

MT. CALVARY BAPTIST CHURCH



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Rev. Dr. Richard L. Nash, Pastor

HAPPY NEW YEAR!

I read somewhere that time is like a river, once it is past we can never see that same water again.

We say goodbye to 2014 and wonder what will this New Year 2015 bring? My prayer is that the Lord will restore our congregation and it will be bigger, better and stronger in faith than before and that He will send some young families to us and that we will welcome them with open arms and do everything in our power to make sure they know how much we appreciate them choosing our church.

In 2015, we need to be more diligent about doing the Lord's work of going out and telling those who do not know Him about all the joy of knowing the Lord and His promises to those who obey and trust in Him. We can best do this by living out His example. The life we live before the world speaks volumes more than what we say. If those who have not accepted Jesus as their savior see those who have living out the life of love and compassion of Jesus, then they too will begin to wonder about the joy we have in life and want to know more about this Jesus who inspires us to live the way we do. Jesus loved those who abused Him, those who did not deserve His love. He gave expecting nothing in return except that His disciples would live the same as Him. He did not charge anything for all the things He did for the people. He did not even look for gratitude. He loved unconditionally. He loved everyone and not just in words but in deeds. He did not look to be honored for what He did. Most of the time when He did good for someone He asked them not to tell anyone but to go and do good for others. When He was angry it was because of injustice to the poor and disabled people or because the hierarchy was distorting God's words.

God Himself came to earth to show us how to live together peaceably and how to treat each other.

Now we have no excuse for not carrying on His work.

In 2015, let us go forth showing the love of Jesus not just to those we love, but to mankind in general. Let us truly become a church who lives out their claim of love, not just within these walls but go outside to bring others in. Let us distinguish our church from all the other churches, not charging for every service we do for the community but by opening our doors and welcoming the community in and asking how we can help.

We should strive to become the church family that Jesus can look down from heaven and say these are my children in whom I am well pleased. To accomplish all of this, all we need do is exercise the faith and obedience that we sing and pray about.

May the Lord continue to bless us as we endeavor to do His will.

The Newsletter Staff

MAKE ME AN INSTRUMENT OF YOUR PEACE

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much
seek to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
it is in dying that we are born to eternal life.
Amen. --St. Francis of Assisi

AND THEN IT IS WINTER...

You know time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is the winter of my life and it catches me by surprise...How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like. But, here it is my friends are retired and getting grey. They move slower and I see an older person now. Some are in better and some in worse shape than me but, I see the great change. Not like the ones that I remember who were young and vibrant but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore it's mandatory! Cause if I don't on my own free will I just fall asleep where I sit!

And so now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did! But, at least I know, that though the winter has come, and I'm not sure how long it will last, I know that when it's over on this earth it's NOT over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done, things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!

Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not! You have no promise that you will see all

the seasons of your life. So, live for today and say all the things that you want your loved ones to remember and hope that they appreciate and love you for all the things that you have done for them in all the years past!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

REMEMBER: "It is health that is real wealth and not pieces of gold and silver.

**"LIVE HAPPY IN THIS YEAR AND EVERY YEAR!
LASTLY, CONSIDER THE FOLLOWING: TODAY IS THE
OLDEST YOU'VE EVER BEEN, YET THE YOUNGEST
YOU'LL EVER BE SO - ENJOY THIS DAY WHILE IT
LASTS.**

Submitted by Rev. Tim Wood

Have you ever wondered why...

Supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front...

People order double cheeseburgers, large fries, and a diet coke...

Banks leave vault doors open but chain the pens to the counters...

We leave cars worth thousands of dollars in our driveways and put our useless junk in the garage...

The sun lightens our hair, but darkens our skin...

Women put on mascara with their mouth closed...

You don't ever see the headline 'Psychic Wins Lottery'...

'Abbreviated' is such a long word...

Doctors and attorneys call what they do 'practice'...

Lemon juice is made with artificial flavoring but dish washing liquid is made with real lemons...

The man who invests all your money is called a broker...

The time of day with the slowest traffic is called rush hour...

Noah didn't swat those two mosquitoes...

They sterilize the needle for lethal injections...

