

Mt. CALVARY BAPTIST CHURCH NEWSLETTER



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

Rev. Dr. Richard L. Nash, Pastor

SERVE ONE ANOTHER

by Max Lucado

Jesus "set aside the privileges of deity and took on the status of a slave, became *human!* Having become human, he stayed human. It was an incredibly humbling process. He didn't claim special privileges. Instead, he lived a selfless, obedient life and then died a selfless, obedient death--and the worst kind of death at that: a crucifixion" (Phil. 2:7-8 MSG).

Let's follow his example. Let's "put on the apron of humility, to serve one another" (1 Pet. 5:5 TEV). Jesus entered the world to serve. We can enter our jobs, our homes, our churches. Servanthood requires no unique skill or seminary degree. Regardless of your strengths, training, or church tenure, you can.

Love the overlooked. Jesus sits in your classroom, wearing the thick glasses, outdated clothing, and a sad face. You've seen him. He's Jesus.

Jesus works in your office. Pregnant again, she shows up to work late and tired. No one knows the father. According to water-cooler rumors, even she doesn't know the father. You've seen her. She's Jesus.

When you talk to the lonely student, befriend the weary mom, you love Jesus. He dresses in the garb of the overlooked and ignored. "Whenever you did one of these things to someone overlooked or ignored, that was me--you did it to me" (Matt. 25:40 MSG).

You can do that. Even if your sweet spot has nothing to do with encouraging others, the cure for the common life involves loving the overlooked. You can also.

Wave a white flag. We fight so much. "Where do you think all these appalling wars and quarrels come from?" asks the brother of Jesus. "Do you think they just happen? Think again. They come about because you want your own way, and fight

for it deep inside yourselves" (James 4:1 MSG). Serve someone by swallowing your pride. One more aspect of servanthood.....

Every day do something you don't want to do. Pick up someone else's trash. Surrender your parking place. Call the long-winded relative. Carry the cooler. Doesn't have to be a big thing. Helen Keller once told the Tennessee legislature that when she was young, she had longed to do great things and could not, so she decided to do small things in a great way. Don't be too big to do something small. "Throw yourselves into the work of the Master, confident that nothing you do for him is a waste of time or effort" (1 Cor. 15:58 MSG).

A good action not only brings good fortune, it brings God's attention. He notices the actions of servants. He sent his Son to be one.

When you and I crest Mount Zion and hear the applause of saints, we'll realize this: hands pushed us up the mountain too. The pierced hands of Jesus Christ, the greatest servant who ever lived.

SOURCE: MaxLucado.com

ENCOURAGING THOUGHT FOR BACK TO SCHOOL

There is inside you all of the potential to be whatever you want to be, all of the energy to do whatever you want to do. Imagine yourself as you would like to be, doing what you want to do, and each day, take one step towards your dream.

And though at times it may seem too difficult to continue, hold on to your dream. One morning you will awake to find that you are the person you dreamed of, doing what you wanted to do, simply because you had the courage to believe in your potential and to hold on to your dream.

By Donna Levine

MONTH IN REVIEW

**CHURCH CELEBRATED 101 ANNIVERSARY!**

Sunday, August 12 was the celebration of the church's 101 anniversary. I did not know there were so many shades of green. The church was washed in a sea of green. How appropriate the processional song "We Come This Far By Faith". It took a lot of faith, dedication and hard work to exist for 101 years.

The worship leader for the day was none other than one of the sons of the church Rev. Thomas J. Clarke. He brought a lot of spirit to the service. Mt. Zion Baptist Church of Springfield, Mass was the guest of honor.

