Miriam Powell
 Terrance Quiller
 Rose Samuel
 Kathy Stephenson
 Herb Sutton
 Gloria Tucker
 Rev. Velva Jean Tucker
 Curtis Jerome Turner
 Paula Watkins
 Dorothy Watts
 Gwen Williams
 June Williams
 Barbara Wilson
 Michelle Lisa Wilson



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

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

- Eartha Foster and Deacon Annette Febres and Family on the loss of their daughter and sister, Debbie Foster.
- Jasmine Richardson and family on the loss of her brother in Jamaica.
- The family of Frank Bridgeforth on his passing.
- Deacon Minnie Grant and family on the loss of her sister in New Jersey and her sister-in-law.
- Shanelle Johnson-Patterson and family on the loss of her daughter Aaliyaah McKnight.
- Paul and Ann Prince and family on the loss of Nannie Julia Prince.
- Veronica Davis and family on the loss of her mother, Valda Davis, in Jamaica.
- Danna Kennedy and family on the loss of her sister, Doris Dixon.
- Monya Payne and family on the loss of his uncle.
- Desmond Gamble and family on the loss of his father.
- Rev. Maxine Plummer and family on the loss of her cousin, Tyrone McCray.
- Stephenson Petion and family on the loss of his grandmother.
- Pastor Kathy Williamson and family on the loss of her aunt.



IMPORTANT DATES ✓

*During this season of prayer,
call in to the prayer line
at 7:00am daily at 716-427-1336
The participant access code is 111933#.
The calls are recorded so please mute your phone
to eliminate background noise. There is a new callback #: 716-427-1343
Please note that long distance charges may apply.*

Thank you for trusting God with your finances. Ways to give:

- Mail in checks and money orders –
73 Frank Street, Bpt. CT 06604
- Utilize Pushpay
- Offering baskets
at the door before
or after worship



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

Deacons on Call for the month:
Deacons Haggans and
Dewitt-Smith



Submissions of announcements and due dates:

Message From The Mount

Send information to
mftm@mtaerybaptist.org
by the 15th of each month.

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.

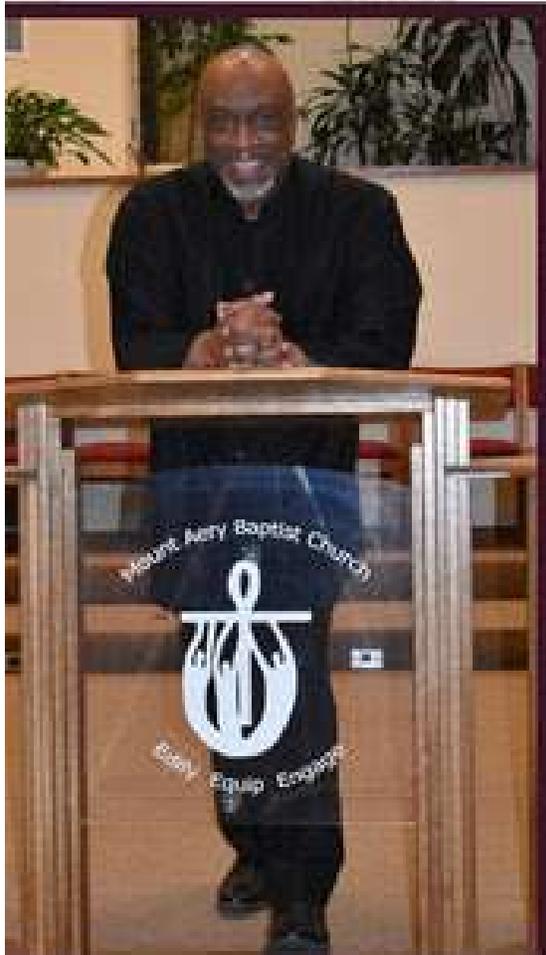
If announcements are not received by
the due dates they may be omitted or
placed in the next edition.

Here's an exciting way to join in worship with us.
Simply visit our website at mtaerybaptist.org
and click on 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>

