



THERE IS ALWAYS SOMETHING TO BE THANKFUL FOR



love
peace
blessings
simplicity
healing
warmth
faith
each other

embracing november

credits

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SOLUTIONS—For People At Work





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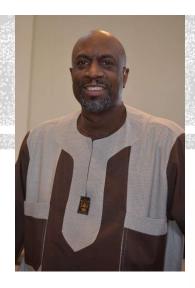
Deacon Cynthia Seabrook Financial Freedom

Mount Aery Baptist Church

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

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Pastor's Ten

Namaste my Brothers and Sisters in Christ,

What a blessing it is to be able to greet you on the first Sunday in the next to last month of the vear 2020. I know none of us could have anticipated this past October what we have experienced in terms of the pandemic of COVID 19 as well as the continued racial strife and economic uncertainty. Many of us have been burdened by both personal and family issues as well as the impact from all of the division. distractions and destruction occurring around us every day. And yet, the blessing we find is that in the midst of it all, God's Holy Spirit is strengthening and sustaining us to keep pressing our way through this difficult and devastating year. The consolation I have found in this season is that God's presence, power and provision keeps reminding us that as challenging as these moments are, God has given us the ability to become more than conquerors through Jesus, The Christ.

I am forever grateful to God for the Mount Aery staff, leaders, and congregation. Each of you have been a source of faith and inspiration in these unstable times. Although none of us knows how long the Coronavirus will be with us, we do know that the community of faith established as Mount Aery Baptist Church will continue to stand the test of time.

October was a blessing for us, in addition to our regular virtual worship and bible study, we began presentations based on our partnerships with Duke Divinity School. Each presentation was life giving and life changing. Simultaneously, we concluded our Calvin Seminary grant presentations which centered around the development of our therapeutic spiritual development center. This year the Calvin grant presentations were included in our virtual MAAFA moments. I am so thankful and grateful for all who presented, coordinated, facilitated and/or participated in any of these events

As we move into this month of November, let us continue to pray for one another, our community, this city, country and world. Please join us as our Prayer Ministry continue to lead us in a special season of prayer and fasting that began on October 17th and will continue through the week of our country's election up through the day of inauguration of the next President.

These are indeed times of flux and uncertainty, yet in the words of that great church hymn, *HOLD TO GOD'S UNCHANGING HAND*.

God bless.

Pastor Anthony L. Bennett, D. Min.

Lead Pastor

ANNOUNCEMENTS

IMPORTANT DATES >

During this season of prayer,
call in to the prayer line
at 7:00am daily at 319-527-3510.
The participant access code is 111933#.
The calls are recorded so please mute your phone
to eliminate background noise.
Please note that long distance charges may apply.





Here's an exciting way to join in worship with us. Simply visiting our website at mtaerybaptist.org and click one WATCH LIVE in the upper right hand corner. Pass the link on to your friends and family as well so they can be blessed by our ministry http://www.mtaerybaptist.org/watch-us-live

Deacons on Call for the month are Deacons Smalls & Vermont

<u>Submissions of announcements</u> and due dates:

Message From The Mount

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

Monitors in the Sanctuary

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

Please make sure that your announcement is in PowerPoint format.

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



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 so Equip so Engage

Please Pray for Our Prayer List

Clifford Bazelias Deacon Melvin Lowe, Sr. Volney Bryan Reanna McCov Isaiah Brown Susie Mckine Linda Lee Brown Mary McRae Carol Carter-Mims **Autumn Mitton** Joan H. Colley Caleb Mitton Minister Odell Cooper Spring Mitton Rayvon Cox Edward A. Morris Tracey Nicole Craig Deacon Regina Mosely Frances Dicks **Austin Perkins** Ruth Hasty-Dove **Eulalia Pettway** Sandra Dunn Miriam Powell Bernadine Edwards Terrance Quiller Rose Evans Rose Samuel James Freeman William Henry Sims Sr. Willie Freeman Linda Suggs

Leonard Grace Herb Sutton Gloria Tucker Deacon Minnie Grant Leslie Green Rev. Velva Jean Tucker Curtis Jerome Turner Jodi Green Ruth Harvin Paula Watkins Deacon Jeffrey Hill **Dorothy Watts** Deacon Naomi Holmes

Gwen Williams Deacon Primus Jackson 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

Paula Watkins

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

Jena Simmons

Westchester Medical Center, 100 Woods Road, 2nd floor, Valhalla, NY 10595

Please address all correspondences for the above disciples to the church and the administrative office will forward all mail. Thank you for your cooperation.

Bereavement

- Ed and Wanda McClain and family on the loss of his daughter in NY.
- Deacon April Gist and family on the loss of her cousin in South Carolina.
- Leola and Sam Jones and family on the loss of her brother in Ohio.
- Jennifer and Frank Bruton on the loss of her uncle in Ohio.
- Shalishea Laws and family on the loss of her beloved, Jamaine Allen.
- Ed and Wanda McClain on the loss of her cousin in Stamford.