Our own Praise Team prepared the congregation for what was to come. Then the MCBC Combined Choir opened the services with "Grateful" and "The Lord Is Blessing Me Right Now". Sis. Janette Isaac gave an abbreviated version of the church's history. She said, "We can't know where we are going if we don't know where we have been. 101 years is a lot of history." Sister Tina Walton and Trustee Nelson Carter gave a tribute to the Christian soldiers who have gone home to the Lord since last year. Sister Walton sang about just imagining what it will be like to see the Lord. The MCBC Women of Glory Praise Dancers wowed the congregation with angel wings of gold. Their performance earned a standing ovation from the congregation. Then it was Mt. Zion's Choir turn in the spotlight. They were the prelude before their Pastor, Rev. Atu White got up to deliver the message. He spoke on Grace in the Graveyard, Mark 5:1-6. He began by asking the congregation a question: Have you ever been so low that the graveyard was the only place to be? He went on to say that God has a way of helping you regardless of how you got to this point. God called you out of the graveyard because the graveyard is not good enough for us. The Spirit of God will pull us out of chaos. God will pick you up and turn you around away from chaos. God wants you to go home so your family can witness the change in you. He finished by saying that God calls us to action to witness what He has done for us.—Amen.

It was a memorable occasion. Thanks to the Anniversary Committee who made it all possible.

Congratulations on a job well done!

PLAY: BE READY, THE BRIDEGROOM COMETH

Based on Matthew 25:1-13

We were waiting patiently in the sanctuary on Saturday, August 25 for this much anticipated play. Then, the voice of Sis. Delores Bullock came from the back of the church announcing the beginning of the program. She was followed by the procession of Pastor and Lady Nash marching down the center aisle and the Women's Ministry Choir marching down the outer aisles simultaneously to the music of the Wedding March. Everyone was dressed in white.

Sister Dena Cooper sang the Lord's Prayer Sis. Cynthia Williams-Daniels welcomed everybody with her favorite scripture Proverbs 3:5-6. After that the show began. The women's choir opened with a song accompanied by the Flag Ministry consisting of Sis. Iris Adgers, Sister Susan Hutchinson and Sister Sandra Isaac.

Then Pastor Nash introduced the storyline and each of the 10 virgins marched down the center aisle dressed in white, carrying a bridal bouquet and singing. Each sang a song related to the coming of the bride groom:

- "How He Loves Us" Sister Darlene Williams, St. Johns Congregational Church, Springfield, MA
- "How Did You Feel When You Came Out Of The Wilderness", Sister Eula Walter, Bethlehem Baptist Church, Holyoke, MA
- "Oh Lord, I Want You to Help Me" Sister Maggie Betts, Pilgrim Way Baptist Church, Windsor, CT
- "Lord I Need You Right Now", Sister Rhonda Sheets, Greater St. Paul, Hartford, CT
- "Order My Steps", Sister Kristal General, ST Johns Congregation Church, Springfield, MA
- "Because of Who You Are", Sister Yvette Jones Woodward, Christ Temple Church of God in Christ, Hartford CT
- "The Blood Will Never Lose Its Power", Sister Andrea Dixon, Mt. Zion Baptist, Springfield, MA
- "You Won't Leave Here Like You Came In", Sis. Showna Deynse Kelley, Mt. Olive Baptist Church Hartford, CT
- "Will You Be Ready When He Comes", Sister Wanda Tucker (right), Mt. Calvary Baptist, Hartford, CT



MONTH IN REVIEW continued

- "When We Get Over There", Sister **Tiffany Tucker** (right), Mt. Calvary Baptist Church, Hartford, CT



The Program was very enjoyable and uplifting and it was a blessing to see so many churches supporting each other. Congratulations to the Women's Ministry. Shown left are Chairperson and Co-Chairperson, **Sis. Darnita Robinson-Fenty** and **Sis. Debbie Gamble**, respectively.

**VACATION BIBLE SCHOOL 2018**

The annual Vacation Bible School took place from August 13 to August 17 and as before, **Bro. Brandon Parris** served as a diligent Superintendent and **Tru. Sam Allen** was in town to treat the students to a delicious meal each evening. The theme for this year, *Jesus the Kingdom Builder*, was based on Hebrews 11:10 which reads: "For he was looking forward to the city with foundations, whose architect and builder is God" (NIV). The program's goal was to teach students that God has given each of us gifts, talents, and abilities to use for His glory and together, we can build and rebuild so that our families are strengthened, our churches are revitalized, and our communities can thrive. Each evening our young, gifted and talented youth presented exceptional presentations of the lesson of the evening. Parris' attendance goal for this year was 126. One evening, there were 124 students on hand and since one had a "bun in the oven", Parris considered the goal practically achieved. May God continue to bless him with ambition and dedication.