MOUNT AERY BAPTIST CHURCH

*Worship Back
in the Sanctuary!*

9:30 AM



MASKS MANDATORY
73 FRANK STREET | BRIDGEPORT, CT

WWW.MTAERYBAPTIST.ORG

IT'S
**TAX
TIME**



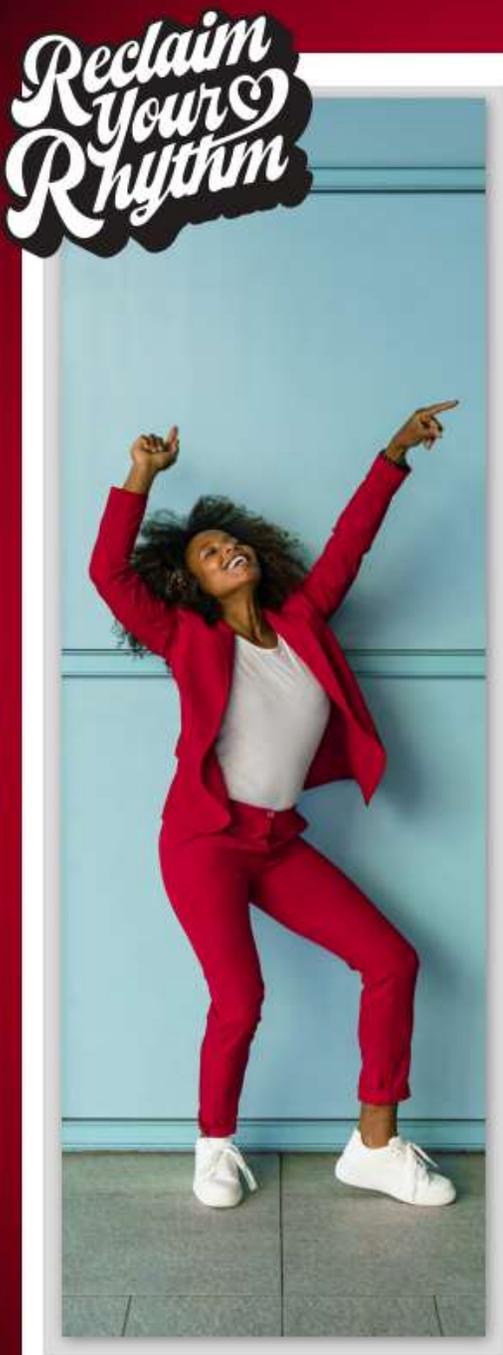
Tithing Statements
Available

**REQUEST
VIA EMAIL OR PHONE**

 finance@mtaerybaptist.org

 203.334.2757

WWW.MTAERYBAPTIST.ORG



*Reclaim
Your
Rhythm*




American Heart Association.

FRIDAY, FEBRUARY 4, 2022

NATIONAL WEAR RED DAY[®]

Join us by wearing red on
Go Red Sunday at
Mt. Aery Baptist Church,
Sunday, February 13,
2022

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The Nation Goes Red in February

The first Friday each February, American Heart Month, the nation comes together, igniting a wave of red from coast to coast.

From landmarks to online communities, neighborhoods to news anchors, this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

<https://www.goredforwomen.org>

SISTERS AT THE WELL

BLACK HISTORY

Presentation

FEB 19 11AM

Special Guests:

SENATOR MARILYN MOORE
SIS NANETTE MALONE
SIS MICHELLE BLACK SMITH

WEAR YOUR FAVE
ATTIRE OR ACCESSORIES

 **zoom** MEETING ID: 845 2088 2993 PASSCODE: 344339

MOUNT AERY BAPTIST CHURCH



PRAYER LINE

DAILY CONFERENCE CALL
AT 7AM EST

716.427.1336

ACCESS CODE
111933#



WWW.MTAERYBAPTIST.ORG

Saturday

INSTITUTE



SATURDAY @ 10 AM



MEETING ID: 856 1585 5751

PASSCODE: 667489

PHONE IN: 646 876 9923

WWW.MTAERYBAPTIST.ORG

Artichoke & Sundried Tomato Appetizer



Ingredients

1. One 14 oz can of artichokes packed in water and drained
2. ½ cup sundried tomatoes
3. 1 cup plain greek yogurt (I use Fage Total 0%)
4. 2-3 tablespoons of Mayonnaise
5. 1 cup of shredded cheese (I use a combo of mild and sharp cheddar)
6. ¼ teaspoon garlic powder
7. ¼ teaspoon salt
8. ¼ teaspoon pepper
9. 5-6 drops of Tabasco (optional)
10. 2 ounces of shredded parmesan cheese for topping
11. Crackers, celery, and carrot sticks

Directions

- Preheat oven to 375 degrees
- In a food processor (or chop by hand) chop the artichokes and sundried tomatoes,
- Add ingredients three thru nine and pulse until combined (or mix in a large mixing bowl)
- Place in a small oven safe dish, Top with parmesan cheese. Cover with foil and bake for 25 minutes. Remove foil and bake for an additional 5-7 minutes. Serve with cracked, celery and carrot sticks

Most people are aware that February is Heart Health month, which aligns perfectly with this year's Black History National Theme:

Black Health and Wellness



Black History Fact

Dr. Daniel Hale Williams - 1856-1931

Daniel Hale Williams pursued a pioneering career in medicine. An African American doctor, in 1891, Williams opened Provident Hospital, the first medical facility to have an interracial staff. He was also one of the first physicians to successfully complete pericardial surgery on a patient. In 1893, Williams continued to make history when he operated on James Cornish, a man with a severe stab wound to his chest who was brought to Provident. Without the benefits of a blood transfusion or modern surgical procedures, Williams successfully sutured Cornish's pericardium, the membranous sac enclosing the heart, thus becoming one of the first people to perform open-heart surgery. (Physicians Francisco Romero and Henry Dalton had previously performed pericardial operations.) Cornish lived for many years after the operation.



Heart disease is the leading cause of death in the United States.

The term "heart disease" refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack.

According to The US Department of Health and Human Services: Office of Minority Health

- In 2018, African Americans were 30 percent more likely to die from heart disease than non-Hispanic whites.
- Although African American adults are 40 percent more likely to have high blood pressure, they are less likely than non-Hispanic whites to have their blood pressure under control.
- African American women are 60 percent more likely to have high blood pressure, as compared to non-Hispanic white women.



The greatest causes and risk factors for heart disease among African American are:

- Obesity and being overweight
- Hypertension
- Smoking
- High Cholesterol
- Stress

It is important for everyone, especially African Americans to recognize the causes so that we can:

- 1. Make lifestyle adjustments towards preventions of these causes**
 - Add more exercise/movement into your daily lives
 - Be more mindful of daily diets
 - Add heart-healthy foods to your plate like green leafy veggies and more fruits
- 2. Become self-advocates for ourselves**
 - Make certain that you find a physician that looks at the whole person, and not just another patient
 - Engage in deeper conversation with your health care provider
 - Share what is happening in your life and stressors that may be impacting your health

If you suspect any potential concerns about your health in general, especially your heart, talk to your physician. If you do not have one, then contact your local health clinic or the nearest hospital and ask for recommendations.

Remember no one can take better care of you than you.