Gerard James

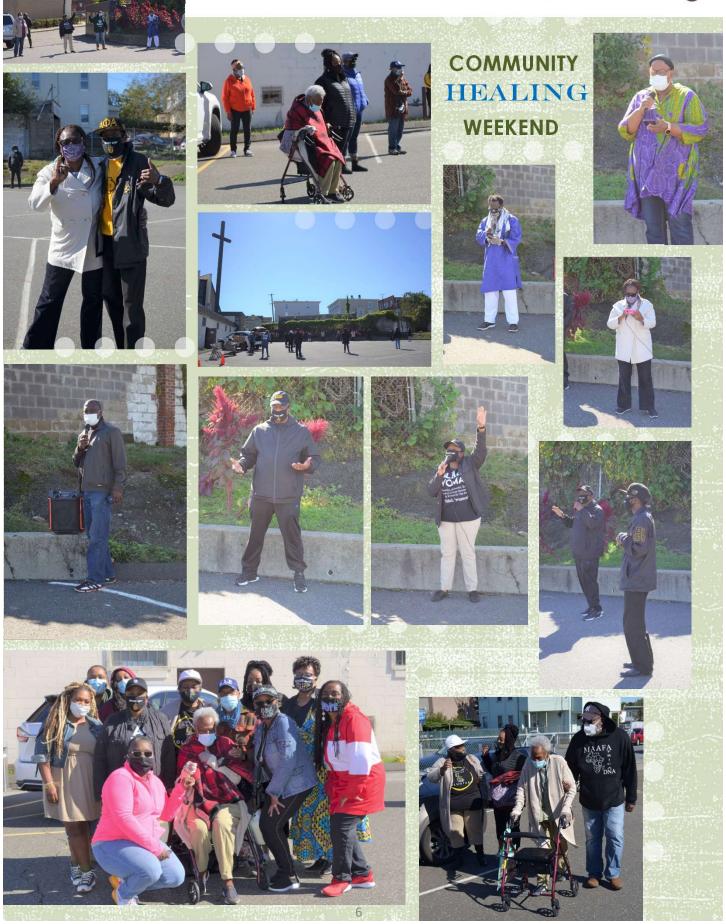
Barbara Jones

Theresa Lazarus Chervl Lewis

Jordan Alexander Lewis

Maria Knight

GENERAL NEWS ()





GENERAL NEWS ()



Food Basket Giveaway









Who can apply?

 Residents of the city of Bridgeport, CT who are directly impacted by the COVID-19 pandemic

What do you need to apply?

- Identification
- Proof of need
- Complete a one-page application

What kind of assistance is available?

- Food security
- Housing support
- Medicine/prescriptions
- Medical copays/deductibles/coinsurance
- Mental health/domestic violence
- Other basic needs (i.e., household necessities)

For more information contact GBAPP, Inc. Rev. Nancy Kingwood (203) 366-8255 Or Deidra Williams, Admin Assistant at Mount Aery Baptist Church (203) 334-2757

> Resources made available by the generous support of the CT Health Foundation and GBAPP, Inc.





THE COLD WEATHER IS UPON US

BRRRRBRRRRBRRRRBRRRRBRRRRBRRRRBF

Have you applied for energy assistance yet? If not now is the time. Call your local agency today. Alliance for Community Empowerment (formerly ABCD) 203 366-8241. TEAM 203 736-5420, and Community Action Agency 203 387-7700. If you're not sure which is your local agency call 211 from a landline phone or 1 800-203-1234 from your cellphone.









Roasted Chicken



Ingredients

1 whole chicken

2-3 tablespoons of extra virgin olive oil

1 lemon or lime cut into wedges

2-3 cloves of peeled garlic

Salt

Pepper

Directions

- Preheat oven to 375 degrees
- · Remove giblets from the chicken
- · Pat dry the chicken with paper towels
- Place the lemon wedges and garlic cloves inside the cavity of the bird. Rub the olive oil all over the outside of the bird.
- Salt and pepper the chicken inside and out.
- Place the chicken breast side up in a roasting pan or baking dish.
- Bake at 375 degrees for fifteen minutes, then lower the oven temperature to 350 degrees Leave oven temperature at 350 degrees until the chicken is done roasting. Approximately 20 minutes per lb. or until the internal temperature reaches 165 degrees. Let rest for fifteen minutes before carving.

CAN I FIND HAPPINESS IN THE MIDST OF A PANDEMIC?

HEALTHY HABITS 🌣

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In the current environment of doom, gloom, and uncertainty, does happiness stand a chance? Can we possibly be happy at a time like this? Or better still, can we possibly learn to be happy right now, despite all the loss, anticipatory grief, anxiety, unpredictability, fear, and frustration that's going around?

We can because we can learn to make ourselves happy. And we can learn because happiness is not the result of the external environment, but rather the result of our own internal environment. Happiness is a choice. Unhappiness is a habit, and we can make the choice to break that habit every minute of the day in what we do and how we think.

There are several myths surrounding happiness which make us believe that the next promotion, the next salary hike, the next big car, the next exciting vacation, the perfect romantic relationship, or winning the lottery will make us happy. Or that some people are just born happier than others. According to Sonja Lyubomirsky, a positive psychology researcher, 50 percent of our happiness level is determined by genetic factors, only 10 percent is determined by life's circumstances, and a whopping 40 percent is what we have complete control over.

This is good news!

So, what we do with this 40 percent can be a game changer for our happiness, which Lyubomirsky defines as the experience of joy, contentment, or positive wellbeing, combined with a sense that one's life is good, meaningful, and worthwhile.

We create our own unhappiness by the way we think about our life and our world. In the words of the Dalai Lama, "Happiness is not something readymade. It comes from your own actions." The secret to happiness and fulfilment does not lie in the things we have, but in the way we think about things. Becoming aware of our own thoughts, understanding their dysfunctionality in our lives, and replacing them with happier thoughts holds the key. So, what are some of the possible shifts in thinking that we need to bring about?

Being grateful and focusing on positivity.

Bring into focus what we have and what is good rather than what we don't have and what is not good. It is surprising how what we focus on takes on a life of its own. So, we can maintain a gratitude journal, count our blessings, express sincere thanks, and learn to recognize and acknowledge the positives that come out from every challenge we faced in the past.

Letting go of negativity. Forgiving those who have hurt us in the past allows us to move on with our lives, untethered and free. Embracing failure and learning from it allows us to grow towards our potential and opens us up to the possibility of success in the future.



CAN I FIND HAPPINESS IN THE MIDST OF A PANDEMIC?



Let go of the need to please others. Don't sweat the small stuff, and let go of the need for perfectionism and control. Remember that there will always be things we cannot control. In fact, the only things that we can control are our thoughts, our behaviors, how we interpret things that are happening outside of us, and how much we allow them to affect us.

Remembering that this too shall pass. Expect everything to eventually come to an end and give way to something different. Nothing is permanent and lasts forever —not the ups, and not the downs. If we are on a high, knowing that the high will end keeps us grounded. If we are on a low, knowing that the low will eventually end keeps us hopeful.

Taking care of ourselves. Exercise, nutrition, and sleep help take care of our body, which is extremely important. But taking care of our spirit is also important to remember. Practicing non-judgmental awareness and acceptance of the people we are; smiling, laughing, and having fun; cutting out the comparisons; simplifying our wants and decluttering our space; reconnecting with nature; listening to music; visualizing happiness; learning something new, taking a class, being creative, or pursuing a hobby; meditating, journeying inwards with honesty; and discovering new meaning in and about ourselves and the world, all help nourish and nurture our spirit.

