

MT. CALVARY BAPTIST CHURCH NEWSLETTER



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Rev. Dr. Richard L. Nash, Pastor



HAPPY FATHER'S DAY TO ALL FATHERS!

In past Fathers' Day issues of the Newsletter, I've reminisced about the wonderful, handsome, loving, hardworking man me and my siblings called "Daddy" until his passing in 2003.

This year, I decided to talk to my only son to get his

perspective on what attributes he thinks make a good father. Our conversation went something like this:

Q: What do you think it takes to be a good father?

A: I think a good father is someone who is in their kids' lives. He should be a financial provider but he shouldn't be working all day and night so that he cannot be an active participant in his kids' lives. He should not miss the great experience of a child growing up because it happens so quickly.

Q: What do you consider an active participant?

A: I think an active participant is a father that: helps with schoolwork; has been on at least one fieldtrip by the end of the school year; is there for all the important events like sports, dance or martial arts; teaches them right from wrong; helps them shower, puts them to bed and/or have dinner with them as often as possible. He gives and shows his kids love with more than financial support. He teaches his son how to be a man and how to treat women. He also teaches his daughter how to act like a lady and shows her what to expect from a good man. He might prepare their favorite meal or take them to a park to play, while staying within his financial means. He would keep them safe by holding their hands when walking down the sidewalk, keeping them on the inside in case of a stray car or bullet. He should be responsive in their talks about school.

He should listen and act accordingly. If he sees his child acting out, he should discipline them so that it doesn't happen again.

Q: You share joint custody with your children's mother. How can you play an active role in their lives under those circumstances?

A: I make sure I communicate with them every day, no matter where they are. Not to call-out other fathers but I do know of those who do not communicate with their children on a regular basis. I also know a father who has not even attended one parent-teacher conference and his child is in junior high school.

Q: Why do you think that is?

A: I don't believe it's deliberately. I don't think they realize what a negative impact their actions may have on their child with regards to love and trust. They may not think these events are important or they may think the mother should handle these day-to-day responsibilities alone and they should just show up for the graduations. In my opinion, a father like that isn't "stepping up to the plate."

Q: Do you think the parents' previous or current relationship affects their actions towards the child?

A: A father should know what rights he has towards his kids and exercise them. He has the same rights as the mother as long as there's no foul play. Active parents should participate in all aspects of the child's life. I got credit for taking my children to martial arts and dance lessons on a Saturday morning. That isn't something I should get "credit" for. When both parents are in the picture, both should fulfill the parental role. It should not be one-sided.

Q: What if one parent provides the majority of the financial support?

A: That may be the case but back in the day, mothers were working in the home as housewives and fathers were providing all the financial support but mothers and fathers were active in the children's lives at school and in all other aspects of

their lives. Being an active participant should not only be based on financial support. The father should be making every effort to be gainfully employed but failure to do so should not prevent him from spending quality time with his children. Children are looking for your time and attention and not always for what you can buy them. My daughter thinks I'm a hero because I settled for buying her the Happy Meal she wanted for her birthday. My son and daughter are happy playing any game with me.

Q: What do you think about mothers who shame or "throw shade" at fathers using social media?

A: I don't think social media is a good thing. I think the world was a better place without it. I especially don't think social media is the place to talk negative about a relationship. I think these discussions should be behind closed doors. If a father has made a mistake, he should be given the opportunity to correct it if he chooses to. Social media puts them on "blast". It's embarrassing and makes the situation worse. It will not help create a healthy relationship with the mother or the child.

Q: How do you think fatherhood has changed since you were a child growing up or has it?

A: It has changed. Joint custody after a divorce rather than sole custody being awarded to the mother with no questions asked is better for children. I recall a father gaining custody of his child after an unfortunate incident with the child by the mother. But, the child was quickly awarded to the mother once she completed some anger management courses even though the father took better care of the child, financially and emotionally.

Q: What advice would you give to young fathers to be?

A: Children are a blessing from God. They will change your life for the better. Be active in their lives whether the relationship with the mother breaks down or not. Don't be afraid to show love to your children. Children are not complicated. Keep life with them simple. Have fun with them. Enjoy each day with them because they grow-up way to fast!

