

Mt. CALVARY BAPTIST CHURCH



2 F.D. Oates Ave., Hartford, CT 06120
Phone number: (860) 278-6671

Rev. Dr. Richard L. Nash, Pastor

HOW THE HOLY SPIRIT HELPS US CONTINUE TO REMAIN LEARNERS REGARDLESS OF OUR AGE, EDUCATION OR EXPERIENCES

[Paul Fritz](#), *Evangelical/non-denominational, Professor*
Trinity College, New Port Richey, Florida 34655

The Holy Spirit reminds us that we are always in need of His teaching regardless of our age, education or years of experience. John wrote, "But you have an anointing from the Holy One, and all of you know the truth... But as his anointing teaches you about all things and as that anointing is real, not counterfeit - just as it has taught you, remain in him." (1 John 2:20, 27) Ask the Lord to keep you humble and teachable so that you never grow too old, too educated or too experienced to learn from God.

The Holy Spirit reminds us that no human is able to be right all of the time. Some leaders' need to be right all the time is their biggest hindrance to learning and maturing in Christ. Paul wrote, "This is what we speak, not in words, taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words." (1 Cor. 2:13) Ask the Lord to remind you to remain humble whenever you think you have to be right with every decision, with every counseling situation or with every interpersonal disagreement.

The Holy Spirit teaches us that we can continue to learn as we exercise the gifts, callings and abilities that God has given us. The writer of Hebrews wrote, "But solid food is for the mature who because of practice have their senses trained to discern good and evil." (Heb. 5:14) Ask the Lord to help you be more willing to learn by using all of your gifts, callings and abilities.

The Holy Spirit speaks to believers when they are searching the Scriptures for answers to real problems. Dr. Luke wrote about such fine people of Berea, "Now the Bereans were of more noble

character than the Thessalonians, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true." (Acts 17:11) Ask the Lord to specifically speak to you about your emotional, mental, physical, interpersonal, spiritual and ministry needs from your study of the Scriptures.

The Holy Spirit is unwilling to reveal more of God's will unless we are obeying the truth we already possess. Jesus said, "He who has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father and I too will love him and show myself to Him." (John 14:21) Ask the Lord to help you obey His commands so that God can reveal greater insights for your future ministries.

The Holy Spirit instructs you in ALL the aspects of God's will when you demonstrate a willingness to go and do what He has directed. Jesus said, "If anyone chooses to do God's will, he will find out whether my teaching comes from God or whether I speak on my own." (John 7:17) It is little wonder that many people remain in the dark about God's will because they have not exhibited a willingness to obey God in the little things first. Ask the Lord to help you become more of a learner in little ways so he promotes you to higher levels of responsibility.

The Holy Spirit exposes those who are unwilling to remain learners throughout their lives and ministries. Jesus said, "Others, like seed sown on rocky places, hear the word and at once receive it with joy. But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away. Still others, like seed sown among thorns, hear the word; but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful." (Mark 4:16-19).

(Continued on Page 2)

The Holy Spirit Helps Us (Continued from Page 1)

Ask the Lord to help you learn from periods of fruitlessness in your ministries or interpersonal interactions.

The Holy Spirit convicts people who are superficial, shallow or inattentive listeners to God's voice. Paul wrote, "The Spirit works against the desires of the sinful nature. These are in conflict with one another so that you do not do what you should do." (Gal. 5:17) Ask the Lord to help you avoid superficial, shallow or any type of inattentive listening when God is speaking to you from His word.

The Holy Spirit brings rebuke, correction and chastisement to those who fail to listen to God because they fail to fear God and keep His commands. Paul spoke boldly in Antioch saying, "Men of Israel and you Gentiles who worship and fear God, listen to me." (Acts 13:16) Ask the Lord to help you to fear and worship God more wholeheartedly so that you can listen to everything He wants to say to you.

The Holy Spirit instructs us in how to be a more discerning, wise and retentive learner of the essentials of God's will for our own good. Solomon wrote, "My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you prosperity. Then you will win favor and a good name in the sight of God and man." (Prov. 3:1, 2, 4) Ask the Lord to help you continue to learn from everyone, every ministry situation and every interpersonal interaction throughout your life!