Living in the moment. The past is over; there is nothing we can do to change it. The future isn't here yet, and we can never say with certainty what it holds. So, can we just savor the present because that is all we have right now? Can we enjoy the lunch we are fortunate to have without panicking about the meeting after? Can we enjoy the smooth flow of warm water over our bodies while in the bath instead of ruminating over the argument with the neighbor last week? Can we enjoy the game of Monopoly with our child instead of checking our email while at it? Can we stop and smell the roses and listen to the birds?

Nurturing human connections. The current pandemic has thrown up several challenges for meeting people; however, human connections can still be sustained by reaching out in many ways. Physical contact and closeness are not the only way. We are blessed with technology that has allowed us to be able to connect freely. Are we using the technology to connect by reaching out, or are we using it to isolate further by staying in our cocoon and binge-watching shows? That is a choice we make. No man is an island. Everyone needs a community; everyone needs to feel the warmth and love of connection.

Making our life meaningful to others. Shift the focus away from ourselves. Are we able to give happiness to others? There are so many people in distress right now for different reasons. Can we volunteer our time and resources to bring them some relief or joy or even just a smile? Can we look for opportunities to practice kindness every day?

Asking for help as a sign of strength. There is a common perception that we need to deal with our life's struggles and challenges on our own. If we don't, we will be perceived to be weak. However, asking for help is one of the most difficult things to do and requires immense courage. So, if it is indeed that difficult, then being able to do it has to be a sign of great strength.

At first glance, this pursuit of happiness seems like a tall order and a lofty goal. But it really isn't. We need to break it down into smaller goals that we can work on, maybe one at a time. Achieve them, reward ourselves for achieving them, remember to feel happy about achieving them, and then move on to the next. And in that journey towards making happiness a choice, if we find pebbles or boulders blocking our path, remember that we can always reach out for help.

Be Kind to Your Mind



Tips to cope with stress during COVID-19

- 1. PAUSE. Breathe. Notice how you feel
- 2. TAKE BREAKS from COVID-19 content
- 3. MAKE TIME to sleep and exercise
- 4. REACH OUT and stay connected
- 5. SEEK HELP if overwhelmed or unsafe



FREE ONLINE MENTAL HEALTH RESOURCES DURING THE CORONAVIRUS EPIDEMIC

?

FEELING ANXIOUS OR DEPRESSED? YOU ARE NOT ALONE!



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

NEED TO CONNECT?

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

SUPPORTS FOR YOUNG ADULTS?

CT's Young Adult Warmline:

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

NAMI Young Adult Connection

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

SPECIALIZED SUPPORT GROUPS:

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

IN A CRISIS?

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

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









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

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

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

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









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



Questions: Contact Amy at oestreicher@thehubct.org

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



















"Love Is" - Nikki Giovanni

Some people forget that love is tucking you in and kissing you 'Good night' no matter how young or old you are Some people don't remember that love is listening and laughing and asking questions no matter what your age Few recognize that love is commitment, responsibility no fun at all unless

Love is You and me



STORY

~ Eloise Greenfield ~

I step into the story. I leave my world behind. I let the walls of story Be the walls of my mind.

New faces and new voices. I listen and I see, and people I have never met mean everything to me.

I worry when they worry, I quake when danger's near, I hold my breath and hope that all their troubles disappear.

I don't know what will happen, I never know what I'll find, when I step into a story and leave my world behind.

This 12-Year-Old Just Started His 2nd Year in College, Majoring in Aerospace Engineering



Caleb Anderson, a 12-year old gifted boy from Georgia, has already finished his first year in college and has just started his second year. He is majoring in Aerospace Engineering at Chattahoochee Technical College.

Caleb was just 9-months old when he learned to sign more than 250 words. He eventually learned to speak and read when he turned 11-months old. Aside from the English language, he also learned Spanish, French, and Mandarin.

Caleb's parents, Claire and Kobi, knew he was special and has been very supportive of him ever since.

"As we started to interact with other parents, and had other children, then we started to realize how exceptional this experience was because we had no other frame of reference," Kobi told *CBS News*.

At the age of 3, Caleb qualified for MENSA. He joined at the age of 5, making him the youngest African-American boy to be accepted at that time.







Caleb has exceptional from elementary to middle and high school. His mother said Caleb thought those were boring and not challenging so he wanted to go to college already and he was enjoying it so far.

"It was exactly how I expected it to be like if I were 18 or something," Caleb said.

Caleb has 2 other younger siblings, Aaron and Hannah, who are also gifted. Their parents are all proud of them and encourage other parents to nurture their children's potential.

Moreover, Caleb is set to graduate at the age of 14. He says that he plans to continue his studies at Georgia Tech as well as MIT.

GONE TO THE DOGS PUZZLE

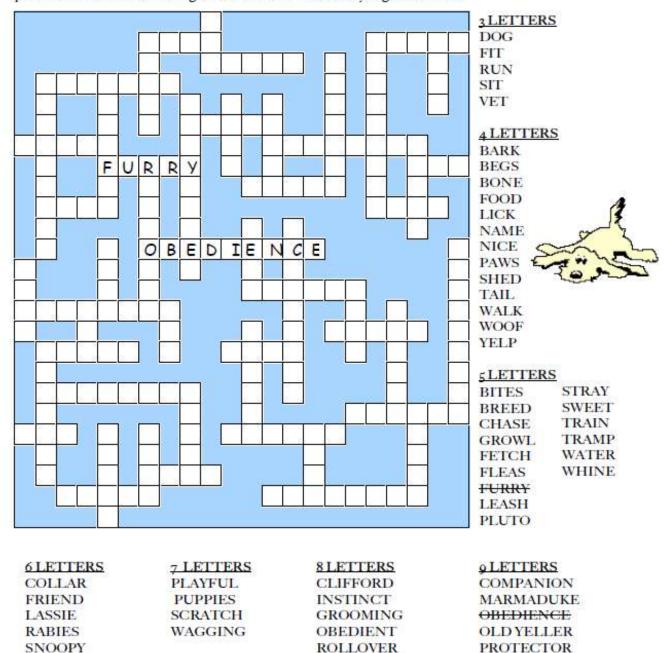


SCOOBY DOO



Gone to the Dogs Framework

DIRECTIONS: The words are listed in alphabetical order according to length. Fit them in their proper places in the framework crossing off the words from the list as you go. Good luck.