We Will Get By!

by Samantha Burton

YOUTH SPEAK 

WE WILL GET BY!
Keep marching
Keep moving
No stopping
WE WILL GET BY!
These tears we cry
Won't be in vain
WE WILL GET BY!
The fear of hate
Won't take our pride
WE WILL GET BY!
Our Roots are strong
Our voices are higher than the heavens above
WE WILL GET BY!
They try to break our hearts
But we will never fall apart
WE WILL GET BY!
We are holding on
We won't let go
This battle that we face
Is not our own
WE WILL GET BY!
The sound of freedom is like hearing the beautiful
birds chirping in the air
WE WILL GET BY!
The sound of freedom is like hearing the big blue
waves in the sea
WE WILL GET BY!
The sound of freedom is like hearing the bells
ringing in harmony
WE WILL GET BY!
We've come a long way
And we still have a long ways to go
WE WILL GET BY!
But Sweet Lord, when I look at your Holy Light, I
know that everything is going to be alright
And I know, WE WILL GET BY!



Newly published author of
"The Freedom of a Butterfly"
now on Amazon Kindle.

ZSPLJYEONOHUCJFHFLNHCRMKP
YCATVSCXANXTYROJROLXIFAZQ
REHCAERPYPFCBRLLTEVUEVDEEX
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ACTIVIST
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JANUARY
LOVE
NONVIOLENCE
RESISTANCE
TEACHER

APRIL
DOCTOR
FIFTEENTH
FREEDOM
ICON
JUSTICE
MARCH
PEACEFUL
SELMA
TRUTH

ASSASSINATION
EQUALITY
FOURTH
HOLIDAY
I HAVE A DREAM
LEADER
MARTYR
PREACHER
SPEECH
VOTE

His Dream Lives On

Today is a day we all sing
In honor of Martin Luther King

Wherever people fight to be free
His name is remembered with dignity

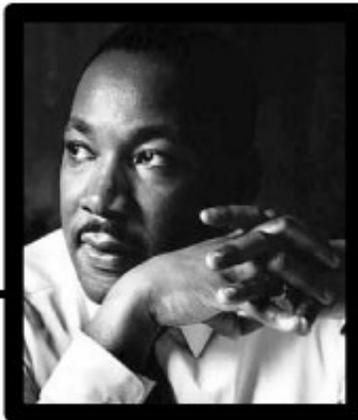
When black people weren't treated right
He stood strong to lead the fight

He fought with love, not guns or darts
He changed peoples' minds and their hearts

But some people didn't like his words
He was taken away, to a better world

Yet his dream lives on, that all can be free
When we knock down the walls between you and me

Martin Luther King's life did not last
But his dream and his spirit are free at last



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Show support for Black seniors with these four thoughtful activities:

During Black History Month, honor the African American seniors in your family or in your life with a variety of engaging activities. Here are four great ideas for fun and informative Black History Month activities that will show love and solidarity for Black seniors.

Discuss Historic Events

Seniors could discuss their memories of the 1963 March on Washington or other historic events, as well as the progress that resulted. Gather in small, socially distanced groups if possible, or talk one-on-one with the senior in your life.

You might opt to create a designated discussion time for only Black seniors to reminisce about their experiences or discuss historic events, too. When discussing topics like America's journey through the Civil Rights era, people who lived through the experience together may intuitively know how to be more sensitive toward one another or affirm one another's emotions. Creating space for a more intimate sharing circle might allow for a different type of discussion than the one that takes place in a mixed group.

Sing Civil Rights Movement Songs

Learn the popular songs of the Civil Rights era to celebrate what it accomplished.

Here are a few favorites:

- "Lift Every Voice and Sing"
- "We Shall Overcome"
- "This Little Light of Mine"
- "We Shall Not Be Moved"

NPR and The Nation offer some great renditions of Civil Rights tunes.

Hold A Soul Food Dinner

Serve up a classic soul food meal, complete with stewed collard greens, fried chicken or fish, black-eyed peas, and cornbread. For dessert, opt for sweet potato pie or peach cobbler. Play popular music by Black artists like Tina Turner, Ray Charles, Stevie Wonder, Aretha Franklin, and Marvin Gaye.

Black History Month Activities To Honor African American Seniors (continued)

Have A Black Storytime

Read classic works of Black literature, either in a socially distanced group setting, broadcast over a sound system, or one-on-one.

Here are a few authors to consider:

- **Maya Angelou**
- **Zora Neale Hurston**
- **James Baldwin**
- **W. E. B. Dubois**
- **Ralph Waldo Ellison**
- **Audre Lorde**



Or, have a Black poetry reading, sharing the poems of authors like Langston Hughes and Alice Walker.

Allow for time to talk about the works you've read afterward, giving discussion prompts. If possible, involve seniors of all races and ethnicities in these activities to inspire solidarity. Also, when purchasing food or supplies for your events (or at any time), look into whether you can purchase them from Black-owned businesses. Showing support to the African American community is a wonderful way to honor them during Black History Month and all year round. Let seniors know about the thoughtful choices you made, so they can feel good about them too!

“Let America Be Great Again”

By Langston Hughes, 1902-1967

G.R.A.C.E. 



Let America be America again.
Let it be the dream it used to be.
Let it be the pioneer on the plain
Seeking a home where he himself is free.

(America never was America to me.)

Let America be the dream the dreamers dreamed—
Let it be that great strong land of love
Where never kings connive nor tyrants scheme
That any man be crushed by one above.

(It never was America to me.)

O, let my land be a land where Liberty
Is crowned with no false patriotic wreath,
But opportunity is real, and life is free,
Equality is in the air we breathe.

(There’s never been equality for me,
Nor freedom in this “homeland of the free.”)

From The Collected Poems of Langston Hughes, published by Alfred A. Knopf, Inc. Copyright © 1994 the Estate of Langston Hughes. Used with permission.