They don't make the whole plane out of the stuff that makes the indestructible black box...and...

Apartments are called apartments even though they are all stuck together???

JANUARY BIRTHDAYS

Bro. James White	1	Dea. Ulysees Hall	15
Sis. Evelyn Williams	1	Sis. Sonia Brown	16
Bro. Richard Stone	3	Bro. Robert J. King	17
Sis. Wendy Moore	4	Dea. Robert George	20
Bro. Freddie Clarke	6	Sis. Renee Pusey	25
Bro. Joseph Ward	8	Sis. Dorothy Bragg	27
Dea'ness Marie Clarke	10		
Sis. Veronica Burney	14		

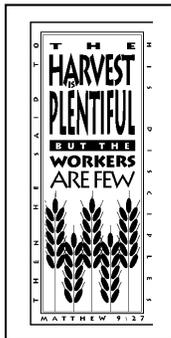
HAPPY ANNIVERSARY



"For this reason a man will leave his father & mother and be united to his wife, and the two will become **one flesh.**" Ephesians 5:31

Celebrants	Date	Years
Dea. Robert & Dea'ness Chryell George	1	32
Bro. Frank & Sis. Cynthia Bennett	3	1

"What therefore God hath joined together, let not man put asunder" Matthew 19:6



NEW WORKERS IN THE VINEYARD!

We extend a warm welcome to the "new" member of our church family: **Sis. Cheryl Walker.**

I must work the works of him that sent me, while it is day; the night cometh, when no man can work. John 9:4.

In an effort to publish the more accurate information, the Newsletter Staff will soon be reviewing the birthdays and anniversaries. If your birthdate or anniversary has been published incorrectly or you know that a name on the birthday list is no longer affiliated with this church, please let us know as soon as possible. The beginning of a new year is also a good time to add a birthday or anniversary to the Newsletter. Thank you!



the following families that are in bereavement.



The family of **Bro. Richard and Sis. Mattie Adgers** in the passing of his sister-in-law, Lotrie Terry Adgers, on November 29, 2014. Lotrie spent many years as a cook at Trinity Daycare and served as a Sr. Soldier and Leader of the Home League Group at the Salvation Army. A celebration of her life took place Saturday, December 6, 2014.



The family of the late **Sis. Linda Bowen** in the unexpected passing of her grandson, Jonathan Lamont Cox, on Saturday, December 13, 2014. Jonathan worked as a chef and had plans for opening his own restaurant that featured his famous "Wing Recipe". A Homegoing Service was held for him Saturday, December 20, 2014.

The family of **Tru. Derrick Newby** in the passing of his niece, Trina Ladon West, on December 14, 2014. Trina was a lifelong resident of Hartford. Her funeral services were Saturday, December 27, 2014.

The family of **Sis. Hazel Hines** in the passing of her uncle, Willie Freeman Walston, of East Stroudsburg Pennsylvania on December 12, 2014. His funeral services were Saturday, December 20th.

The family of **Sis. Delores and Sis. Stephanie Hendricks** in the passing of their sister and aunt, Rosa Lee Parker, respectively, who died at home in North Carolina on December 15, 2014. Ms. Parker's funeral was Saturday, December 20th. She was also the cousin of **Sis. Hazel Hines and Sis. Margaret Joyner.**

The family of **Sis. Lorine Lewis** in the unexpected passing of her brother, Jonah Lucy, in Alabama on December 27, 2014. Following a visitation in Alabama on December 31st, Jonah was transported to Detroit Michigan for his funeral services.

*From our happy home and circle,
God has taken ones we love;
Borne away from sin and sorrow
to a better home above.*

Remember a card or visit to the family would be appreciated long after the funeral services.

MONTH IN REVIEW

KWANZAA

The 2015 Kwanzaa celebration was held on Saturday, December 27. Although the attendance was light, it did not seem to bother the participants. **Sis. Susan Menefee** was the mistress of ceremony and kept the audience engaged with quips and quotes about Kwanzaa. **Sis. Virginia Pertillar** told a moving story of how she became interested in Kwanzaa and since that time, she is amazed at the amount of information that is written. She said she continues to gather knowledge. She gave an amazing presentation of the history of Kwanzaa and what the seven principles represent.