As you can see, my son is his grandfather's seed. I love and am proud of him and his cousins who play very active roles in their children's lives.

THE CHRISTIAN MARRIAGE

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

Of all the people, shouldn't Christians be able to hold their marriage together? Let's look in the Bible to understand what God intended for marriages and learn what it takes to make them the long-lasting and fulfilling relationships they should be. Divorce was not what God intended when he first created the marriage union. The apostle Paul elevated Christian marriage to the celestial domain. He compared marriage with the marriage of the Lamb to his bride. Paul described the marriage relationship: "for this reason a man will leave his father and mother and be united to his wife, as the two will become one flesh" (Ephesians 5:31-32).

What a wonderful analogy, but unfortunately, it doesn't portray most marriage relationships today. Special personal qualities are crucial for a happy relationship: Commitment, sensitivity, generosity, consideration, loyalty, responsibility, trustworthiness. Mates need to cooperate, compromise, and follow through with joint decisions. They have to be resilient, accepting, and forgiving. They need to be tolerant of each other's flaws, mistakes, and peculiarities. Courtship and marriage may begin with romantic love, but for a long-lasting relationship, romantic love must be complemented by a mature spiritual love. The common denominator in any Christian marriage is Jesus Christ. Only through him and the indwelling of the Holy Spirit can we have this kind of love.

Along with mature, unselfish love, the Bible shows another vital element for long-lasting relationships. "Submit to one another out of reverence for Christ" (Ephesians 5:21). Submission is a basic principle of Christianity. It's stressed throughout the New Testament. Jesus told his disciple: If your brother sins, rebuke him, and if he repents, forgive him. If he sins against you seven times in a day, and seven times comes back to you and says, "I repent," forgive him (Luke 17:3-4). Along with love and submission, forgiveness of that magnitude also must come from Jesus Christ through the Holy Spirit. To be able to forgive someone over and over are acts of faith. Bear with each other and forgive whatever grievance you may have against one another. Forgiving also means not dredging up past sins. Let go of the garbage of the past. When you get married in Christ, you enter a special institution of learning that was made in heaven. You will never stop growing as a couple. You will never really arrive either. But what you learn along the way will last for eternity.

By **Dea. Allen Boyd, Vice Chairman**

Reprinted from October 1994 issue.

HUCKSTERS & HYPOCRITES

by Max Lucado

Some years ago I was in the Miami airport to pick up a friend. As I walked through the terminal, a convert of an Eastern cult got my attention. You know the kind I'm talking about: beads, sandals, frozen smile, backpack of books.

"Sir," she said. (I should have kept walking.)

"Sir, just a moment, please." Well, I had a moment. I was early and the plane was late, so what harm? (I should have kept walking.)

I stopped and she began her spiel. She said she was a teacher and her school was celebrating an anniversary. In honor of the event, they were giving away a book which explained their philosophy. She placed a copy in my hand. It was a thick hardback with a mystic cover. A guru-looking guy was sitting cross-legged with his hands folded. I thanked her for the book and began to walk away.

"Sir?" I stopped. I knew what was coming.

"Would you like to make a donation to our school?"

"No," I responded, "but thanks for the book."

I began to walk away. She followed me and tapped me on the shoulder.

"Sir, everyone so far has given a donation in appreciation for the gift."

"That's good," I replied, "but I don't think I will. But I appreciate the book." I turned and began to walk away. I hadn't even taken a step, however, when she spoke again. This time she was agitated.

"Sir," and she opened her purse so I could see her collection of dollars and coins. "If you were sincere in your gratitude you would give a donation in appreciation."

That was low. That was sneaky. Insulting. I'm not usually terse, but I couldn't resist. "That may be true," I responded, "but if you were sincere, you wouldn't give me a gift and then ask me to pay for it."

She reached for the book, but I tucked it under my arm and walked away. A small victory against the mammoth of hucksterism. Sadly, the hucksters win more than they lose. And, even more sadly,

hucksters garb themselves in Christian costumes as much as those of Eastern cults.

You've seen them. The talk is smooth. The vocabulary eloquent. The appearance genuine. They are on your television. They are on your radio. They may even be in your pulpit. May I speak candidly?