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

Mashama Bailey Is Becoming the Chef G.R.A.C.E. She Was Looking For



Before she was a winner of the James Beard Foundation's Best Chef Southeast Award in 2019, before she was featured in her own episode of Netflix's *Chef's Table*, Mashama Bailey was, well, fired.

She had been living in New York City at the time and working in a homeless shelter, running its after-school program. She was, as she puts it, "qualified but inexperienced." She was forced out for a number of reasons—office politics, included. But whatever the explanation, she had both more time on her hands and much, much less income to spend on restaurants and <u>food</u> without the work. So she cooked. People had told her forever that her food was excellent. So when a friend of a friend needed someone to help out on a catering gig, Bailey volunteered. One thing led to another, and in 2000 she enrolled in the Peter Kump Cooking School in midtown Manhattan.

She didn't fall in love with it all at once or think that a career in food was her fate. But about three months in, she woke up one morning and felt a little *off.* Not ill, just a tad unwell. She had a parttime job at a café at the time and wondered whether she should skip her shift, but it hit her: "If I don't go in, someone is going to have to pick up the slack." Kitchens are little universes, and each person has a job to do. Bailey felt accountable to her coworkers and to her boss. She wanted to show up for them. That's when she realized this could be her fate and that she didn't want to go back to her 9-to-5 world. "It was such a big change for me," she admits. "To go into this hot kitchen where there were no rules."

She buckled down, determined to perfect her knife skills, to learn to clean lettuce, to heat a pan just so. She is a technical person, so the work appealed to her, but she also knew she had no choice but to excel at the basics. "On some level I think I knew that I had a voice in food," she explains. "But I knew if I couldn't work as fast as the men next to me, or if I wasn't as efficient as the men in the kitchen, I wasn't going to get far."

Soon she was working in restaurants and, on the side, as a personal chef. She spent five months in France with the celebrated food writer Anne Willan, at her school La Varenne in 2007. "I want to be a food writer," she told Willan. But Willan overruled her: "You're good at this. You should be a cook." So she went back to New York, working at Davidburke & Donatella, the Oak Room, and Prune. In the meantime, her parents had returned to their Southern roots in Georgia. And Bailey wanted a break from New York too. It was Prune chef and owner Gabrielle Hamilton who introduced Bailey to her current business partner, Johno Morisano. He had wanted to open a restaurant, but needed a chef. With her taste for the South and a certain exhaustion with the pace of New York, Bailey was an ideal candidate. The two opened The Grey in a restored bus station in Savannah, Georgia, in 2014.

Mashama Bailey Is Becoming the Chef G.R.A.C.E. She Was Looking For

Within its first 12 months, it was written up in the *Washington Post*. In 2015, *Food & Wine* named it one of the best restaurants of 2015. In 2017, Eater <u>declared</u> it its "Restaurant of the Year." Critic Bill Addison <u>wrote</u>, "At a time when Southern cuisine has soaked up the limelight for at least the last 15 years, the restaurant synthesizes much of what's relevant about this moment in American dining: an amalgamation of global and regional flavors; a bigcity chef making a seismic impact in a smaller town; and an acute awareness of, and reckoning with, complex racial, economic, and cultural histories." Also, the food was transcendent.

Bailey was clear about the food she wanted to cook from the start. In school she'd had to write a paper about a chef who'd been influential in her approach to the kitchen. She wanted to write about her grandmothers, both wonderful cooks. But her instructor nixed it. She knew the names of some chefs from television, but none that looked like her. So she started to search for a black woman in the field to research, someone who'd been a professional. It took an inexcusable amount of time; the business remains male-dominated and white. But at the Schomburg Center in Harlem, she discovered Edna Lewis, the famed chef, teacher, cookbook author, and champion of Southern cuisine. Lewis's cookbooks included recipes for dishes Bailey had grown up eating—not the French concoctions of her classes, but baked ham, green beans and pork, and cobblers. For an African American chef as ambitious as Bailey was finding herself to be, Lewis was an obvious role model. So when Bailey joined Morisano in Savannah, she carried Lewis's example with her. (Even now, she'll reach for Lewis's menus as the seasons change. A mutton recipe that she loves. An okra-tomato recipe that she wouldn't dare retire from the menu.)

"I feel honored to bring that legacy back to the forefront," she tells *Glamour* now. "I do think that there is whitewashing in cooking. I think for black chefs or chefs of color, there's pressure to look at what other people are doing. It's like, 'Oh well, this is the trend. We have to cook French.' Or, 'I have to work at this Italian restaurant and cook Italian food." Those cuisines, Bailey notes, come with "a sense of prestige." But just because "there aren't schools or institutions dedicated to black food, it doesn't mean it's not as important. It's just that it's been stifled."

Now when Bailey describes the cuisine she cooks at The Grey, she calls it "port food," tracing the paths that dishes took into Georgia's harbors as far back as 1733. That means flavors from Africa, curries served with benne seed crackers, hints of ginger, and preserved fish piled on toast. She wants to educate her staff on how each dish came to be, and from where. To make them each feel as invested as she does. For all the acclaim, Bailey knows The Grey is "only as good as our last plate of succotash."

Not interested in resting on her laurels, Bailey wants the restaurant to be a space to "hone and manicure and curate" her food just as a French chef might work to perfect his.

But of course the tale of her cuisine can't be told on a single menu. She and Morisano have collaborated on a book, titled *Black, White, and The Grey.* It's a memoir written from two perspectives, with Morisano narrating "the bass line," as the book's <u>website</u> explains, and Bailey "commenting—and correcting—his retelling as they reveal the rawness, vulnerability, and humanity that make their partnership so inspiring." The book, which will be out in 2020, charts their "awakened determination to play a part in bridging the deep cultural divide in America during a time of profound national division, activated racism, and raging classism."