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JZIUJSDJGDROCND OIOCBHEAPA
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SEABECDYKXALGSECEGSFQESSE
FAMOUSNGTCVCNAOTALPXKBFRP
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ALABAMA	APRIL	ATLANTA
AUBURN AVENUE	BUS BOYCOTT	CORETTA
COURAGE	EBENEZER	EQUAL
FAMOUS	FOUR KIDS	HISTORY
INSPIRATIONAL	JANUARY	LEADER
LEGEND	LINCOLN MEMORIAL	MEMPHIS
MOREHOUSE	NOBEL PEACE PRIZE	PASTORATE
PREACHER	SEGREGATION	SEPTEMBER
UNSTOPPABLE		

INVICTUS

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,

**I Am The Master Of My Fate,
I Am The Captain Of My Soul.**

~ William Ernest Henley

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:

Gift Card Scams



Yet again the scammers are at it again! Preying on the uninformed, therefore we're here to keep you informed and to help prevent you from being taken advantage of, or even worse, from being physically harmed. The latest scam is a caller asking you to purchase gift cards for the following reasons: pay a bill or face jail time; pay the IRS; or a family member is in trouble--bail them out with gift cards. If asked to pay by gift card, never do it! It's always a scam. Also, when purchasing gift cards, buy them online or from behind the counter, but never off the rack in stores because scammers are swiping the Universal Product Code (UPC) numbers off the card then putting them back on the rack, therefore when you add money to your card, the scammer takes the money off the card and your card does not have anything on it when it comes time for you to use it. Food for thought: Always follow your gut feelings; if you feel uneasy about the situation, you're probably right. Have a safe and happy holiday season!

Asked to pay by gift card? Don't.

Has someone asked you to go get a gift card to pay for something? Lots of people have told us they've been asked to pay with gift cards – by a caller claiming to be with the IRS, or tech support, or a so-called family member in need. If you've gotten a call like this, you know that the caller will then demand the gift card numbers and PIN. And, poof, your money is gone.

Scammers are good at convincing people there really is an emergency, so lots of people have made the trip to the Walmart or Target or CVS to buy gift cards to send these callers. And scammers love gift cards – it's one of their favorite ways to get your money. These cards are like giving cash – and nearly untraceable, unless you act almost immediately. So here's the most important thing for you to know: anyone who demands

So here's the most important thing for you to know: anyone who demands payment by gift card is always, always, always a scammer. Try this gift card buying exercise out at home – especially when anyone asks you to pay with a gift card:

Q: Should I buy an iTunes, Google Play, Steam, Kroger, Walgreens, BestBuy, Amazon, CVS, Rite Aid or ANY OTHER gift card for someone who demands payment? For any reason?

A: NO.

Gift cards are for gifts, not payments. If you've bought a gift card and lost money to someone who might be a scammer, tell the company who issued the card. (The contact info might be on the card, but might require some research) Call or email iTunes or Amazon or whoever it was. Tell them their card was used in a scam. If you act quickly enough, they might be able to get your money back. But – either way – it's important that they know what happened to you. And then please tell the FTC about your loss. Your report helps us try to shut the scammers down.



Gift Card Scam: Crooks Can Drain the Money off Your Cards

Gift cards are hotter than roasted chestnuts this yule season. Six in ten consumers have gift cards on their Christmas shopping list, according to a survey of 7,349 consumers for the National Retail Federation trade association, and retailers reckon they'll sell more than \$27 billion worth this holiday season.

For many people, gift cards take the agony out of finding that perfect present. But if you're buying or receiving gift cards this year, there's a scam you should know about: The money that you or your benefactor put onto that gift card can be stolen before the intended recipient can spend it.

"Gift cards are a big target for criminals," says Avivah Litan, security analyst for Gartner, an information technology research and advisory firm. The FBI estimates that gift card fraud losses are in the low single digits as a percentage of sales, but gift card sales run about \$130 billion a year.

A Simple Scam

The process of stealing the money off gift cards can vary. With the simplest method, a hacker takes cards off the rack, writes down the gift cards' numbers, and scratches off the strip on the back of the cards to get the security codes.

Once he has that information, he puts replacement strips—easily available online—over the codes and exits the store.

Later, after you buy one of those cards and load money onto it, the hacker gets an alert that tells him that the funds have been loaded onto the card.

"The crooks can see as soon as someone activates the card, because they've automated all this with software that periodically checks the card balance via the internet," says David Farquhar, a unit chief within the FBI's Criminal Investigative Division who explained the crime techniques to Consumer Reports last year.

But some gift card providers have safeguards. "If a card has not yet been sold and the number has been pinged online multiple times, the retailer will shut that card down," says Teri Llach, chief marketing officer for Blackhawk Network, a major provider of gift cards in-store and online. "The system identifies cards that may be compromised."



Laundering the Money

Because gift cards generally can't be redeemed for cash, after the crook finds cards with funds on them, he then starts a roundabout process of laundering the money.

For example, he might place an ad on a consumer-to-consumer online marketplace or auction website for an item that he doesn't actually own, say, a video game console that sells for \$600 in a retail store but that he is selling for \$500. When a buyer quickly snaps up that deal, the buyer sends his clean money to the fraudster.

The criminal, meanwhile, uses the dirty money loaded onto the stolen gift card to purchase the console from an online retailer, which ships the game player right to the buyer.



Botnet Attack

More sophisticated hackers skip the physical gift cards on racks in stores and go directly to the websites where consumers access their gift card balances. There, the hackers attack using botnets, networks of thousands of hijacked individual personal computers and Internet of Things (IoT) devices, which carry out automated actions.

The botnets test millions of combinations of gift card account numbers (which may follow discoverable sequencing patterns) and stolen PIN passwords to try to log into online gift card accounts that have money loaded onto them. The botnets try to avoid detection by mimicking individual human browsing behavior and blending in with a website's genuine visitor traffic.

In one such "brute force" attack on a gift card website earlier this year, a botnet dubbed GiftGhostBot logged up to 4 million gift card balance requests per hour by testing a rolling list of potential account numbers and PINs, says Rami Essaid, CEO of Distil Networks, a company which detects and defends businesses against botnets. When the botnet finds a money balance, the hackers can sell the account number on the criminal dark web or use it to purchase goods directly.