The time has come to tolerate religious hucksters no longer. These seekers of "sanctimoney" have stained the reputation of Christianity. They have muddied the altars and shattered the stained glass. They manipulate the easily deceived. They are not governed by God; they are governed by greed. They are not led by the Spirit; they are propelled by pride. They are marshmallow phonies who excel in emotion and fail in doctrine. They strip-mine faith to get a dollar and rape the pew to get a payment. Our master unveiled their scams and so must we.

How? By recognizing them.

Two trademarks give them away. One, they emphasize their profit more than the Prophet. Note the emphasis of the message. What is the burden? Your salvation or your donation? Monitor what is said. Is money always needed yesterday? Are you promised health if you give and hell if you don't? If so, ignore him.

A second characteristic of ecclesiastical con men: they build more fences than they build faith. Medicine men tell you to stay out of the pharmacy. They don't want you trying other treatments. Neither do hucksters. They present themselves as pioneers that the mainline church couldn't stomach, but, in reality, they are lone wolves on the prowl.

Christ's passion on Monday is indignance. For that reason I make no apology about challenging you to call the cards on these guys. God has been calling a halt to babblers building towers for centuries. So should we.

Excerpt from *And the Angels Were Silent*.

Many men go fishing all of their lives without knowing that it is not fish they are after. Henry David Thoreau



**HAPPY JUNE
BIRTHDAY to...**

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Bro. Michael Robinson, Sr.	1	Sis. Marcia Shelton	13
Bro. Armond Johnson	3	Sis. Michelle Brandon	17
Sis. Malan Price	5	Sis. Thelma Morris	18
Bro. Bryson Williams	5	Dea. Harry Lewis	19
Sis. Brenda Miller	6	Sis. Ashley Menefee	20
Sis. Natasha Gill	9	Bro. Dion Mitchell	21
Sis. Ramon Ann Duncan	10	Bro. Tracston Rivers	23
Bro. Willie Moore	10	Sis. Juliette Cole	28
Bro. Michael D. Robinson	12	Sis. Tina Walton	28
Bro. Perry Booker, Jr.	17	Bro. Jeffrey Coleman	30
		Sis. Tamiya Cofield	30



JUNE ANNIVERSARIES

Celebrants	Date	Years
Dea. Louis & Dea'ness Betty Johnson	4	47
Bro. Michael & Sis. Jo Ann Wood	10	40
Bro. Kelvin & Sis. Cheryl Wood	17	28
Bro. Perry, Sr. & Sis. Deborah Booker	15	27

MAY ANNIVERSARIES

(Printed incorrectly in last month's issue. Please forgive us!)

Celebrants	Date	Years
Bro. Joe & Sis. Ann Cooper	2	53
Bro. Jimmie & Sis. Hannah Hill	2	54
Rev. Timothy & Sis. Vivian Wood	10	52
Tru. Hugh and Sis. Juanita Branch	15	54
Bro. Johnnie & Sis. Juliette Cole	16	55

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

NEW WORKERS IN THE VINEYARD

We have no "new" members to report for the month of May 2018. Therefore, please make an extra effort to invite a friend or family member to attend church with you in the months to come. You never know what might happen since God is always in control.

Though many have come, there is still room for more.

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



Dad

He never looks for praises
 He's never one to boast
 He just goes on quietly working
 For those he loves the most
 His dreams are seldom spoken
 His wants are very few
 And most of the time his worries
 Will go unspoken too
 He's there...A firm foundation
 Through all our storms of life
 A sturdy hand to hold to
 In times of stress and strife
 A true friend we can turn to
 When times are good or bad
 One of our greatest blessings
 The man that we call Dad

By Karen K. Boyer

HEALTH NEWS

TOP 10 HEALTH TIPS FOR MEN

An expert offers advice on how to boost your sex life, rev up your workouts, and live better.

By [Matt McMillen](#)

From the WebMD Archives

Take charge of your health, gents. The sooner you do it, the better.

"It's not cool for a guy to wait until he's 50 to see a doctor," says Steven Lamm, MD, the medical director of NYU Langone Medical Center's Preston Robert Tisch Center for Men's Health. "Men need to care about their health above the waistline as well as below."