THIRD SUNDAY MORNING

The third Sunday morning worship service in August was led by the youth and after they sang glorious praises to God, the service took a unique turn with special presentations. On behalf of the Scholarship Ministry, **Bro. Lee Brown**, acknowledged this year's scholarship recipients and on hand to accept a certificate was **Jestina Leslie**, daughter of **Dea. Carlton** and **Deaconess. Priscilla Leslie** and sister to **Taylor** and **Symone**.

Jestina has moved to the Southern Connecticut State University campus in pursuit of a career in Nursing. **Brown** also acknowledged recent degree recipients, **Min. Ramon LaBoy** and **Bro. Michael Robinson**, son of **Sis. Veronica** and **Bro. Eugene Robinson** and grandson of **Deacnss. Dorothy Rush** and the late **Dea. Frank Rush**. **Min. LaBoy** earned a Bachelor Degree in Theology and **Michael** earned a Bachelor Degree from a Miami, Florida university and is now employed by Adidas in Seattle, Washington. His mother accepted the certificate on his behalf with great joy and praises to God. She exclaimed, "I'm done!" **Michael** is the youngest of her children to earn a college degree. What a glorious feeling!

Also during that service, Pastor Nash asked **Rebecca Hutchinson**, daughter of **Sis. Susan** and **Bro. Frank Hutchinson**, to share her First Place essay with the congregation. On the evening of August 14, **Rebecca** won 1st place at the Hartford Unit Usher's Elimination Oratorical Contest held at Union Baptist Church. She will be representing the Hartford Unit at the 66th State Convention on Saturday, October 27 at the Four Points Sheraton Meriden at 275 Research Pkwy in Meriden. The event is free and will start at 2:00 PM Sharp.

Rebecca spoke on "Faith in Action" and recalled how an April 2018 sermon by Pastor Nash, "What Do You Do When Trouble Comes", based on Psalm 46, inspired her to retake a grueling medical technology exam, without cheating, and obtain a passing grade and college credit. When she did not pass the first time around, she was so disappointed and regretted sharing the news with her parents, who had paid for the course. But prayer encouraged her to take the exam again and this time God rewarded her for her faith in action with a greater than average score and an award for Most Improved in the class. She is now confident the Lord will provide for her and advises others not to cheat.

Before Altar Prayer, the Media Ministry paid tribute to the Queen of Soul, **Aretha Franklin**, who died of pancreatic cancer on August 16. **Franklin** was known internationally for her Rhythm and Blues recordings like *R-E-S-P-E-C-T* and *Freeway of Love* but her singing career began as a child in her father's (Rev. C.L. Franklin) church in Detroit, Michigan. The Ministry played a medley of her gospel recordings, accompanied by a slide show of various stages **Franklin's** life. A few members recalled how **Franklin's** music impacted their lives.



Aretha Franklin, gone but not to be forgotten.

ANNOUNCEMENTS



The Ushers Ministry will be sponsoring a bus trip to Englishtown, New Jersey on November 3, 2018.

Tickets are \$45.00. For

more information and tickets, see Sis. Charlotte Faucette or Sis. Renee Dawson-Pusey.

Ushers to Celebrate Centennial Anniversary



The Mt. Calvary Usher Ministry, along with its Nurse Ministry will celebrate 100 years of service to the church on Sunday, October 14, 2018 in the afternoon. In preparation of this

awesome event, Sis. Winnie Renee

Dawson-Pusey is seeking old photos and names of past members who have graced the aisles of this church. In addition, past as well as present members are invited to participate in this special anniversary celebration. Ads and patrons are also being sought for the event. A single patron is \$1.00, a couple is \$3.00 and memorial tributes are \$5.00. For information on ads, please see Sis. Dawson-Pusey.

Smile!! Color Craft will be at Mt. Calvary on September 15th and 16th to photograph family and friends at \$10 per session. For coupons, please see **Sis. Sharion Thomas, Sis. Lorene Lewis or any member of the Pastor's Appreciation Committee.**

Thank you in advance for your participation.