"More than 90 percent of the login activity for online accounts set up to manage gift cards is coming from botnet attackers who want to take over accounts," says Shuman Ghosemajumder, chief technical officer for Shape Security, another firm that defends company web and mobile applications from automated cyberattacks. Not all gift card companies use botnet defense services.

Protect Yourself

Gift card issuers are beefing up security with more protective packaging and new back-office technology that flags suspicious activity during purchase and redemption, says the Retail Gift Card Association. But you can also protect yourself by taking these steps:

- Buy gift cards online directly from the retailer, chain restaurant, or other issuer, says the FBI's Farquhar. Criminals don't have easy access to those cards. Buy online especially if you're purchasing a high-value gift card.
- Don't buy in-store racked cards with easily accessible numbers and PINs. If you buy in a retail store, look for gift cards kept behind the counter or in well-sealed packaging. The Retail Gift Card Association advises consumers to inspect the package for tampering.
- If possible, change the security code as soon as you buy the card. Register the card when you get home, change the PIN, and educate the recipient about what you did and why he or she should not delay in using the card.

Get your stolen funds back. Card issuers that use botnet defenses can detect the tiny percentage of fraudulent transactions that may slip through their net, and they may be able to distinguish between honest and fraudulent transactions on your gift card to make you whole again. So "if your card has been drained, you should call the issuer and ask for reimbursement of your stolen funds," Essaid says.

Secure your home computer. Farquhar says criminals also gain access to your gift card numbers and PINs by hacking your computer. To help prevent that, make sure your security software is the most up-to-date version, create and use strong passwords or a password generator, and follow our 66 ways to protect your privacy.

By Deacon Cynthia Seabrook

There's no shortage of great personal finance advice out there. The problem is figuring out whether or not it applies to you.

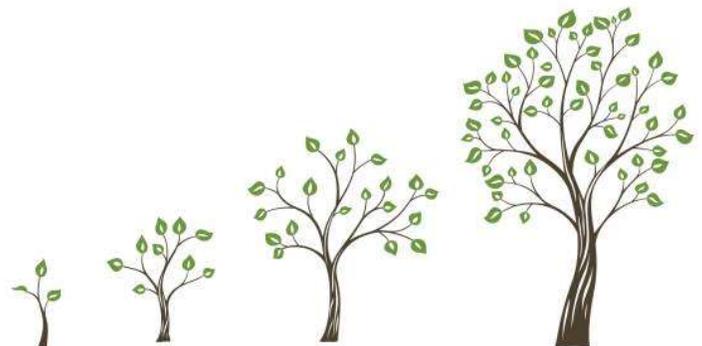
There is no single tip or money hack that will instantly change your life. But some principles and concepts can put you on the path to achieving your goals. You'll just need to figure out a way to apply them to your unique situation.

For years my budget was a homemade spreadsheet I updated sporadically in hopes of becoming a young Warren Buffet. It rarely worked as well as I wanted. In theory, my budget should have turned me into the ultimate saver. But what frequently happened was: I'd update it once a month only to find out I'd overspent on eating out or something. And it wasn't helping me feel any less stressed about money.

Changing the trajectory of your finances takes time. That can be disheartening to read. Everywhere you look it's one headline after another highlighting the youngest millionaire or someone who went from insurmountable debt to financial freedom in less time than it took to read their story.

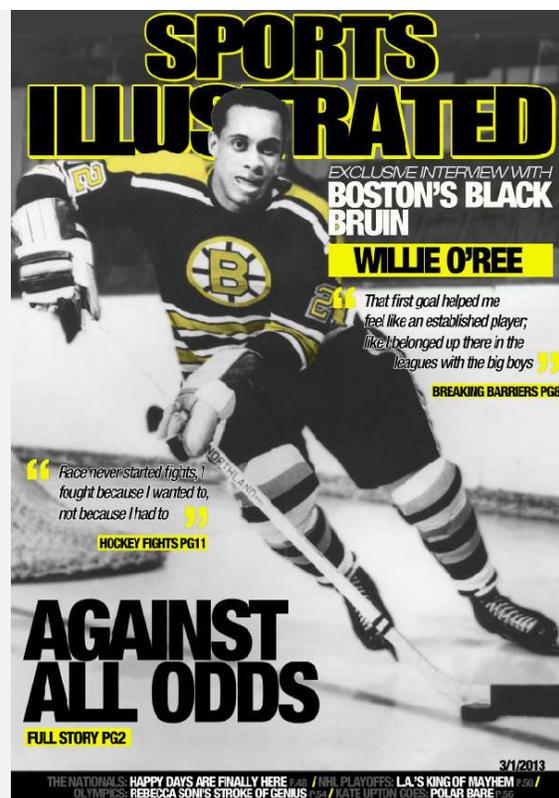
Life is a marathon, but we only see the last few hundred yards of other people's victories. Almost all financial achievements are preceded by a long period of learning and building momentum. Whether it's learning the art of becoming an entrepreneur or saving up for a [down payment on a house](#), meaningful changes take time.

If you can only take small steps, just keep taking small steps. It can be tough seeing how fast everyone else seems to be moving. What's not obvious is how much time it took them to develop the speed you're seeing. Understanding how much time is involved in making meaningful improvements is the foundation for positive financial decisions.



Willie Eldon O'Ree **CM ONB** (born October 15, 1935) is a Canadian former professional ice hockey player, best known for being the first black player in the National Hockey League (NHL). O'Ree played as a winger for the Boston Bruins. O'Ree is referred to as the "Jackie Robinson of ice hockey" for breaking the black colour barrier^[1] in the National Hockey League, and has stated publicly that he had met Jackie Robinson when he was younger.^{[2][3]} He was inducted into the Hockey Hall of Fame in November 2018.