Perhaps it's more than some customers ordered. But to Bailey, it's not some à la carte addition. It's the whole point: "Because when you start to unpack our story, you have to talk about race."



by Deacon Kathy Tabb-Smalls

E	0	R	F	D	N	K	H	H	Y	J	В	G	C	N	T	Y	D	Y	X
I	M	Y	U	E	Y	E	0	L	E	R	W	0	M	R	0	L	X	L	Y
S	J	I	H	A	N	G	T	E	D	R	N	Q	R	E	D	T	E	T	I
F	0	T	T	C	N	N	A	Y	0	T	E	D	0	D	A	N	V	N	U
A	W	M	E	E	E	K	R	K	E	X	L	A	E	0	Y	E	R	E	H
R	Y	J	E	S	R	0	P	M	I	X	D	В	F	M	N	C	Н	R	K
T	K	A	E	D	T	0	P	R	A	E	Y	R	E	T	S	E	Y	R	P
H	В	R	D	S	A	0	F	S	H	0	R	T	L	Y	E	R	W	U	В
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0	N	I	В	G	P	0	S	F	U	T	U	R	E	T	A	L	Z	E	0
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YESTERDAY, TOMORROW, TODAY

G.R.A.C.E. by Marie Gill

Yesterday

There are two days in every week about which we should not worry, two days which should be kept from fear and apprehension. One of these days is yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot erase a single word we said. Yesterday is gone beyond recall.

Tomorrow

The other day we should not worry about is tomorrow, with its possible adversities, its large promise and perhaps its poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in tomorrow, for it is yet unborn.

Today

This leaves only one day — today. Any man can fight the battles of just one day. It is only when you and I add the burden of those two awful eternities, Yesterday and Tomorrow, that we break down. It is not the experience of today that drives man mad. -it is the remorse of bitterness for something which happened Yesterday or the dread of what Tomorrow may bring. Let us, therefore, do our best to live but one day at a time.



responsibility. In this installment, we will cover,

SECURITY CORNER A by Deacon Henry Smalls, Jr.

"Remaining Safe While Casting Your Vote"



After all that we have been through in 2020, it's now time for us to cast our vote for change. We want everyone to remain safe, whether you are voting by mail or actually heading out to the polls to cast your vote in person. This year's election is like non other, and I would honestly say it's the most important vote in most of our lifetimes! But safety first, as we have become aware that there may be groups of folks out there attempting to stop or steal our vote by intimidation, so continue to be aware of your surroundings. Remember, YOUR VOTE MATTERS, so please get out and vote! Contact the church office at 203-334-2757 to arrange for a ride to the polls.

If you wish to track your mail-in ballot, you may contact your local Registrar of Voters at the telephone numbers listed below or check online at https://portaldirct.gov/sots/LookUp.aspx

Bridgeport 203-576-7281
Fairfield 203-256-3115
Monroe 203-452-2820
Shelton 203-924-2533 ext. 1
Stratford 203-375-9659
Trumbull 203-261-7905







SECURITY CORNER 🔆

by Deacon Henry Smalls, Jr. (continued)

If you're planning on going out to the polls and voting in person, you want to take the following precautions, not only against the COVID-19 pandemic, but also to remain vigilant against any unwelcomed intimidation tactics:



Have your own:

- facemask
- antibacterial wipes
- rubber gloves
- black pen or felt tip pen

Be prepared to wait:

Due to social distancing, there will be a shortage of poll workers, and because this is a crucial election, you will also find longer lines at the voting locations. You should arrive early to the polls and bring a portable chair that's not too heavy for ease of movement, better yet, try to choose off peak hours (10-11 or 1-2) to vote in person.

Don't be intimidated, but remain vigilant:

As previously mentioned, we have become aware that there may be groups of people who want to steal your vote, stop you from voting, and/or harm people at the polls. Please don't allow this to deter you from going out to vote as this election is probably the most important one in majority of our lifetimes. This information is not intended to scare you, but it is intended to remind you to be alert and aware of your surroundings when heading to the polls and while waiting in line. Remember, keep an eye out at the polls and on the way to the polling locations for anything that does not look right or just doesn't feel right, and report it to a police officer or the polling location lead.

PLEASE EXERCISE YOUR RIGHT TO VOTE! Be Safe and Be Well.



The Banking Process

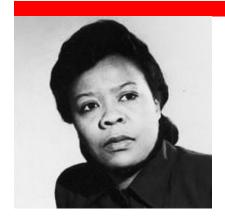
Choosing the right banking institution, FDIC insured of course, to save your money or do business with has always been an important process. You want to watch your money grow and have it serve you in the best way imaginable. When checking out a bank you look at various services that they offer and what services are free. Checking accounts without fees attached; over draft privileges; a great rate for borrowing; a better interest rate for your savings. All these services are attractive and assist in your making an educated decision.

While researching, I came across some interesting information. Two black owned banks, City First in Washington, DC and Broadway Financial Corporation in Los Angeles, CA announced a transformational merger. Naturally it did not make the big news. This merger would create the largest black owned bank in the nation. It has to date, approximately \$850 million in total depository institution assets.

Combining the two institutions will increase their collective commercial lending capacity for investments. Investments such as affordable housing, small business investing and nonprofit development in financially underserved urban areas while creating a national platform for investors.

The new decision on a name is, City First, with a publicly traded name of Broadway Financial Corporation as its bank holding company.

This article is not to persuade anyone to open an account with this bank or change the place you now do business with but, just to bring an awareness as to how important it is to secure your hard earned money and do your homework.



Marie Van Brittan Brown felt uneasy in her neighborhood and the police were unreliable. So, she took matters in her own hands and patented the modern home security system. Over 50 years later, the technology is installed in millions of homes and offices worldwide.

Brown was a 43-year-old African American nurse who worked long, late hours before returning home to Jamaica, Queens in New York City. Her husband, Albert Brown, an electronics technician, was away many nights. Crime in their neighborhood was high, and police were often slow to respond to emergency calls.

Brown needed a way to feel safer in her apartment. Specifically, she wanted a way to see and hear who was at the door — from any room in the house.