Several of the young people, **Simone Leslie**, **Erica Johnson-Charles**, **Nelson Johnson-Charles**, and **Rebecca Hutchinson** each chose one of the seven principles to tell what it meant to them. **Sis. Mattie Adgers** kept the audience entertained in between presentations with games, Kwanzaa trivia and of course prizes. **Min. Jerry McCall** said a moving pray for the Youth. **Sis. Janet Isaac** closed out the program part of the celebration with meaningful remarks and a rousing "HARRAMBEE!" with audience participation. After prayer, the benediction and blessing of the food by **Rev. Lorenzo Elliott**, it was time to get down to some serious feasting. Everyone went home with a head full of new knowledge and a stomach full of delicious foods.

Congratulations to the Black History Ministry for a job well done. Please continue to enlighten some and remind others of our rich heritage. Looking forward to great things in 2015 from this ministry.

CHRISTMAS PROGRAM

The Sunday School Christmas Program was held on Sunday, December 21. **Sis. Gina Jones** was the worship leader for the program. Thanks **Sis. Jones** for taking the lead, a job well done.

The play this year was a unique presentation of the Christmas story. It was set in modern times with the Angel Gabriele (**Bro. Lee Brown**) delivering the message to Mary (**Sis. Iris Adgers**) on a motorcycle. Mary happened to be on her cell phone at the

time. There was no room for the couple at the Motel 7. So **Joe (Bro. Ernest Henderson)** set up camp behind Motel 7. It was reported on the news by news reporters **Bro. Calvin Tucker** and **Sis. Taylor Leslie** of the birth of Jesus behind the motel. There was a moving star (**Gabriel Elliott**) followed by the three concerned citizens (**Bro. Nelson Johnson-Charles**, **Sis. Erica Johnson-Charles** and **Sis. Victoria Jones**). **King Herod (Sis. Rebecca Hutchinson)** asked the citizens to let him know where the baby was. The shepherd (**Sis. Wanda Tucker**) herding her invisible sheep along with sheep noises came to worship the new baby. The angels in the fields were played by **Sis. Edna May**, **Sis. Sharion Thomas** and **Sis. Caroline Champion**. The common folks who came to worship were **Sis. Susan Hutchinson**, **Bro. Rush Turner** and **Sis. Priscilla Leslie**. The play included singing and funny spots, yet the message of the birth of Jesus was clear. The audience thoroughly enjoyed the play. Most left with a big smile on their faces.

Congratulations to the cast, the director of the play and all who played a part in making it a success. It was very entertaining!

MONTHLY CHUCKLE

Source: JOKESDAILY

An Illinois man left the snow-filled streets of Chicago for a vacation in Florida. His wife was on a business trip and was planning to meet him there the next day.

When he reached his hotel, he decided to send his wife a quick email. Unable to find the scrap of paper on which he had written her email address, he did his best to type it in from memory.

Unfortunately, he missed one letter and his note was directed instead to an elderly preacher's wife, whose husband had passed away only the day before. When the grieving widow checked her email, she took one look at the monitor, let out a piercing scream and fell to the floor in a dead faint. At the sound, her family rushed into the room and saw this note on the screen:

DEAREST WIFE: "JUST GOT CHECKED IN. EVERYTHING PREPARED FOR YOUR ARRIVAL TOMORROW. P.S. SURE IS HOT DOWN HERE."



HEALTH NEWS

What is the Flu?

The flu is a serious illness that kills more Americans every year than all other vaccine-preventable diseases combined.

Influenza, or "the flu," is a highly contagious viral infection of the respiratory tract (nose, throat and lungs). The flu is often confused with the common cold, but flu symptoms tend to develop quickly (usually 1 to 4 days after a person is exposed to the flu virus) and are usually more severe than the typical sneezing and congestion associated with a cold.

Influenza is often accompanied with:

- Fever
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Nausea, vomiting and diarrhea are also common symptoms in children.

A person infected with the flu virus will typically suffer from the illness for approximately 7 to 10 days, with 5 to 6 days of limited activity and about 3 days of bed rest. When that average is applied nationwide, the flu and its complications lead to more than 200,000 hospital stays per year and tens of thousands of deaths (primarily in the elderly).