Neighborhood Outreach School Supply Rally

sponsored by the Sunday School on Saturday, October 6, 2018 from 11:00 AM to 1:00 PM in the parking lot. Monetary and donations of all kinds of school supplies are being sought. Please see Superintendent Sis. Veronica Robinson, Sis. Susan Hutchinson or any other Sunday School teacher for more information.



VEGETABLE FAITH



Well, it's that time of year.

The miracles of the seed bearing harvest in the vegetable garden parallels our faith life, and it is time for the harvest in both worlds. When fresh tomatoes come in, usually the first part of July, fresh tomato sandwiches and BLT'S are the order of the day. They taste like a different vegetable from the rest of the year. So delicious, fresh and melt-in your mouth goodness, they usher in the wonder of summer. There's something about it that's different than a tomato you can buy. We won't get into whether it is a fruit or a vegetable, even though it has been designated the official vegetable of New Jersey and the official fruit and vegetable of Arkansas. That, like many theological questions, is one that just cannot be answered.

Our faith should always be fresh and delicious, never frozen or refrigerated. We must always seek to develop the fruit of the spirit-love, joy, gentleness, peace, etc., so that God's garden of faith will grow and flourish.

Another great vegetable of summer is the squash. I am partial to long neck yellow squash myself. Last year I enjoyed spaghetti squash as well. Mario Batali writes, "You know, when you get your first asparagus, or your first acorn squash, or your first really good tomato of the season, those are the moments that define the cook's year.

So don't squash the faith of others or allow people to squash your own. We must discover all varieties of faith and take the best of all of them to become God's instrument.

SOURCE: Dr. Russell Lee, *The Gazette-Virginian*

Submitted by Sister Linda Clarke

HERITAGE CORNER

First Black Character in "Peanuts" Comic Strip.



On July 31, 1968, a young, black man was reading the newspaper when he saw something that he had never seen before. With tears in his eyes, he started running and screaming throughout the

house, calling for his mom. He would show his mom, and, she would gasp, seeing something she thought she would never see in her lifetime. Throughout the nation, there were similar reactions. What they saw was Franklin Armstrong's first appearance on the iconic comic strip "Peanuts." Franklin would be 50 years old this year. Franklin was "born" after a school teacher, Harriet Glickman, had written a letter to creator Charles M. Schulz after Dr. Martin Luther King, Jr. was shot to death outside his Memphis hotel room. Glickman, who had kids of her own and having worked with kids, was especially aware of the power of comics among the young. "And my feeling at the time was that I realized that black kids and white kids never saw themselves [depicted] together in the classroom," she would say.

She would write, "Since the death of Martin Luther King, I've been asking myself what I can do to help change those conditions in our society which led to the assassination and which contribute to the vast sea of misunderstanding, hate, fear and violence." Glickman asked Schulz if he could consider adding a black character to his popular comic strip, which she hoped would bring the country together and show people of color that they are not excluded from American society. Charles Schulz did not have to respond to her letter, but, Schulz did take the time to respond, saying he was intrigued with the idea, but wasn't sure whether it would be right, coming from him, he didn't want to make matters worse, he felt that it may sound condescending to people of color.

Glickman did not give up, and continued communicating with Schulz, with Schulz surprisingly responding each time. She would even have black friends write to Schulz and explain to him what it would mean to them and gave him some suggestions on how to introduce such a character without offending anyone. This conversation would continue until one day, Schulz would tell Glickman to check her newspaper on July 31, 1968. On that date, the cartoon, as created by Schulz, shows Charlie Brown meeting a new character, named Franklin. Other than his color, Franklin was just an ordinary kid who befriends and helps Charlie Brown. Franklin also mentions that his father was "over at

Vietnam." Charlie invites Franklin to spend the night one day so they can continue their friendship. There was no big announcement, there was no big deal, it was just a natural conversation between two kids, whose obvious differences did not matter to them. And, the fact that Franklin's father was fighting for this country was also a very strong statement by Schulz.