The March issue begins 21 years publication for the Newsletter. All thanks and praises to the Lord as we continue this ministry. Thanks to all of our supporters especially Sis. Mamie Franks. Sis. Franks has supported us for the past 20 years and we are so grateful to her for her encouragement.

DILBERT ONE LINERS

1. Work is fine if it doesn't take too much of your time.
2. When everything comes in your way you're in the wrong lane.
3. The light at the end of the tunnel may be an incoming train.
4. Born free, taxed to death.
5. Everyone has a photographic memory, some just don't have film.
6. Life is unsure; always eat your dessert first.
7. Smile, it makes people wonder what you are thinking.
8. If you keep your feet firmly on the ground, you'll have trouble putting on your pants.
9. It's not hard to meet expenses, they are everywhere.
10. A printer consists of 3 main parts: the case, the jammed paper tray and the blinking red light.
11. The guy who invented the first wheel was an idiot. The guy who invented the other three, he was the genius.
12. The trouble with being punctual is that no one is there to appreciate it.
13. In a country of free speech, why are there phone bills?
14. If you cannot change your mind, are you sure you have one?
15. Beat the 5 O'clock rush, leave work at noon!
16. If you can't convince them, confuse them.
17. It's not the fall that kills you. It's the sudden stop at the end.
18. I couldn't repair your brakes, so I made your horn louder.
19. Someday is not a day of the week
20. Whenever I find the key to success, someone changes the lock.
21. The road to success.... Is always under construction.
22. In order to get a Loan, you first need to prove that you don't need it.

MONTHLY CHUCKLE

An unemployed guy got a new job at the zoo. They offered him to dress up in a gorilla's skin and pretend to be a gorilla so people will keep coming to the zoo. On his first day on the job, the guy puts on the skin and goes into the cage. The people all cheer to see him. He starts really putting on a show, jumping around, beating his chest and roaring. During one acrobatic attempt, though, he loses his balance and crashes through some safety netting, landing square in the middle of the lion cage! As he lies there stunned, the lion roars. He's terrified and starts screaming "Help, Help!" The lion races over to him, places his paws on his chest and hisses, "Shut up or we'll both lose our jobs!"

Source: JOKESDAILY.NET

MID-DAY PRAYER

A Minister passing through his church in the middle of the day, decided to pause by the altar to see who came to pray. Just then the back door opened, and a man came down the aisle, the minister frowned as he saw the man hadn't shaved in a while. His shirt was torn and shabby, and his coat was worn and frayed. The man knelt down and bowed his head, then rose and walked away. In the days that followed at precisely noon, the preacher saw this chap, each time he knelt just for a moment, a lunch pail in his lap.

Well, the minister's suspicions grew, with robbery a main fear, he decided to stop and ask the man, "What are you doing here?" The old man said he was a factory worker and lunch was half an hour. Lunchtime was his prayer time, for finding strength and power. "I stay only a moment because the factory's far away; as I kneel here talking to the Lord, this is kinda what I say: "I just came by to tell you, Lord, how happy I have been since we found each other's friendship, and you took away my sin. Don't know much of how to pray, but I think about you every day. So, Jesus, this is Ben, just checking in today."

The minister feeling foolish, told Ben that it was fine. He told the man that he was welcome to pray there anytime. 'It's time to go, and thanks,' Ben said as he hurried to the door. Then the minister knelt there at the altar, which he'd never done before. His cold heart melted, warmed with love, as he met with Jesus there. As the tears flowed down his cheeks, He repeated old Ben's prayer: "I just came by to tell you, Lord, how happy I've been, since we found each other's friendship and you took away my sin. I don't know much of how to pray, but I think about you every day. So, Jesus, this is me, just checking in today."