Each year, between 10 and 20 percent of the U.S. population is infected with the virus. Sometimes, the flu season can be more severe when a major circulating strain of influenza does not match any of the strains selected by world health organizations for the vaccine formulations - this is called a vaccine mismatch.

An annual flu vaccination can help prevent the spread of influenza between individuals and may help save lives of those most susceptible of having severe and fatal complications from the flu.

Who Should Get Vaccinated Against the Flu?

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older should get vaccinated against the flu every year. This recommendation is the same even during

years when the vaccine composition (the viruses the vaccine protects against) remains unchanged from the previous season.

Infants younger than 6 months old are too young to be vaccinated. Protect them by getting yourself, other children and family members, and close contacts vaccinated. This will help prevent spreading the virus to infants.

How Serious is the Flu in Children?

Children have the highest chance of getting sick from the flu and often spread the germs throughout their communities. During bad flu seasons, about 30 percent of school-aged children get sick. Even though vaccinations help cut down on flu-related missed school days by 47 to 56 percent, not enough children are vaccinated annually against the illness. As a result, children sick with the flu miss about 38 million school days every year. Consider these other facts:

- Influenza is one of the leading causes of infectious disease hospitalizations among young children. Approximately 20,000 children under the age of five are hospitalized due to the flu each year. Infants and toddlers are hospitalized as a result of influenza at rates similar to elderly people and at higher rates than people of all other ages.
- On average, nearly 100 children die in the United States from influenza and its complications every year.

SOURCE: <http://www.familiesfightingflu.org/privacy-policy/>



Deaconess Marie Clarke who now resides in Bel Aire, Maryland with her daughter Iris Steel and Family.

HERITAGE CORNER

Maulana Karenga

Writer, Educator, Civil Rights Activist (1941-)
An African-American professor of Africana Studies, activist and author, best known as the creator of the pan-African and African-American holiday of Kwanzaa.

Synopsis

Maulana Karenga was born on a tenant farm in Parsonsburg, Maryland, in 1941. At age 18, he moved to Los Angeles and became involved in the Black Power movement. In the 1960s, he created the African-American holiday of Kwanzaa, honoring African heritage. In 1971, he was arrested and served time in prison for assault. He later earned two doctoral degrees and authored several books on African studies.

Early Life

Activist and author Maulana Karenga was born Ronald McKinley Everett on July 14, 1941, in Parsonsburg, Maryland. He was one of 14 children of a Baptist minister and tenant farmer, who employed his family to work in the fields. At age 18, Everett moved to Los Angeles, California, where he attended Los Angeles Community College and became active in the Civil Rights Movement.

After earning his associate's degree, Everett earned his bachelor's and master's degrees in political science at the University of California, Los Angeles. While pursuing his doctorate, he taught African culture classes and changed his name to Maulana (Swahili-Arabic for "master teacher") and Karenga (Swahili for "keeper of tradition"). He rejected the Eurocentric view of America and advocated a Black Nationalist philosophy.

Creating Kwanzaa

After the Watts riots of 1965, Karenga helped establish the Black Congress among residents of the Watts district to help restore the community. This action led to the formation of *US*, a community organization calling for a cultural revolution among blacks. *US* was instrumental in building independent schools, African-American studies departments and black student unions. Karenga also helped set up black power conferences in several major U.S. cities, providing blacks with a platform for social change.

In 1966, Karenga created Kwanzaa, a pan-African holiday based on African agricultural activities that encourage blacks to celebrate their cultural roots. As racial disturbances spread across the country in the 1960s and '70s, Karenga urged the establishment of a separate African-American political structure. He simultaneously worked with the major political leaders in California and across the country to help rebuild

community relations after the assassination of Dr. Martin Luther King, Jr. in 1968.

Controversy and Conflict

In the late 1960s, *US* and Karenga were investigated by the FBI's COINTELPRO operation—established to counteract the influence of subversive groups—and placed on a watch list of dangerous, revolutionary organizations. At this time, *US* was engaged in a violent conflict with the Black Panther Party for supremacy in the African-American community. This led to a 1969 shootout at UCLA, in which two Panthers were killed.