Although Schulz never made a big deal over the inclusion of Franklin, there were many fans, especially in the South, who were very upset by it and that made national news. One Southern editor even said, "I don't mind you having a black character, but please don't show them in school together." It would eventually lead to a conversation between Schulz and the president of the comic's distribution company, who was concerned about the introduction of Franklin and how it might affect Schulz' popularity. Many newspapers during that time had threatened to cut the strip. Schulz' response: "I remember telling Larry at the time about Franklin -- he wanted me to change it, and we talked about it for a long while on the phone, and I finally sighed and said, "Well, Larry, let's put it this way: Either you print it just the way I draw it or I quit. How's that?" Eventually, Franklin became a regular character in the comic strips, and, despite complaints, Franklin would be shown sitting in front of Peppermint Patty at school and playing center field on her baseball team.

More recently, Franklin is brought up on social media around Thanksgiving time, when the animated 1973 special "A Charlie Brown Thanksgiving" appears. Some people have blamed Schulz for showing Franklin sitting alone on the Thanksgiving table, while the other characters sit across him. But, Schulz did not have the same control over the animated cartoon on a television network that he did on his own comic strip in the newspapers. But, he did have control over his own comic strip, and, he courageously decided to make a statement because of one brave school teacher who decided to ask a simple question. Glickman would explain later that her parents were "concerned about others, and the values that they instilled in us about caring for and appreciating every one of all colors and backgrounds. And so, during the years, we were very aware of the issues of racism and civil rights in this country. Every day I would see, or read, about black children trying to get into school and seeing crowds of white people standing around spitting at them or yelling at them . . . and the beatings and the dogs and the hosings and the courage of so many people in that time." Because of Glickman, because of Schulz, people around the world were introduced to a little boy named Franklin.

Submitted by Deaconess Donna Campbell

SEPTEMBER BIRTHDAYS

Sis. Louise Moore	3	Sis. Sharon Jackson	19
Sis. Tiyanna Johnson	4	Bro. Darnyl Simpson	15
Bro. Johnny Cole	7	Sis. Tanisha L. Middleton	22
Sis. Coronica Nicholson	8	Sis. Louise Gray	23
Sis. Cheryl Shelton	10	Sis. Thelma Underwood	26
Sis. Mattie Adgers	13	Sis. Cheryl Wood	26
Sis. Erica Sellars	13	Mo. Louise Johnson	27
Sis. Nannie Thomas	13	Sis. Bernadine Archer	27
Sis. Susan I. Hutchinson	14	Sis. Janet Judkins	29
Sis. Susan Menefee	14	Sis. Latique Robinson	30

SEPTEMBER ANNIVERSARIES

Celebrants	Date	Years
Bro. Kenton & Renee D. Pusey	1	6
Bro. James & Sis. Margaree (Andrews) White	5	31
Bro. Marshall & Sis. Sharon Jackson	12	26
Bro. Bill & Sis. Delois Hendricks	23	46

NEW WORKERS IN THE VINEYARD

No "new" members were fellowshiped this month.

Please encourage a friend or family member to attend service with you at least one Sunday in any month. Sometimes that is all that is required, an invitation.

"... so in Christ we who are many form one body, and each member belongs to all the others" **Romans 12:5** (NIV).



The Hill and Wood Families would like to thank all who came out to support them during the loss of their uncle, Emory Keaton, Sr. Your presence,

cards and gifts will never be forgotten. God's Blessings to you all!



The family of Zenobia Adgers, 78, of Wethersfield, who passed away peacefully on Friday, August 10, 2018. She was a loving devoted mother, grandmother and great grandmother and had a personal relationship with Jesus Christ. She was a self-taught seamstress, who created beautiful women's suits. Those left to



cherish her memory include a sister, **Sis. Barbara Minto**, and a sister-in-law, **Sis. Mattie Adgers**. She was also the aunt of **Sis. Iris Adgers**. Her Homegoing Services were August 16th at The Lodge.



The family of Emory J. Keaton, Sr., 96, of Hartford, who passed away peacefully at his home Monday, August 13, 2018.