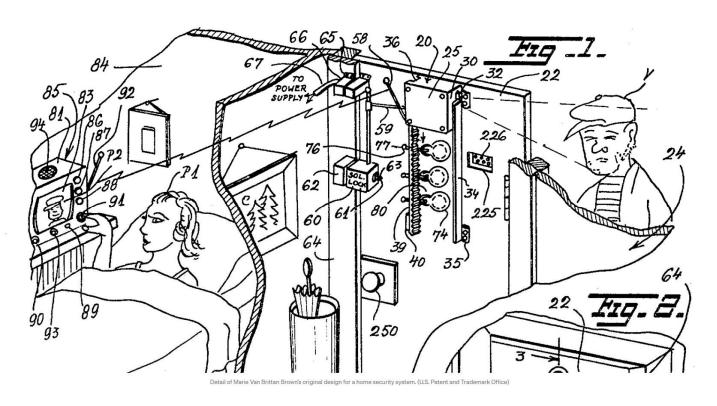
In 1966, Brown designed a closed-circuit security system that monitored visitors via camera and projected their images onto a television monitor. Not only that, a panic button contacted the police immediately. Brown envisioned a series of three to four peepholes at various heights; a camera would slide over these peepholes to assess the outside area.

A radio-controlled wireless system would transfer the image to a monitor, or set of monitors, positioned anywhere in the residence. At the monitor, a resident could not only see who was at the door, she could also talk with that person via a set of two-way microphones. A remote control option allowed her to lock or unlock the door from a safe, or more convenient distance.

Brown filed the <u>patent for her "home security system utilizing</u> <u>television surveillance"</u> on August 1, 1966. Her husband's name got second billing. It was the first patent of its kind.

The Browns' application was impressive, drawing on existing closed-circuit television technology mainly used in <u>military surveillance</u>. A German engineer by the name of Walter Burch had developed camera-monitoring systems in 1942 in order to observe Nazi V-2 rocket testing from a safe distance. Brown's security system brought "CCTV" use into the home.

(continued)



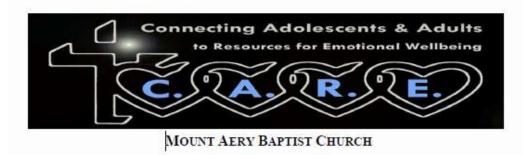
Three years after filing, Brown was awarded her patent on December 2, 1969. <u>The New York Times</u> reported the story on December 6. It listed Albert Brown's name first, followed by "his wife, Marie," and continued, "With the patented system, a woman alone in the house could alarm the neighborhood immediately by pressing a button, and installed in a doctor's office it might prevent holdups by drug addicts." When asked about next steps, Brown said she planned to install the device in their Queens home and explore manufacturing options.

Though evidence suggests the Browns did not pursue commercial opportunities, their invention inspired many versions of home security systems we use today, in single-family homes, apartment buildings, and small businesses. Beyond the simple alarm system, camerabased security systems help with everything from personal safety to improved mail delivery. By 2013, more than a dozen inventors had cited the Brown patent for their own devices. Brown later received an award from the National Scientists Committee.

Finally, the popularity and potential of Brown's device also led to the more prevalent CCTV surveillance in public areas, a.k.a Big Brother. According to a 2016 New Scientist report, 100 million concealed closed-circuit cameras are now in operation worldwide. Now we're the ones being watched, whether we knocked or not.

Marie Van Brittan Brown died on February 2, 1999.

ZOOM SESSIONS FALL 2020



The C.A.R.E. Ministry presents Community Conversations September – November 2020, Tuesdays 6:30-8:00 p.m. via Zoom

NOVEMBER 10th and NOVEMBER 17th

MENTAL HEALTH: COVID-19 GRIEF, LOSS AND TRAUMA

JOANN JENNINGS, JD

Registration Required @
Mtaerybaptist.org

November 1st

Jones, Jason McCall, Cedric Ortiz, Saquoia Sharpe, Kiiarah Smalls, Tirus Spain, Jovonya Webb, Candice Williams, Ann

November 2nd

Butcher, Thomas Dicks, Laurianna Milord. Nathalie Prince, Michael Sherman, Tamika Singleton, Eddie Stevenson, Jarod Thigpen, Wanda

November 3rd

Bell, Tyneisa Bryant, Keith Davis, Tonia Forbes, Deborah Jackson, Rodney Lewis, Treasvana Simmons, Jean Stevenson, Marquita

November 4th

Campbell, Shara Dickson-Chandler, Princess November 11th Everett, Ron Glover, Jimmy Hall-Gibbons. Terrence Perry. Dyshawn Pierre, Lisa Pittman, Rahteisha Santiago, Omaira Walden, Doris

November 5th

Davis, Llewellyn Gregory Garcia, Nicole Caruso Morgan, Karen Newton, Tosha Stewart, Jeffrey Stewart, Sheila

November 6th

Davis, Gary Glover, June Johnson, Vernetta Ortiz, Hiram Thompson, Cora **November 7th**

Bramwell, Latresha DeSenna, Chanelle Dickey, Maegan Elliott, Sinceer Lincoln, Loretta Smith, Dyshone Thoby, Jenny

November 8th

Garner, Tamoya Chanel Ingram, Lakeisha Irby, Amorise Moore, Rachel Valentine, Brenda

November 9th

Alston-Drinks, Jeanie Anderson, Debra Drinks, Isiah Gill, Christopher Harris, Annisha Henderson, Gwendolyn Jones-Cohen, Heaven Moore, Thurston Murphy, Darryl Tidwell, Iliana Webb, Charlotte L. West, Anthony **November 10th**

Allen, Patricia V. Bristow, Bernard Clemons-Prunty, Catina Deedon, Barbara Gatison, Taylor Hamm, Colby Anne Holt, Denise Jones, Michael Porcher, Kisha Sosa, Diana

Brooks, Harry Dawson, Taylor Joseph, Herline Knight, Joy Moore, Carol Murphy, Jr., Darryl Paul, Edwardo Taylor, Emmanuel

November 12th

Barnes, Janis Hill, Kermetta Mack, Ted Maxwell, Benjamin Simmons, Taja Thompson, Richard Williams, Adessa

November 13th

Allen, Ana Evans, Davonnah Jacobs, Sarah McCoy, Wilhelmia Moore, Marilyn Nash, Richard Prioleau. Robert Santiago, Tamika West, Chantel

November 14th

Bullock, Karon Dunmore, Frances Langley, Kyarah Manning, Sirena Northerlington, Stacy Stanley, Cynthia