Also in 2018, the NHL instituted the annual Willie O'Ree Community Hero Award^[4] in his honour, to "recognize the individual who has worked to make a positive impact on his community, culture or society to make people better through hockey."



Midway through his second minor-league season with the Quebec Aces, O'Ree was called up to the Boston Bruins of the NHL to replace an injured player. Two years earlier, O'Ree had been blinded when he was hit in his right eye by an errant puck;^[5] which would have precluded him from playing in the NHL if the Bruins had known. However, O'Ree managed to keep it secret, and made his NHL debut with the Bruins on January 18, 1958,^{[5][6]} against the Montreal Canadiens, becoming the first black player in league history. He played two games that year, with centreman Don McKenney and right wing Jerry Toppazzini as his linemates.^[6] O'Ree played 43 games for the Bruins during the 1960–61 NHL season. An incident occurred during a game from that season against the Chicago Blackhawks in Chicago Stadium. O'Ree claims he was called racist names by several of the Blackhawks players.^[7] During the game, Eric Nesterenko butt-ended O'Ree, knocking out his two front teeth and breaking his nose.^[7] O'Ree responded by hitting Nesterenko over the head with his stick, which O'Ree claims "almost created a riot".^[7] O'Ree claims the fans called him racist names and that the Blackhawks players were threatening to kill him, and that he was "lucky to get out of the arena alive".^[7] After playing the 43 games for the Bruins during that season, O'Ree was then traded to the Montreal Canadiens. O'Ree claims that the Canadiens were run by racists and that he wasn't invited to try out for the team.^[7] O'Ree scored 4 goals and 10 assists in his NHL career, all in 1961.^[8]

O'Ree noted that racist remarks were much worse in the U.S. cities than in Toronto and Montreal, the two Canadian cities hosting NHL teams at the time, and that "Fans would yell, 'Go back to the South' and 'How come you're not picking cotton?' Things like that. It didn't bother me. I just wanted to be a hockey player, and if they couldn't accept that fact, that was their problem, not mine."^[9]

In the minor leagues, O'Ree won two scoring titles in the Western Hockey League (WHL) between 1961 and 1974, scoring 30 or more goals 4 times, with a high of 38 in 1964–65 and 1968–69. O'Ree played 50 games for the American Hockey League's New Haven Nighthawks in 1972–73. Most of O'Ree's playing time was with the WHL's Los Angeles Blades and San Diego Gulls. The latter team retired his number, which now hangs from the rafters at Pechanga Arena, formerly known as the San Diego Sports Arena. O'Ree continued to play in the minors until the age of 43.^[8]

After O'Ree's stint in the NHL, there were no other black players in the NHL until another Canadian player, [Mike Marson](#), was drafted by the [Washington Capitals](#) in 1974. There were 23 black players in the NHL as of the mid-2010s. [Art Dorrington](#) was the first black player to sign an NHL contract, in 1950 with the [New York Rangers](#) organization, but never played beyond the minor league level. NHL players are now required to enroll in a preseason diversity training seminar,^[10] and racially based verbal abuse is punished through suspensions and fines.^[11]

From 1998 on, O'Ree has been the NHL's Diversity Ambassador,^[12] traveling across North America to schools and hockey programs to promote messages of inclusion, dedication, and confidence.

O'Ree was inducted into the [New Brunswick Sports Hall of Fame](#) in 1984. In 1998, O'Ree was working at the [Hotel Del Coronado](#) in San Diego, California when the National Hockey League approached him to be the director of youth development for its diversity task force.^[13] The NHL/USA Hockey Diversity Task Force is a non-profit program for minority youth that encourages them to learn and play hockey. As of the mid-2000s, O'Ree lives in [Berkeley, California](#).^[14] O'Ree and [Kevin Weekes](#) appeared in the [Everybody Hates Chris](#) episode "Everybody Hates Gretzky" in 2008.^[15] ^[16]

On the afternoon of January 19, 2008, the Bruins and NHL deputy commissioner [Bill Daly](#) honoured O'Ree at [TD Garden](#) in Boston to mark the 50th anniversary of his NHL debut. In addition, The Sports Museum of [New England](#) located in the TD Garden, established a special exhibit on O'Ree's career, comprising many items on loan from his personal collection.^[17] Those in attendance included a busload of friends from O'Ree's hometown of Fredericton. Two days earlier, the City of Fredericton honoured him by naming a new sports complex on the North side after him.^[18] Around the time of the 60th anniversary of O'Ree's contribution to ice hockey in early 2008, he was once again honoured by the Bruins and the NHL, with a new street hockey rink in Boston named in his honour, one of many accolades with which the Bruins and NHL legend are involved.^[19] On January 27, 2008, the NHL also honoured O'Ree during the [56th National Hockey League All-Star Game](#) in [Atlanta, Georgia](#). On February 5, 2008, [ESPN](#) did a special on him in honour of [Black History Month](#).^[20] On October 29, 2008, [San Diego State University](#) presented O'Ree with an Award for Outstanding Commitment to Diversity and Cross Cultural



Understanding.^[21] In 2008, O'Ree was also inducted by the [San Diego Hall of Champions](#) into the Breitbard Hall of Fame honouring San Diego's finest athletes both on and off the playing surface.^[22]

The same year, O'Ree received the [Order of Canada](#), the highest civilian award for a Canadian citizen. He was honoured as a pioneer of hockey and dedicated youth mentor in Canada along with the U.S.^[23] On June 28, 2011, [The Sports Museum](#) at [TD Garden](#) in Boston honoured O'Ree with the Hockey Legacy Award at the 10th Annual "The Tradition." Other honourees that evening included [Larry Bird](#), [Mike Lowell](#), and [Ty Law](#).^[24] The [Buffalo Sabres](#) hosted a Willie O'Ree skills weekend in March 2012.^[25] His jersey was retired by the [San Diego Gulls](#) on October 16, 2015.^[26]