Emory served his country proudly as a soldier/driver on a convoy known as the "Red Ball Express" delivering supplies to help maintain the front lines during World War II. He was employed as a construction worker and later by Arrow Bus Lines in as a bus mechanic where he would eventually retire. Emory was a member of the VFW (Veterans of Foreign Wars) and American Legion McKinney Post #142. He enjoyed fishing, gardening and handy work. Emory's main commitment was to his family and those who will miss him dearly include nieces and nephews in the **Hill & Wood families**. His funeral service was held on August 23rd at The Lodge.



The family of Teresa A. Byers, 67, of Bloomfield, who entered into eternal rest surrounded by her family on Wednesday, August 15, 2018. Teresa was a very laid-back and caring woman that loved the Lord...and...enjoyed...entertaining and spending time with her family...Those

Teresa leaves to cherish her memories include a sister, **Sis. Juliette (John) Cole** and nieces, **Sis. Eustacia Williams, Sis. Gina Jones & Victoria Jones**. A celebration of her life was August 24th at Christ Church of Deliverance.

*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, phone call or a visit after the funeral can lift the spirits of a grieving brother or sister.

HEALTH NEWS

**ARE YOU DEHYDRATED?**

What's It Mean? It's when you lose more water than you take in. That makes it harder for your body to do some basic jobs, like keep your temperature steady and clear out waste. You lose water in your sweat, tears, and every time you go to the bathroom. Even breathing takes a little out of you.

How Lack of Water Affects You: More than half your body weight comes from water. So if your levels are off, it can show up in a surprising number of ways. Mild dehydration can make you feel tired, give you a headache, and affect your mood and focus. And when you push yourself hard at the gym, all that sweating actually lowers how much blood you have for a bit.

Is Thirst a Sign I'm Dehydrated? Yes, but no need to panic. By the time you get the urge to quench your thirst, you're already a little dehydrated. As long as you pay attention and snag a drink when your body tells you to, it's not a problem. For older adults, the lag might be a little longer. So it can help to make a habit of drinking water.

Who's It Likely to Happen To? You can lose over a gallon of water a day if you have diarrhea and throw up. Babies and kids are more likely than adults to get dehydrated because they're smaller. Older adults need to be on the lookout because your sense of thirst gets duller with age. Kidney disease and some health conditions can make your body get parched. Pregnant or breastfeeding women need to drink more than usual.

Symptoms in Young Children: Babies and little kids can't always tell you what's going on with their bodies. Look for a dry tongue, no tears when crying, no wet diapers for 3 hours, and more fussiness than normal. When it's more severe, their mouths will be dry and sticky, and their eyes and cheeks may look sunken. They also may breathe fast and have a fast or weak pulse.

Symptoms in Older Kids and Adults: You might be thirsty, and your mouth might feel dry or sticky. You won't pee very often -- under 4 times a day. When you do go, there may not be much pee, and it'll be dark or have a strong smell. You may feel dizzy or lightheaded, and you may pass out. As it gets worse, your thirst cranks up. Your breathing and heart rate may be faster than normal. You can overheat, and you might feel confused or cranky.

Should I Drink 8 Cups a Day? This old rule has zero science behind it. But it's fine as a rough guide. The amount you need to drink depends on how active you are, where you live, and your overall health. If you're

not sure you're drinking enough, check the color of your pee. Clear or pale yellow means you're all set. Darker means you need to drink up.

What About Electrolytes? They're just basic salts, like potassium, sodium, and calcium. But they have a hand in everything from how your nerves work to building healthy bone. Your electrolyte levels are closely tied to how much water is in your body. That means that if you've lost a lot of fluid, you'll feel thirstier and pee less as your body tries to get the electrolytes back in balance.

Do I Need a Sports Drink? Almost never. These blends of water, salts, and sugars are made for high-level athletes, like marathon runners. Most of us don't need anything more than water during exercise. You'll only have to work harder to burn off the extra calories from sport drinks. If you do intense training for more than an hour, then they can make sense.