Here are his top 10 tips.

1. Find a doctor. Choose one you're comfortable with, so you can "openly discuss all aspects of your health, from your mental state to your sexual function to your overall wellness," Lamm says.

2. See that doctor. "Just because you are feeling well doesn't mean you are well. Have a tendency toward denial? Don't ignore things like black stools, [vision loss](#), or [chest pain](#). Unfortunately, men have a tendency to do just that."

3. Get informed. "You do want to be knowledgeable and understand that you shouldn't ignore symptoms or complaints, but you don't want to self-diagnose."

4. Vary your workouts. "The body gets very comfortable when you always do the same [workout](#). You have got to keep varying your exercises, and they have to be an age-appropriate mix of [aerobics](#), muscle training, and [stretching](#)."

5. Eat to thrive. Getting enough [nutrition](#) is crucial. "It's more important than anything else except maybe sleep," Lamm says. "Focus on nutrients rather than calories," and eat a variety of healthy foods. "You can't achieve optimum nutrition with limited choices."

6. Prioritize sleep. "Get at least 7 hours. That's not something you should compromise. Men think they can overcome [sleep deprivation](#) by exercising or whatever," but that's a bad idea, he says.

7. Check your head. "[Mental health](#) is really, really important. Think about several things: Are you drinking too much? Are you paying attention to [signs of depression](#) or [bipolar disorder](#), which often get missed? If you have a family history of mental illness, [suicide](#), and/or substance abuse, you really need someone to help you review the signs and symptoms."

8. Stay ready for sex. "When you're stressed out, not sleeping, or drinking too much, you can't get an erection on demand, and a man's erection is a barometer for overall health. Exercising, eating well, and sleeping well are the best ways to be sure you're a stud in the bedroom."

9. Care for your prostate. "The [prostate](#) grows as you get older. You'll almost certainly have symptoms, like urinary problems. A really healthy, low-fat diet will reduce the likelihood of prostate growth and may reduce the risk of [prostate cancer](#)."

10. Enjoy yourself. "Look forward to every day, to doing something for yourself every day, whether it's a run or listening to an audiobook or practicing [meditation](#) or [yoga](#). Don't save up all of your fun for vacation."

WebMD Magazine - Feature Reviewed by [Michael W. Smith, MD](#) on April 1, 2015

Source: WebMD

Walk a little slower Daddy

"Walk a little slower, Daddy!" said a little child so small. "I'm following in your footsteps and I don't want to fall.

Sometimes your steps are very fast, sometimes they're hard to see; So walk a little slower Daddy, for you are leading me.

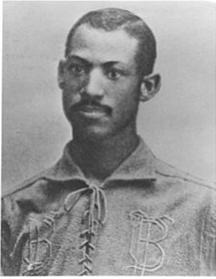
Someday when I'm all grown up, you're what I want to be. Then I will have a little child who'll want to follow me.

And I would want to lead just right, and know that I was true; So, walk a little slower, Daddy, for I must follow you!!"

Author: unknown

HERITAGE CORNER

Moses Fleetwood "Fleet" Walker



The first African American Major League Baseball Player
Moses Fleetwood "Fleet"
Walker was born on October 7, 1856, to Moses W. Walker and Caroline O'Hara (both mulatto) in Mt. Pleasant, Ohio. Young Moses Fleetwood Walker was a bright lad and because of his excellent grades, he was accepted to

Oberlin College in 1878, where he majored in philosophy. While at Oberlin, Moses showed an interest in baseball and became the prep team catcher and leadoff hitter. His baseball skills gained him stardom in college for his ball handling and his ability to hit long home runs.

The University of Michigan recruited him in 1885 to play in their baseball club. At Michigan State, Moses performed well, finishing with a 10-3 record in 1882. He mostly hit second in the lineup and is credited with a .308 batting average.

In mid-1883, Moses left his studies at Michigan and was signed to his first professional baseball contract by William Voltz, manager of the minor league Toledo Blue Stockings, a Northwestern League team. Though Moses hit in decent numbers, recording a .251 BA, he became revered for his play behind the plate and his durability during an era where catchers wore little to no protective equipment. The Blue Stockings' ball boy recalled Moses "occasionally wore ordinary lambskin gloves with the fingers slit and slightly padded in the palm; more often he caught barehanded". Nevertheless, he played in 60 of Toledo's 84 games during their championship season.