November 15th

Deavens, Beverly Doosantos, Delane Rhodes, Dave Wallace-Davis, Doreen Williams, Vernita Wilson, Curtteesha

November 16th

Brown, Linda Cartwright, Tasha Darby, Rosa Gordon, Capheion Nelson, Gary Randolph, Johannson Sims, Samantha Taylor, Donald Whitaker, Johnnie

November 17th

Blackwell, Malcolm Dennis, Shi Moye, Jasmine Patton, Teal Walton, Ardaijah Williams, Paris

November 18th

Fleury, Gerline Henderson, Jasmine Minter, Wilma Ross, Elizabeth Rucker, Willie Louis Smith, Richard

November 19th

Adams, Kelly Byrd-Carolina, Kimberly Harris, Rodney Junes, Shaquita Minor, Timothy L. Phillips, Michelle Pinto, Raymond Sargent, Catherine Treadvance, Autumn

November 20th

Adair, Althea DaRosa, Jose Draper, Shannon Henderson, Andrea Jaboin, Pierre Martin, Jason Robinson, Ramona Sadler, Kechia Scales, Shauntear Webster, Tiffaney Williamson, Kathy



November 21st Burnes, Linell Day, Tre Desrouilleres, Carla Harrison, Teeshawn Kelly, Shaun Marshall, Gloria Muhammad, Tamir Sheppad, Jami Staton, Quiana Thompson, Andrea Turkvan, Fendi

November 22nd

Austin, Quincy Berry, Ramona Davis, Lisa-Gay Davis, Laurie-Ann Elliott, Tykeem Holmes, Kenneth Mallard, Jessica Rivera, Julio Smith, Thomas Swift, Roshi Taylor, Celestine Woods, Jannie

November 23rd

Bendolph, Jocelynn Brown, Thomas Davis, Louis Goode, Veronica Hall-Gibbons, Renee King, Maureen Marshall, Le'And Miller, Keilah Robinson, LaToya

November 24th

Bohannon, Dorothy Charles. Kevin Dikko, Chukwudi Glenn, Korrell Green, Sandy Hatton-Blackwell, Denine Kingwood Small, Nancy Porter, Dorothy

November 25th

Allen-Wright, Ahnomia Hardy-Johnson, Shane Hart, Odis Jackson, Amber McDonald, Matthew Nance, Brandon Rivera, Rosa



November 26th

BIRTHDAYS

November

Knight, Maria Mercado, Luis Northington, Michael Reid, Mina Taylor, Shyiesha November 27th

Coote, Keith Craig, Norman Epps. Ebony Hamm, Jeannae Harrison, Kyma Seldon, Melissa Williams, Louise

November 28th

Baldwin, Anthony Benett-Boykin, Maxine Crosby, Allison Daniel, Wandalarrese Govantes, Raheem James, Mishonda Johnson, Shanelle Maignan, Noah Martin, Geraldine Sebourne, Esteban Stone, Tyrone

November 29th

Bullock, Crystal Fordham, Vilma Hayes, Evelyn Haynes, Evelyn Monk, Rena Riddick, Shakeema Sowell, Tammy Taylor, Hyacinth Thompson, Tamara Williams, Chekesha

November 30th

Ballard, Vavier Ferris, Gwendolyn Hall, Jacqueline Lamar, Jacqueline Taylor, Bruce



ACTIVITIES TEMPORARILY CANCELLED UNTIL FURTHER NOTICE

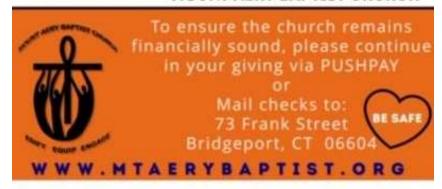
SUNDAY WORSHIP 9:30 AM
VIA FACEBOOK LIVE & LIVE STREAM

BIBLE STUDY WEDNESDAYS 12 NOON VIA FACEBOOK LIVE & LIVE STREAM

FOR ALL UPDATES &
LIVE VIDEOS



MOUNT AERY BAPTIST CHURCH







For those who are unable to watch LIVE, You can call into the prayer line at 9:30 a.m. on Sundays to hear Pastor Bennett preach

And at 12:00 noon on Wednesdays tune into Bible Study at

319-527-3510 Access Code:111933#

Please remember to mute your phone once you join the line by pressing the mute button, or if you don't have a mute button, please press the symbol * and the number 6. Muting your phone cancels out any background noises.

Thank you and God Bless!

BEYOND 2020-DISCIPLESHIP THROUGH THE PANDEMIC AND NOVEMBER

Organized Prayer Time

Proyer time is 7:00am to 7:10am beginning 11/1/2020 through 11/30/2020. Conference Dial-in Number: 319-527-3510, Participant Access Code: 111933#; See Rev. Alicia Tyson-Sherwood far more information. To playback prayer: 319-527-3518, access code is 111933#; This is not a toll free call. Long Distances Charges May Apply. Note: Do not announce yourself if you call after 6:58am. Please mute your phone so that prayer will not be disturbed. Habakkuk 2:2-3 NIV. Reference number for November 1, 2020 is 3223#

SAT	7 1 Timothy 6:15 Deacon Gardner	14 1 Thess. 2:14-15 Deacon Smith	21 Romans 9:5 Bro. Easley	28 Psalm 32:8 Min. Langley	
	6 Ephesians 1:4 Rev. Sherwood	13 Hebrews 10:32-36 Bro. Cummings	20 John 4:20 Deacon P. Jackson	27 Matthew 6:31-34 Bro. Newton	
4 8 0	s 1:16-17 pson-	12 Hebrews 10:23-25 Deacon Gist TO MOVE FORW	19 Mark 11:10 Pastor Boissiere ESTORS	26 Proverbs 4:20-22 Deacon Hurst UL	E ARE HEALED BY THE BLOOD OF THE LAMB
Web	s 1:11 Romans 8:28 Colossians Sis. Alston Sis. Alston Bennett GYE NYAME – EXCEPT FOR GOD	11 Philippians 3:14 Deacon Paul	22:28 Romans 11:28 Mark 11:1 Rev. Kearney Pastor Boi REMEMBERING OUR ANGESTORS	25 26 26 Matthew 5:11-12 Pro Rev. Walton De	BY THE BLOOI
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N o M	2 Galatians 6:14 Sis. Barnes	9 Isaiah 41:10 Sis. Simmons A SA	16 Acts 26:6 Min. Langley	23 Psalm 91:3-4 Bro. White	30 Matthew 9:6-7 Deacon Adetona
N O	1 I Corin. 10:13 Pastor Bennett	8 Deut. 31:6 Sis. Smith	15 Psalm 23:4 Rev. Tucker	22 Psalm 30:2 Deacon Vermont	29 Luke 6:19 Deacon J. Seawright