Past noon one day, the minister noticed that old Ben hadn't come. As more days passed and still no Ben, He began to worry some. At the factory, he asked about him, learning he was ill. The hospital staff was worried, but he'd given them a thrill. The week that Ben was with them, Brought changes in

the ward. His smiles and joy contagious. Changed people were his reward. The head nurse couldn't understand Why Ben could be so glad, when no flowers, calls or cards came, not a visitor he had. The minister stayed by his bed, He voiced the nurse's concern: No friends had come to show they cared. He had nowhere to turn. Looking surprised, old Ben spoke up and with a winsome smile; "The nurse is wrong, she couldn't know, He's been here all the while. Every day at noon He comes here, A dear friend of mine, you see, He sits right down and takes my hand, leans over and says to me: "I Just Came By To Tell You, Ben, How Happy I Have Been, Since We Found This Friendship, And I Love To Hear You Pray, And So Ben, This Is Jesus, Just Checking In Today."

Submitted by Rev. Tim Wood



What a friend we have in Jesus!

The Newsletter Staff would like to thank Sis. Pearlle Williams for sharing her photo(s) of Deaconess Marie Clarke for publication in a previous issue of the Newsletter. We would also like to encourage other members to share their special photos, thoughts and ideas.



HAPPY BIRTHDAY To All Those Born in the month of MARCH

Bro. Jeffrey Wood	2	Sis. Susie Broaden	19
Bro. John Wright	4	Sis. Margaret Joyner	19
Sis. Blanche Sanford	5	Sis Elizabeth Ragin	20
Sis. Margaret Price	5	Sis. Lorine Lewis	21
Bro. Arnold Mitchell	8	Sis. Patricia Menefee	21
Bro. Clarence Williams	8	Sis. Georgia Weaver	21
Sis. Shirlene Watkins	9	Sis. Beverly Murphy	22
Bro. Troy M. Johnson	10	Sis. Hermeine Thompson	23
Sis. Sandra Isaac	12	Bro. George Harris	24
Sis. Dena Wood	12	Bro. Kijuan Murphy	24
Sis. Donna Mitchell	13	Sis. Vashon Chislom	26
Bro. Al Lippett	13	Sis. Mae Hicks	28
Sis. Linda Clarke	15	Sis. Carrie Roberts	28
Sis. Stephanie Hendricks	13	Sis. Kellie Wood	28
Sis. Charmaine Price	14	Bro. Kelvin Wood	28
		Bro Kenneth Green, Sr.	29

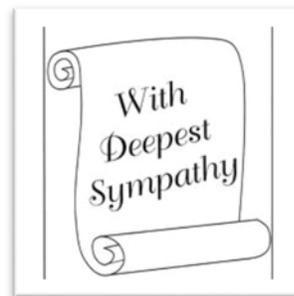


“For this reason a man will leave his father & mother and be united to his wife, and the two will become one flesh.”
Ephesians 5:31

HAPPY ANNIVERSARY

Congratulations if you are celebrating an anniversary in March. If you would like your anniversary or birthday published in the Newsletter, please give your information to any Newsletter staff member or to the church secretary.

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



Please pray for the following family.

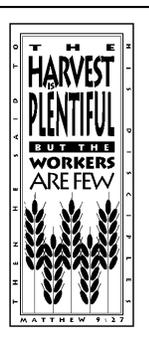


The family of Charlotte C. (Shepherd) Rogers who went to be with her Lord and Savior, Jesus Christ, Monday, February 16, 2015. She was the daughter of the late **Linda (Shepherd) Bowen**. Charlotte was raised in Hartford and employed by the Hartford Board of

Education at Mark Twain School as a paraprofessional and the Hartford Police Department as a crossing guard for 25 years. She gave her life to the Lord at the age of 14 and was an active member of the Holy Temple Church of God in Christ; she was an evangelist, sang in the choir, and started the noon day prayer group in 2012 and led many devotional services at the church. Her home going service was Monday, February 23, at Holy Temple Church of God in Christ in Windsor.

*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.



NEW WORKERS IN THE VINEYARD!

There are no new members to welcome to our church family this month but you may make a difference next month by inviting a friend or family member to attend church with you.

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.

HEALTH NEWS

Fitness for Life

WebMD Feature

By Camille Peri

Reviewed By David T. Derrer, MD

Get active. It's one of the best things you can do for yourself.

"Exercise is an antidote to aging," says Barry A. Franklin, PhD, director of the cardiac rehabilitation and exercise labs at Beaumont Hospital in Royal Oak, MI.