As the [2016 Stanley Cup Finals](#) were about to start, the [San Jose Sharks'](#) [Barbadian Canadian](#) star right winger [Joel Ward](#) was preparing to play against the [Pittsburgh Penguins](#), and told ESPN that O'Ree was one of his inspirations to play pro hockey, and should have his player number 22 retired by the NHL league-wide, just as [Jackie Robinson](#), the first player of color in [Major League Baseball](#) has been honored. Ward himself honored Robinson's legacy through [his last season](#) in NHL play by wearing jersey number 42 in NHL play; Robinson's own player number 42 has been retired league-wide in pro baseball.^[27]

On November 3, 2017, O'Ree was honoured with a banner by the Springfield Thunderbirds during a pregame ceremony to commemorate his time with the Springfield Indians.^[28]

A more personal honor for O'Ree was arranged by John Grzelcyk, father of current Bruins defenseman Matt Grzelcyk. A long-time member of the Boston Garden and TD Garden "bull-gang" team of arena personnel that assists with "changeovers" for different events at each facility, the senior Grzelcyk had saved an original number 22 Bruins uniform jersey worn by O'Ree from the 1960–61 Boston Bruins season, when O'Ree last played in the NHL as a Bruin. Both Grzelcyks personally presented the jersey to O'Ree, to honor him for his time with the Bruins and the NHL.^[29] At about the same time as O'Ree received his vintage Bruins game-sweater, it became known that Madison Bowey, a then-Washington Capitals rookie of bi-racial ethnicity, had been taught by his Black Canadian father about O'Ree's importance in NHL history, and selected 22 as his number with the Capitals to honor O'Ree's achievement.^[30]

On June 26, 2018, it was announced that O'Ree would be inducted as a builder into the Hockey Hall of Fame later that year.^{[31][32][33]}

Almost ten months after receiving his original Bruins sweater from the Grzelcyks, on November 1, 2018, O'Ree attended the ceremonial dedication of a street hockey rink named in his honour in the Boston neighbourhood of Allston, as part of the continuing legacy of O'Ree's time with the Bruins.^[34]

By early May 2019, following O'Ree's builder honor with the Hockey Hall of Fame the previous year, a bill in the 116th U.S. Congress is authorizing the award of the United States Congressional Gold Medal for O'Ree's achievements "in recognition of his contributions and commitment to hockey, inclusion, and recreational opportunity."^[35]

O'Ree was named to Canada's Sports Hall of Fame on May 27, 2020, in the Builder category.^[36] The formal induction ceremony was postponed to October 3, 2021, due to concerns over COVID-19.^[37]

On January 12, 2021, the Boston Bruins announced that they would retire O'Ree's number 22 on February 18.^[38] However, the jersey retirement ceremony was moved to January 18, 2022, by the NHL.^{[39][40]}

In 2021, as a celebration of Black History Month, all NHL players wore a commemorative helmet decal honouring O'Ree from January 16 to February 28

Feb 1st

Bradley III, Alfonso
Henderson, Mary
Marshall, Robert
Nesmith, Tasha
White, Frank

Feb 2nd

Hayward, David A.
Thomas, Bessie
Young, Ambrose

Feb 3rd

Diaz, Frances
Jones, Shanice
Myrie, Brian
Nichols, Gregory
Smith, Valerie
Tomlinson, Armani

Feb 4th

Black, Kerry-Ann
Bristow, Sadie
Brooks, Evelette
Gardner, Laura
Laing, Roslyn
Mack, Kynasha
McKnight, Eugene
Oaks, Sherlawn
Smallwood, Sonja
Velasquez, Adam
Walker, Delores

Feb 5th

Commodore Jr., Josh
Dixon, Valerie
Holmes, Lucille
Johnson, Anne
Torres, Marcos
Wallace, Ameenah

Feb 6th

Boston, Felicia
Bullock, Mykelle
Haggans, Ollie

Feb 7th

Arrington, Keith
Barnes, Tyshon
Bass, Nichelle
Bevel, Wenyatta
Milton, Genester
Norris, Lakena
Rankin, Vestina
Torti, Brandon

Feb 8th

Bowens, Beverly
Gary, James
Goggins, Reginal
Lawrence, Malinda

Feb 9th

Alexander, Rodney
Edwards-DaRosa, Daphne
Gee, Mary
Henderson, Troy
Johnson, LaBriah
Lyles, Brianna
McKnight, Mildred
Parker, Timajh
Pettway, Anniemaxine
Roebuck, Carol
Slade, Alanna
Wade, Anthony

Feb 10th

Brown, Maria
Doss, Iman
Howard, LaShonda
Jefferson, Shane
Reid, Thashea
Taylor, Ronald

Feb 11th

Barge, Shanek
Davis, Corey
Dicks, Justina
Easley, George
Jones, Terry
Langston, Uniquie
Maye-Hazel, Shantana
Romero, Juan

Feb 12th

Bass-Farrell, Dawn
Billings, Tiquan
Dorsey, Ashley
Hobbs, Robert
Norwood, Levina
Rawls, Robin
Smith, Tracy
Williams, Veronica

Feb 13th

Bendolph, Carrie
Booker, Eugene
Diaz, Devin
Foxworth, Johnnie
Jordan, Calvin
Lee, Sandra
Nash, Alvin
Ortiz, Carina
Simmons, Jermaine
Wade, Wendy

Feb 14th 

Baldwin, Barbara
Brown, Karen
Coleman, Marquess
Davis, Victoria
Davis-Green, Leslie
Dennis, Darius
Gary, Shermont
Nelson, Kimberly
Pettway, Lena
Salahuddin, Aneesa
Spears, Davida