By 1971, many African-American leaders rejected Karenga's overbearing manner, philosophy of black separatism and chauvinist attitudes. That same year, he was arrested and convicted of assaulting a female *US* member and was sent to prison. Soon after, the *US* organization fell into disarray and disbanded in 1974.

Later Years

After his release from prison, Karenga admitted that *US* had made mistakes, which weakened the movement and compromised its ability to change with the times. Afterward, Karenga went back to school and earned two doctorate degrees. He then began to embrace Marxist principles of class struggle and encouraged blacks to work together toward common goals. He has played a key role in developing programs that have defined black identity and helped many African-Americans connect to their cultural roots, both in the academic world and local communities. Karenga credits previous African-American leaders such as W.E.B. DuBois, Anna Julia Cooper, Malcom X, Mary McLeod Bethune and Martin Luther King, Jr. for much of his transformation.

A prolific writer, Karenga has authored numerous scholarly articles and books, including Maat, *The Moral Ideal in Ancient Egypt: A Study in Classical African Ethics* and the authoritative text *Kwanzaa: A Celebration of Family, Community and Culture*. Karenga has served as chair of the Department of Black Studies at the University of California at Long Beach and became chair of the President's Task Force on Multicultural Education. After the 1992 riots in Los Angeles that followed the beating of Rodney King by police, Karenga once again became a voice of healing. In 1995, he sat on the organizing committee and authored the mission statement of the Million Man March. He continues to be a major voice in the African-American community.

Maulana Karenga. (2014). The Biography.com website. Retrieved 01:36, Dec 30, 2014, from <http://www.biography.com/people/maulana-karenga-21315383>.

THE MAGIC BANK ACCOUNT

Imagine that you had won the following *PRIZE* in a contest: Each morning your bank would deposit \$86,400 in your private account for your use. However, this prize has rules:

The set of rules:

1. Everything that you didn't spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend it.
4. Each morning upon awakening, the bank opens your account with another \$86,400 for that day.
5. The bank can end the game without warning; at any time it can say, "Game Over!". It can close the account and you will not receive a new one.

What would you personally do? You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself, right? You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

ACTUALLY, This GAME is REAL..... Shocked??? YES! Each of us is already a winner of this *PRIZE*. We just can't seem to see it. The PRIZE is *TIME*

1. Each morning we awaken to receive 86,400 seconds as a gift of life.
2. And when we go to sleep at night, any remaining time is Not credited to us.
3. What we haven't used up that day is forever lost.
4. Yesterday is forever gone.
5. Each morning the account is refilled, but the bank can dissolve your account at any time **WITHOUT WARNING.**

SO, what will YOU do with your 86,400 seconds? Those seconds are worth so much more than the same amount in dollars. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think. So take care of yourself, be happy, love deeply and enjoy life!

Here's wishing you a wonderful and beautiful day. Start "spending"

"DON'T COMPLAIN ABOUT GROWING OLD...!" SOME PEOPLE DON'T GET THE PRIVILEGE!

The author is not known. It was found in the billfold of Coach Paul "Bear" Bryant, Alabama, after he died in 1982

Submitted by Rev. Tim Wood



The Federal Trade Commission (FTC) is the nation's consumer protection agency. The FTC works to prevent fraudulent, deceptive and unfair business practices in the marketplace. For information on the following topics and more, go to ftc.gov.

Money & Credit

Money matters. And using tried and true strategies for dealing with money — or the lack of it — can make a big difference to your present and your future. Whether you are saving, spending, or borrowing money, this is information you can't afford to overlook.

Shopping & Saving

Realistic budgeting is the key to maintaining a financial safety net and spending wisely. Whether you're shopping for things you buy routinely — or saving for that occasional big ticket item — planning is key. These shopping tips can help you save money on everyday purchases, as well as on some products and services you buy once in a while.

Buying & Owning a Car

Having a car can be an expensive proposition. Read tips on buying vs. leasing, negotiating the best deal, financing, getting the most out of warranties and service contracts, using gas efficiently, and avoiding repossession.