A well-rounded routine, as part of a healthy lifestyle, may help you avoid things like falls, heart disease, and osteoporosis. Experts say many of the conditions people think are due to getting older have more to do with not moving enough.

At any age, these are the types of exercise you want to get:

- Aerobic: good for your heart and lungs
- Strength training: good for your muscles and bones
- Flexibility and balance: helps prevent falls

Don't avoid exercise because you're afraid of getting hurt or think it's too late to start. It's a good idea to talk to your doctor for advice before starting a new exercise program.

If you have a condition like heart disease, osteoporosis, or arthritis, you may need to tweak your exercise routine a little to meet your needs, but it's worth it.

"The risks of exercising are far less than those of sitting on a couch," says Michael E. Rogers, PhD. He's director of the Center for Physical Activity and Aging at Wichita State University in Kansas.

Aerobics

Aerobic exercise strengthens your heart and lungs. It's also good for your blood pressure, blood sugar, cholesterol, sleep, and memory.

Low impact means it doesn't put a lot of stress on your bones and joints. Swimming and cycling are good examples.

What to do: You can walk briskly, jog, bike, swim, Zumba, walk in the water, or do any other activity that gets your heart rate up.

Whatever you do, start at a medium pace, where you move a little bit but can still hold a conversation. Aim for 30 minutes a day. You can build up to that, even if you start with just 5 minutes at a time. You can gradually make your workouts longer and more challenging.

Tip: A pedometer can help you track your steps and set goals. Challenge yourself to do a little more each week.

Strength Training

This isn't about becoming a body builder or professional weightlifter. Strength training -- also called resistance training -- can help you stay as independent as you want. Do it to keep your muscles and bones strong and help prevent falls and fractures. It can make things like getting around easier.

Strength training is just as important as aerobics, Franklin says. It's the principle of "use it or lose it."

What to do: Start with 2-pound hand weights. Even food cans or filled water bottles will work. Try doing exercises like getting up and down from a chair while holding the weights. Giving your muscles and bones something to work against builds their strength.

Do 8 to 10 different exercises at least 2 days a week.

Work up to doing each exercise 10 to 15 times in a row. Use slightly heavier weights as you get stronger and the exercises become easy.

Give your muscles 2 days between sessions to rest. For example, if you do strength training on Monday, wait until Thursday until doing it again. Try aerobic or flexibility exercises on the other days.

Flexibility and Balance Exercises

Flexibility exercises stretch your muscles and keep them from stiffening up. That can help prevent injuries and joint problems.

Balance exercises can help keep you stable on your feet and prevent falls.

Yoga and tai chi are good for both. You can also learn balance exercises in fitness and senior center classes or from a personal trainer.

What to do: Do each type of exercise 20 minutes two or three times a week. You can do flexibility exercises as part of your warm-up and cool down from your aerobic workout.

You don't need to go anywhere to do these or schedule a special time. Fit balance exercises into your daily routine.

"You can do exercises like balancing on one foot almost anywhere -- while you're brushing your teeth, doing dishes, or folding the laundry," Rogers says.

How to Keep It Safe

Although exercise is great for you, it's possible to overdo it.

You're working too hard if you exercise to the point of exhaustion or pain (not just tired legs or soreness). Stop exercise and call 911 if you:

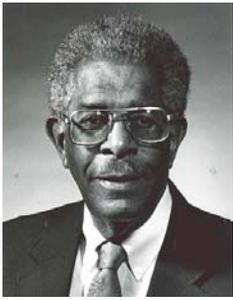
- Have chest pain or pressure
- Have trouble breathing
- Feel lightheaded, nauseous, or weak

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HERITAGE CORNER



CHARLES E. ANDERSON (1919 - 1994)

Born in 1919, Charles Edward Anderson was the first African American to earn a PhD in meteorology. That degree was from the Massachusetts Institute of Technology ("MIT") in 1960.

For his original meteorological training, Dr. Anderson attended the Army Air Forces Meteorological Aviation Cadet Program at the University of Chicago in 1943 and was assigned to the Tuskegee Army Airfield weather detachment. Anderson served as weather officer at several Army Air Force bases around the US until his release from active duty in 1948.