With Moses entering into professional baseball, it caused immediate friction in the league. Before he had the opportunity to appear in a game, the executive committee of the Northwestern League debated a motion proposed by the representative of the Peoria, Illinois club that would prohibit all colored ball players from entering the league. After intense arguments, the motion was dropped, allowing Moses to play. On August 10, 1883, in an exhibition against the Chicago White Stockings, Chicago's manager Cap Anson refused to play if Walker was in the lineup. In response, Charlie Morton, who replaced Voltz as Toledo's manager at mid-season, challenged Anson's ultimatum by not only warning him of the risk of forfeiting gate receipts, but also by starting Moses at right field. Anson is alleged to have said "We'll play this here game, but won't play never no more with the nigger in". In 1884, Walker's first

appearance as a major league ball player was an away game against the Louisville Eclipse on May 1; he went hitless in three at-bats and committed four errors in a 5-1 loss. Throughout the 1884 season, Walker regularly caught for ace pitcher Tony Mullane. Mullane, who described the rookie ball player as "the best catcher I ever worked with", purposefully, threw pitches that were not signaled just to cross up the catcher. Moses' year was plagued with injuries, limiting him to just 42 games in a 104-game season. For the season, he had a .263 BA, which was top three in the league, but Toledo finished eighth in the pennant race. The team was also troubled by numerous injuries. These circumstances led to Walker's brother, Weldy, joining the Blue Stockings for six games in the outfield. Not yet fully recovered from a rib injury, Moses was released by the Blue Stockings on September 22, 1884. During the offseason, Walker took a position as a mail clerk, but returned to baseball in 1885, playing in the Western League for 18 games. For the second half of 1885, he joined the baseball club in Waterbury, CT for 10 games. When the season ended, Moses reunited with Weldy in Cleveland to assume the proprietorship of the LeGrande House, an opera theater and hotel. Moses could afford the business venture after commanding a \$2,000 contract as a major leaguer. Though he could no longer negotiate such a salary, his skills were still highly attractive to teams: Moses returned to Waterbury in 1886 when the team joined the more competitive Eastern League. Despite a lackluster season for Waterbury, Moses was offered a position with the defending champion Newark Little Giants, an International League team. Together, with pitcher George Stovey, Walker formed half of the first African-American battery in organized baseball. Billed as the "Spanish battery" by fans, Stovey recorded 35 wins in the season, while Moses posted career highs in games played, fielding percentage, and BA. Moses followed Newark's manager Charlie Hackett to the Syracuse Stars in 1888. Although he slumped at the plate during his two years playing for the Stars, he was popular among Syracuse fans, so much so that Moses was their unofficial spokesman and established business ties in the city. On August 23, 1889, Walker was released from the team; he was the last African American to play in the International League until Jackie Robinson.

The legacy of Moses is major to the history of blacks in baseball. Although Jackie Robinson is commonly miscredited with being the first African American to play major league baseball, Moses held the honor among baseball aficionados for decades.

On May 11, 1924, Walker died of lobar pneumonia at 67 years of age. His body was buried at Union Cemetery-Beatty Park next to his first wife.

Submitted by Deaconess Donna Campbell

LUNCHTIME 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. I 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.'

Many people will walk in and out of your life, but only true friends will leave footprints in your heart. May God hold you in the palm of his hand and angels watch over you.

Submitted by Rev. Tim Wood

**WISE MEN SPEAK
BECAUSE THEY HAVE
SOMETHING TO SAY;
FOOLS SPEAK
BECAUSE THEY HAVE
TO SAY SOMETHING.**

**It is easier to build strong
children than to repair
broken men.**

Frederick Douglass

CHUCKLE OF THE MONTH



All eyes were on the radiant bride as her father escorted her down the aisle. They reached the altar and the waiting groom; the bride kissed her father and placed something in his hand.

The guests in the front pews, and the minister, responded with ripples of laughter. As her father gave her away in marriage, the bride had given him back his credit card.

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Next Deadline: June 24, 2018