Credit and Loans

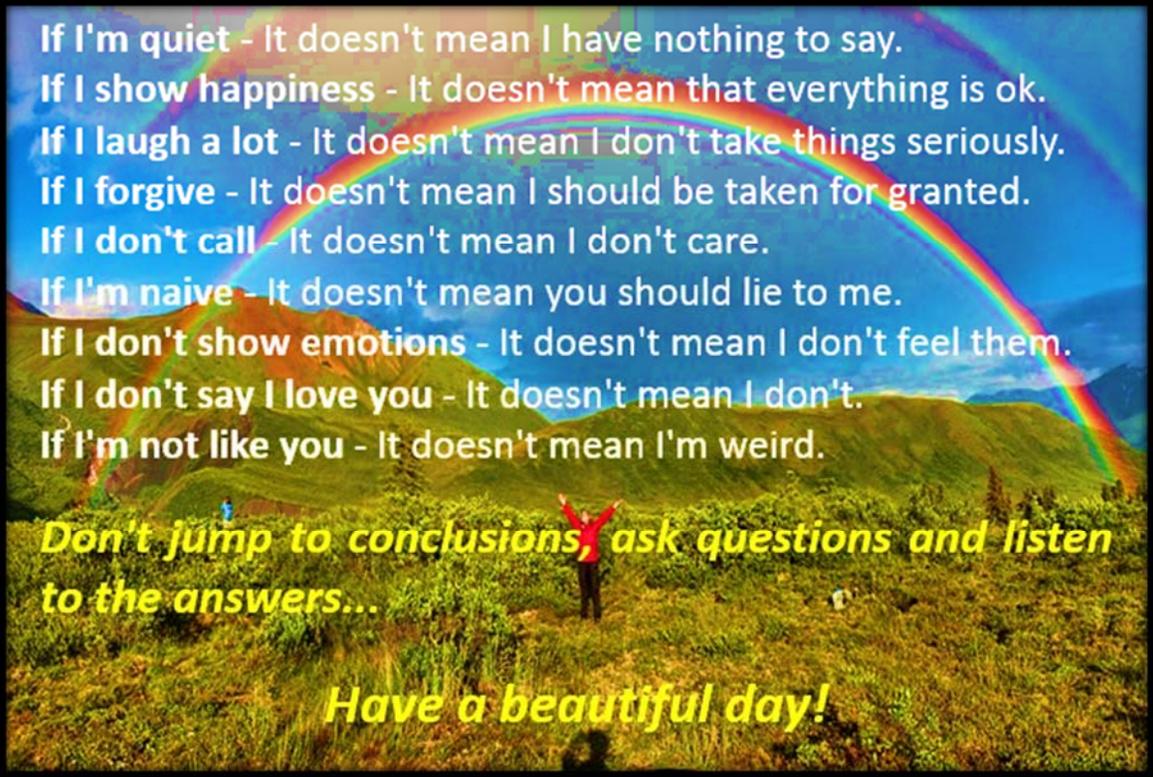
Decisions about credit and loans involve lots of factors, including how much money you need, what terms you're offered, and who is behind the offer. If you are choosing a credit card or wondering whether offers of credit and loans are on the up and up, these tips can help.

Dealing with Debt

Debt collection, debt management, debt relief, debt settlement... Debt is a four-letter word that's the subject of some complex laws. Learn how to exercise your rights under the Fair Debt Collection Practices Act — and how to recognize debt-related scams and frauds.

Resolving Consumer Problems

Things don't always go right. Sometimes you don't get what you ordered; sometimes you get an item of the blue. What are your obligations? And by the way, are there advantages to using any particular method of payment in terms of consumer protections?



If I'm quiet - It doesn't mean I have nothing to say.
If I show happiness - It doesn't mean that everything is ok.
If I laugh a lot - It doesn't mean I don't take things seriously.
If I forgive - It doesn't mean I should be taken for granted.
If I don't call - It doesn't mean I don't care.
If I'm naive - It doesn't mean you should lie to me.
If I don't show emotions - It doesn't mean I don't feel them.
If I don't say I love you - It doesn't mean I don't.
If I'm not like you - It doesn't mean I'm weird.

Don't jump to conclusions, ask questions and listen to the answers...

Have a beautiful day!

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