Oral Rehydration Solution: When dehydration is mild or even moderate, you can often kick it with plenty of water. But if you have severe diarrhea or are throwing up, an oral rehydration solution might help. It's more often kids who need one. The special mix of salts and sugars is a closer match to what the body needs. You can buy it over the counter at a drugstore.

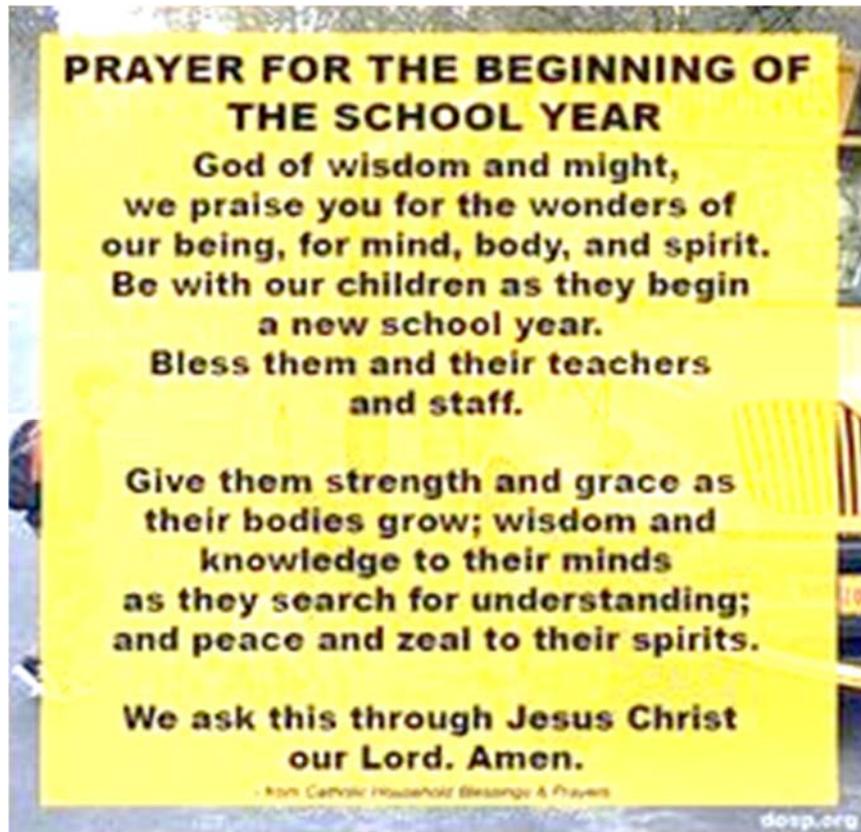
When to Call Your Doctor: When you see symptoms of severe dehydration, call your doctor right away. It can hit kids quickly, so it's best to check in sooner rather than later. Signs include:

- Diarrhea for more than 24 hours
- Feeling dizzy, confused, or faint

Emergency Treatment: When your water levels get too low, you can't tackle dehydration on your own. You'll need to be treated at a hospital. The idea is the same -- to get fluids in you and to get your body back in balance. Doctors will give you the treatment through a vein with an IV, because it gets water and salts into your body much faster than you'd be able to drink them.

Can I Drink Too Much? You can, but it's not very likely. When you drink more than your kidneys can handle -- and that's a lot -- you end up with a condition called hyponatremia. This is when your sodium levels get very low, causing your cells to swell up. It can be deadly, but rare. It mostly only happens to people who compete in intense long-distance races.

Tips for Staying Hydrated: If you just can't remember to drink enough water, look for ways to build it into your day. Make water your go-to drink. Tip a glass at and between each meal. Or set a reminder on your phone to have a glass every hour. Some people find that carrying a water bottle does the trick. And if you're hankering for a snack, have water instead. Sometimes, our bodies confuse thirst for hunger. Source: WEBMD



#

Return Address
85 Ellsworth Drive
Bloomfield, CT 06002

Staff:

Sis. Mattie Adgers
Sis. Linda Clarke
Deaconess Donna Campbell
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



Customer Name
Street Address
City, ST ZIP Code

We're on the Web!

Visit us at:

<http://www.mt-calvarybaptist.com/>

Deadline for next issue: September 30, 2018