From 1961-65, Dr. Anderson worked at the Atmospheric Science Branch of Douglas Aircraft Company, California. He served as Director of the Office of Federal Coordination in Meteorology in the Environmental Science Service Administration of the U.S. Department of Commerce, from 1965 to 1966.

From 1967 to 1969, Charles Anderson was appointed as Professor of Space Science and Engineering at the University of Wisconsin, Madison. From 1966 - 1987, Professor Anderson served as the Professor of Meteorology and Chairman of Contemporary Trends Course and in 1970, Professor Anderson was appointed Professor of Afro-American Studies and Chairman of the Meteorology Department. In 1978 Professor Anderson was elevated to Associate Dean at University of Wisconsin, Madison.

Dr. Anderson was a professor in the Department of Marine, Earth and Atmospheric Sciences at North Carolina State University in Raleigh, NC, from 1987 until he retired in 1990. He was a major contributor to a program at the university that has received national recognition for its forecasting of severe storms. In addition to his dissertation for MIT, he did pioneering work in reducing contrails of high-altitude jet aircraft as well as work focused on cloud and aerosol physics and meteorology of other planets.

SOURCE: <http://www.ametsoc.org/>

BLACK HISTORY PROGRAM HELD!

It was a cold day February 28 and there was mountains of snow on the ground but it was warm inside Hopewell Baptist Church. This year the annual Black History program was a combined effort, the Mt. Calvary Baptist Church and Hopewell Baptist Church collaborated to present a magnificent Black History program. Bro. Joseph Cooper of Hopewell was the master of ceremony, a dynamic young man. Sis. Nyema Pinkney was honored for her many achievements, one being on the board of directors of Hartford Achievement First School and overcoming her blindness to continue to achieve great things. She said no tragedy can steal your dreams. Sister Janette Isaac spoke on the occasion. She said, "We should all know something about our forebears but it is sad to say that 80% of African Americans are clueless about their heritage and the other 20% know little. We would not be here if our forefathers had not overcome great obstacles to clear the path for us. We need to learn and share our history with our children so we can become the people that God wants us to be. Hold onto our legacy and don't let it go! Our crown has been brought and paid for, all we have to do is wear it." Next on the program was Brother Justin Coleman. He presented one of his original works. He said, if only we were aware of the war we are up against we are all the same. Be an individual. You get more out of life by helping your brothers live than by helping him to die. You had to be there to get the total meaning of his work, it was kinda of a rap with a positive spin. He got a standing ovation. Sister Erica Johnson-Charles gave a warm welcome. Followed by Mt. Calvary's Praise dancers who presented an energetic performance that had the congregation on their feet. Sis. Rebecca Hutchinson and Bro Jarvis Shealy presented citations to the Keynote Speaker. Then the Hopewell Praise Dancers gave a spirit filled dance to the music Break Every Chain. Next came the highlight of the program. Dr. Pamela Trotman-Reid, President of St. Joseph College in West Hartford took the podium after a long list of her achievements were read. She said that modern history is still filled with the same disrespect experienced by our ancestors. She said she wanted to leave the students with four points. 1) Be brave, don't be afraid to do what is right. 2) Be smart. Read, read, read. If you study and apply it you will succeed. 3) Don't be afraid to ask for help. 4) Don't make small plans, dream big. The congregation gave her a standing ovation. After the blessing of the food and the benediction, everyone enjoyed a delicious traditional southern dinner. It was a great occasion, hope to see more collaboration between the churches. Well done Black History Ministry!

Knowing God's Voice

by Charles F. Stanley

Many people wonder today if God still speaks to believers. This question is the subject of numerous books, articles, and lectures. If He does communicate directly to His followers, how does He do so? Can we know the message is really from Him? The Lord speaks to us through the Holy Spirit. He is the third person of the Trinity, co-equal with God the Father and God the Son. God's Spirit dwells within each Christian, just as Jesus promised in John 14: "If you love Me, you will keep My commandments. I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be *in* you." (vv. 15-17, emphasis added).