Feb 15th

Glenn, Assan
Griggs, Leonard
Harris, Curtis
Jacobs, Koshayna
Johnson, Percy
Manns, Joe

Feb 16th

Bethune, Annie
Diu Dlu, Delta
Epps, Sakia
Garner, Wayne
Gee, Imani
James, Eric
Lozada, Tina
Reed, Keiya

Feb 17th

Clarke, Colin
Council, Ralph
Ebron, Semager
Gallimore, Ricky
Jimason, Erika
Lewis, Kenney
Miller, Colby
Mincey, Shirelle
Munford, Elizabeth
Thigpen, Alicia
Thompson, Ida
Thompson, Danielle
Venable, Donna

Feb 18th

Burton, Annette
Ellington, Monique
Gaines, Earnest
Walker, Lashonda
Walker, Nelson

Feb 19th

Bradley, Lee
Caviness, Deva
Comer, Andrea
Gary, De'Gene
Hawkins, Kendal
Henry, Bobby
Jowers, Michael
Lazaro, Zuri
Leger, Leanne V.
Lewis, Nicole L.

Feb 20th

Henderson, Kelley
Jackson, Jr., Walter
Langston, Cymande
Robinson, Nathaniel
Shelton, Anthony
Stevens, Tyrone
Stewart, Tymisha
Wilson, Carey

Feb 21st

Byrd, Mozetta
Marshall, Ashley
Newton II, Ernest
Pettway, Irene

Feb 22nd

Davis, Jamura
Dunham, Terrell
Murray, Anthony
Smith, Troy
Williams, Stephanie
Williams, David

Feb 23rd

Alfred, Getha
DeWitt, Kizzy
Thomas, Dean
Williams, Tyese
Winston, Elizabeth
Woods, Sharon

Feb 24th

Boston-Randolph, Farrah
Codrington, Dametria
Codrington, Ladale
Garrett, Robert
Hudson, Tomeka
Jenkins, Russell
Johnson, Brenda
McMillan, Lorissa
Paris-Cooper, Stephanie
Potts, Ja'qhan

Feb 25th

Everett, Sandra
Rogers, Ronald
Sloan, Alicia

Feb 26th

Cheatham, Theyonda

Feb 27th

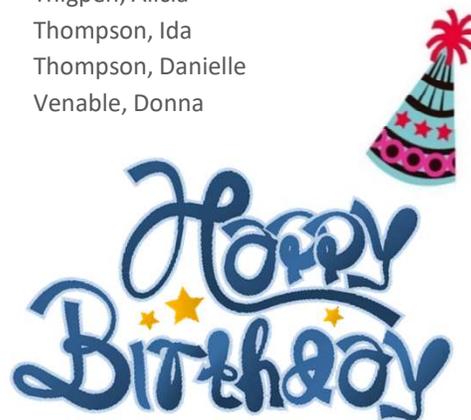
Murray, Deshonna
Revis, William
Swinton, Jahquashia
Tucker, Portia
Watkins, Paula

Feb 28th

Barge, Andrea
Fleming, Ashle'
Frye, Henry
Pierre, Richarde
Rodriquez, Evelyn
Davis, Bryan
Harper, Rufina
Jones Jr., Michael
Jones-Buchanan, Karen
Pettway, Jolisa
Taylor, Felicia

Feb 29th

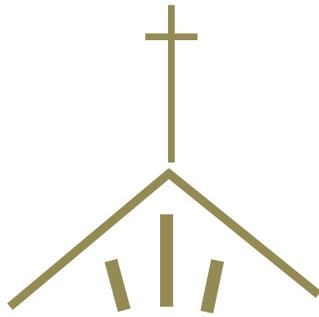
Bowens, Laguanda
Hooper, Patricia



FEBRUARY 2022 - BLACK HISTORY MONTH

Organized Prayer is 7:00am to 7:10am beginning 2/1/2022 through 2/28/2022. 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 11933#. 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 Genesis 16:13 Pastor Bennett	2 Proverb 15:3 Sis. Barnes	3 Jeremiah 12:3 Sis. Whitaker	4 Psalm 33:18 Sis. M. Lee	5 Jeremiah 1:5 Sis. Thompson-Bennett
CONSECRATION OF LEADERS AND SAWUBONA (PRONOUNCED SOW: 'boh:nah - WE SEE YOU)						
6 2 Chronicles 16:9 Rev. Dr. Sherwood	7 Isaiah 41:10 Deacon Gardner	8 Isaiah 49:15 Sis. Smith	9 Psalm 33:18 Sis. Simmons	10 Isaiah 26:3-4 Pastor Williamson	11 Psalm 12:1-8 Deacon Paul	12 Psalm 34:15 Deacon Gist
EL ROI—(THE GOD WHO SEES US)						
13 Hebrews 4:13 Bro. Cummings	14 Psalm 11:4 Deacon Smith	15 Psalm 102:19 Rev. Dr. Sherwood	16 Psalm 14:2 Min. Langley	17 Jeremiah 23:24 Sis. Alston	18 1 John 3:1 Pastor Kingwood-Small	19 Isaiah 5:21 Pastor Boissiere
LOOKING AT EACH OTHER THROUGH GOD'S EYES						
20 Ephesians 4:32 Sis. S. Jackson	21 Proverbs 12:25 Bro. Easley	22 1 Thess. 5:11 Deacon Vermont	23 1 Chron. 29:10-20 Bro. White	24 Ephesians 4:29 Sis. Ellis	25 1 John 2:18 Sis. Newton-Foster	26 Philippians 2:1-4 Deacon Hurst
AFFIRMING AND EMPOWERING EACH OTHER						
27 Genesis 2:7 Bro. Newton	28 Isaiah 58:5 Min. Langley	PREPARING FOR LENT				



**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**

**716-427-1336
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!