SEE SOMETHING WEIRD AT POLLING PLACES? HERE'S WHAT TO DO

Tips for recognizing — and reporting — voter intimidation By Stephanie Russell-Kraft 10/23/2020

It was a bright and sunny early fall day in the Atlanta suburbs as J. Nicole Morgan lined up to cast an early vote in the 2020 general election. The line outside her polling place, a local library, had a few dozen people in it. Most stood quietly, with masks on to prevent the possible spread of the coronavirus. One man near the front of the line wore a red "Make America Great Again" hat, the kind sold by President Donald Trump's campaign.

Georgia law prohibits people from soliciting votes or displaying any campaign material within 150 feet of a polling place. Morgan didn't know if the voter was breaking that rule, and she also didn't know what she should do if he was.

"You don't want the election line to get heated, but you also want to not have to see political paraphernalia while you're voting," said Morgan, author of Fat and Faithful and host of a podcast with the same name. She furiously Googled, but couldn't find a clear answer. Unfortunately, that's because there isn't one. There are many gray areas when it comes to what's allowed at the polls, according to Anne Houghtaling, who currently serves as deputy director of the Thurgood Marshall Institute, the research arm of the NAACP Legal Defense Fund. Houghtaling helps lead the LDF's Prepared to Vote and Voting Rights Defender initiatives.

What is voter intimidation?

Voter intimidation — harassing voters, spreading misinformation, or asking them about their citizenship — is never allowed under federal law. And many states prohibit explicit electioneering, such as handing out pamphlets endorsing a specific candidate. But when it comes to apparel, state laws and enforcement vary.

"Generally speaking, if you wear a candidate's t-shirt, or an 'I'm voting for Ruth' t-shirt, if you're just in-and-out voting, most places would seem to allow it," Houghtaling said. "But because states vary broadly, it's recommended not to do that." Twenty states have laws restricting what voters can wear to the polls, many of them banning clothing and accessories that display a particular candidate's name. Morgan said a poll worker asked the man in the MAGA hat to remove it when he got to the front of the line, and he complied. But she wonders what she could have done had the issue been more serious. "The place that we most commonly ask people to go to is 1-866-OUR-VOTE," said Houghtaling. "That's the election protection hotline." The hotline is staffed by a group of nonprofit organizations and managed by the Lawyers' Committee for Civil Rights, providing guidance, information, and help to any American regardless of how they're voting. As millions of voters head to the polls this election, organizations across the political spectrum, including many faith groups, are deploying resources to protect voting rights. For example, The Poor People's Campaign is leading an effort to send nonpartisan poll monitors to sites in 10 key states. Many of these election protection efforts are taking place alongside a rise in voter intimidation. Experts fear that President Donald Trump's recent call for supporters to "go into polls and watch very carefully" might lead to an uptick in polling place confrontations and violations that are more serious than candidate-specific apparel.

Federal law prohibits intimidating, threatening, and coercing voters at the polls. This includes aggressively questioning voters about their citizenship or criminal record, posing as an election official, and spreading false information about voter requirements, according to the ACLU.

Physically blocking access to the polls is also considered intimidation and shouting while not wearing a mask might also be considered a violation because of the ongoing pandemic, according to Houghtaling. She also said certain items of clothing, like apparel with Confederate flags and Proud Boys t-shirts, could be considered intimidating to some voters. If you see something...

Voters and poll observers have several options when it comes to reporting violations:

Check in with on-site nonpartisan poll monitors, including those from LDF, Poor People's Campaign, or other faith-based groups Call the Election Protection Hotline (1-866-OUR-VOTE or 1-888-VE-Y-VOTA en Español)

Call the U.S. Department of Justice Voting Rights Hotline (800-253-3931; TTY line 877-267-8971)

Reach out to local and state officials, including official poll workers, county clerks, elections commissioners, and state boards of elections Volunteers should listen to instructions from election officials when they're at a polling place, according to Houghtaling. "If it is somebody official, like an election judge or poll worker, and they're asking you to be farther away and telling you what you're doing is not right, then I would definitely listen to that official person," said Houghtaling. If it's an individual who just doesn't like what you're doing, the best answer might just be to walk away, she said.

And what about handing out food and water, as many faith-based organizations are doing? That can also get complicated. Jason Bailey, a staff attorney at LDF, said federal law prohibits giving out "anything of monetary value" to voters when there's a federal candidate on the ballot. "But we think there's a gray area there," he added. Rev. Joshua Nelson, Pastor at Emanuel Seventh-day Adventist Church in Albany, Georgia, has been out at the polls offering water, snacks, and other support to voters nearly every day since the state's early voting began October 12. "People were standing in line for five to six hours with no water, no food, no shade, nothing to sit on, and so we filled the gap," said Nelson, who is volunteering his time in coordination with Black Voters Matter.

Nelson said his group checked in with lawyers and their county administrator to make sure they weren't breaking any rules. But on their first day out, a white woman confronted them, using racist language and displaying a weapon. The woman later posted about it on Facebook, urging others to "defend the vote," and the Black Voters Matter volunteers were told by county officials to stay 150 feet away from the polling site, according to Nelson.

Nelson doesn't believe the volunteers broke any rules, but they're complying with the 150-foot request so that they continue to provide assistance to voters. "We are definitely there with eyes open," he said.

"It's really important that when people are providing water or snacks to people in line, it's not done on a partisan basis," Houghtaling stressed. "It is, you are in line exercising your fundamental American right to your vote, and someone is providing you with sustenance to be able to do that."

Stephanie Russell-Kraft reports on the intersections of religion, culture, law, and gender. She has written for The New Republic, The Nation, The Atlantic, Religion & Politics, In These Times, and more.