The book of Acts records several occasions when the Holy Spirit spoke to Paul and Peter. It can't be denied that those men had a special gift and call upon their lives. They were apostles—men handpicked by Christ to spread the gospel worldwide. But the same Holy Spirit who indwelt those men lives within every believer today. Just as they needed God's direction at critical times in their lives, we also need divine guidance.

In his letters to the Christians in Rome and Galatia, the apostle Paul refers to believers as "led by the Spirit" (Rom. 8:14; Gal. 5:18). It would be difficult to lead someone with whom you were not communicating. The same is true for the Holy Spirit. If we're going to be led by Him, we can only assume He is more than willing—and able—to speak to us. Like the Lord Jesus Christ, the Spirit is equally God, and He freely submits to the Father's will. Jesus explained that "when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come" (John 16:13).

There are three important things this verse teaches us:

The Holy Spirit is trustworthy. The third person of the Trinity is called *the Spirit of truth*. He leads believers into truth, and that makes Him reliable.

Moreover, He is one with the Father and is sent by Him.

The Holy Spirit will guide us. Jesus didn't say that the Helper, or "Counselor," would *control* us; rather, the Lord said that His Spirit would *guide* us. Granted, there may be times when we wish God would take charge of our lives and all the choices we make. But He doesn't and never will. We possess the ability to willfully follow His leading. As a result, we are always responsible for our words and actions.

The Spirit helps believers discern between what is true and false, wise and foolish, right and wrong. Each day is full of decisions. Most of them concern issues not specifically addressed in the Scriptures—for example, *Where should I attend school? What job should I take? Should we sell our house or move to another city?* And these are just a few of life's difficult questions. We often need help finding our way. As you handle the details of everyday life, God uses His Spirit to lead you. Through Him, the Lord provides the discernment you need to make both big and small choices. As you develop a greater sensitivity to His promptings, you'll worry much less about the decisions facing you.

The Holy Spirit is God's "mouthpiece." God has chosen to communicate to His children through His Spirit. Because He abides within believers, the Holy Spirit has direct access to our hearts, minds, and spirits. When God chooses to speak directly to you, it will always be through this divine Counselor. Even reading the Bible should be an activity in which we invite Him to lead us. Knowing the voice of God through His Spirit is something we learn over time. This recognition requires that we live day to day in submission to the Lord, setting aside time to quiet our minds and still our bodies. We must also go to Him regularly throughout the day, in the midst of our tasks and obligations, joys and worries. Eventually, we will come to know His voice so well that we'll be able to hear Him even in the most difficult and busy circumstances. Does God speak to believers? You better believe it. The real question is whether we're willing to listen to Him. Are you?

Adapted from "The Wonderful Spirit-Filled Life" (1992).

Trust: Responding to the Holy Spirit

Jon Walker

“I can do all things through Him who strengthens me.” (Philippians 4:13 NASB)

God wants you to trust his guidance, so he sent you a Guide.

When you became a believer, God placed the Holy Spirit within you, and he’s been teaching you ever since to listen and respond to the Holy Spirit’s counsel. The Holy Spirit is your Guide, one who walks with you along the way. He knows every step of the journey and understands the blessings and dangers ahead. He knows where you’ve been and where you’re going, and he knows the best path to take.

This is an important issue to understand, because God never intended for you to figure out the steps of your journey without him. In truth, how you get on mission and how you succeed at your mission are God’s responsibilities. Your responsibility is to seek his guidance and obey his directions.

Your job is to trust in the Lord with all your heart, and lean not on your own understanding. His job is to set your path straight (Proverbs 3:5-6). You don’t have to know the reason for everything, and there’s no requirement that you figure it all out before you complete your mission. You just need to trust and obey.

Return Address
85 Ellsworth Drive
Bloomfield, CT 06002

Staff:
Sis. Mattie Adgers
Bro. Richard Adgers
Sis. Mary Singleton
Sis. Dena Wood

Submit all articles/comments to:
Newsletter Staff
C/o Mt. Calvary Baptist Church
2 F. D. Oates Avenue
Hartford, CT 06120
Or Fax: 860-243-9147
E-Mail: mattie_adgers@comcast.net



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