

Mt. CALVARY BAPTIST CHURCH

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

Rev. Dr. Richard L. Nash, Pastor



2019!

HAPPY NEW YEAR!

WELCOME 2019

Happy New Year to all. May the Lord continue to richly bless us in this new year. We have another chance to become more Christlike not just on Sunday but every day of our lives. We must never give up the fight to become more like Christ and if we continue to strive to do better, He will be our strength. All we need to do is give our will over to His Will.

As I sat thinking what to write as an encouragement to start the new year, I prayed and asked the Lord to give me something to write. I then forgot about it until I was having a conversation with a group of ladies at a luncheon. I was telling them that the last year has been spectacular because I have been free to visit some of the area churches. The idea popped into my mind that I should write of my experiences over the past year. I started to think about it and I realized that I had thoroughly enjoyed visiting each church. Each church was welcoming and I felt free to enjoy each service without any thought about anything else. It is so freeing not to have a history with the congregations. I have observed the way some of the churches treat first time visitors most are very welcoming. I have been a repeat visitor at several of the churches and after the second visit they welcomed me like family. The amazing thing is that none of them pressured me to leave my home church to join them.

When visiting other churches, one begins to wonder what I can do to make my church better and more welcoming to visitors. We want people to not only visit our church but feel so at home that they want to stay. Over several years we have seen our congregation steadily decline. If we were a sick person we would be in intensive care.

As we begin this new year, all who are still committed to the success of Mt. Calvary should make every effort to restore our church better than it was before. All of

us, from the pulpit to the door, will need to rededicate ourselves to restoring the church. We cannot build a future on the backs of seniors, we need an infusion of young adults and youth.

Let's begin this new year with open communication of ideas to rejuvenate the church. No idea is a bad idea.

Of course, we need to first pray and ask for guidance from the Lord. We need to be like Nehemiah, pray and then take some actions to correct the situation.

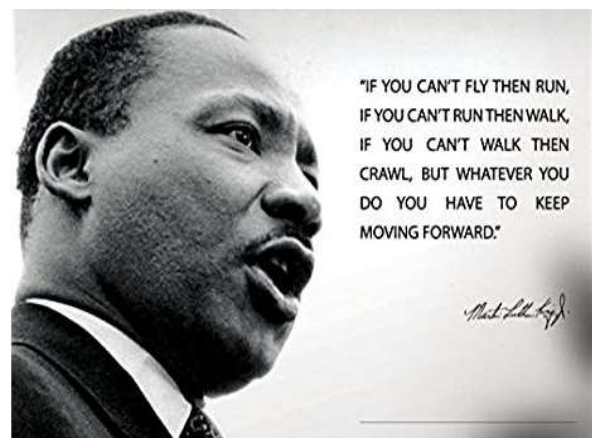
I am hopeful that if we all work together, we can rebuild Mt. Calvary. This church has survived for over hundred years but if it continues to decline, I wonder if it will still be here in five years. The founding fathers must be shaking their heads and their hearts are sad.

I know I speak for the newsletter staff when I say thanks to all of you for your support of the newsletter in 2018. For sharing your stories, testimonies, life events and photographs with us so we could share them with all our shut-in and out of state readers. Keep them coming.

May the Lord continue to bless us as we continue to do His will and work for the good of the church. Welcome 2019, looking forward to doing whatever the Lord directs us to do.

Happy New Year!

The Editor



HAPPY BIRTHDAY DR. KING!

NEHEMIAH'S PRAYER

The words of Nehemiah son of Hakaliah:

In the month of Kislev in the twentieth year, while I was in the citadel of Susa, Hanani, one of my brothers, came from Judah with some other men, and I questioned them about the Jewish remnant that had survived the exile, and also about Jerusalem.

They said to me, "Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire."

When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven. Then I said:

"LORD, the God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and keep his commandments, let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father's family, have committed against you. We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses.

Remember the instruction you gave your servant Moses, saying, 'If you are unfaithful, I will scatter you among the nations, but if you return to me and obey my commands, then even if your exiled people are at the farthest horizon, I will gather them from there and bring them to the place I have chosen as a dwelling for my Name.'

They are your servants and your people, whom you redeemed by your great strength and your mighty hand. Lord, let your ear be attentive to the prayer of this your servant and to the prayer of your servants who delight in revering your name. Give your servant success today by granting him favor in the presence of this man."

I was very much afraid, but I said to the king, "May the king live forever! Why should my face not look sad when the city where my ancestors are buried lies in ruins, and its gates have been destroyed by fire?"

The king said to me, "What is it you want?"

Then I prayed to the God of heaven, and I answered the king, "If it pleases the king and if your servant has found favor in his sight, let him send me to the city in Judah where my ancestors are buried so that I can rebuild it."

Nehemiah 1:1-11a & Nehemiah 2:3-5

NOAH'S ARK

EVERYTHING I NEED TO KNOW, I LEARNED FROM NOAH'S ARK...



1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you're 600 years old, someone may ask you to do something really big.
5. Don't listen to critics; just get on with the job that needs to be done.
6. Build your future on high ground.
7. For safety's sake, travel in pairs.
8. Speed isn't always an advantage. The snails were on with the cheetahs.
9. When you're stressed, float awhile.
10. Remember, the Ark was built by amateurs; the Titanic by professionals.
11. No matter the storm, when you are with God, there's always a rainbow waiting.
12. When Jesus says follow me, look for the big boat behind him. It will look exactly like a cross. Will you be in it or out?

Author: Dr. Russell Lee, THE GAZETTE-VIRGINIAN
Submitted by **Sister Linda Clarke**

MONTH IN REVIEW

SUNDAY SCHOOL CHRISTMAS PLAY!

On Sunday, December 23, 2018 the Sunday School presented its Annual Christmas Play.

Bro. Calvin Tucker, Jr. was the worship leader. He kept the program moving with words of encouragement to the performers. It was nice to see some of the Sunday Alumni helping out with the program.

Daniel Edwards entertained us all with a robust rendition of "Go Tell It On The Mountain". He inspired the congregation to join in the song. Then it was time for the play.

The preschoolers did an excellent job introducing the play with much enthusiasm. This year the story of Christ's birth was given a modern twist. The play presented ways of service today that can be gifts to the Lord just as the wisemen brought gifts to the Christ child. They showed service jobs of today such as a waitress played by **Jasmine Harris**, modern day children who brought their pennies to the church played by **Rebecca Hutchinson** and **Jordon Robinson**, **Symone Leslie** and **Aaliyah Simpson** played of students giving away clothes, hospital volunteers played by **Trevor** and **Seveaha Gregory** and **Rev. Lorenzo Elliott** made a dramatic appearance as a teacher of God's Word. The play was interspersed with Christmas Carols by the Christmas Choir. The play ended with a performance by the Women of Worship Praise dancers.

A big thank you to the Sunday School for an entertaining and meaningful experience. Congratulations to the Sunday School staff and especially to the director of the play **Sis. Iris Adgers** for a job well done.

WATCHNIGHT SERVICE

Watchnight Service took place on the eve of the new year. **Min. Ramon LaBoy** and **Rev. Lorenzo Elliott** encouraged the congregation with sermonettes on John 8 and the choir, led by Bro. Jeffrey Coleman visiting from Georgia, sang beautiful songs of praise. The service concluded with a Prayer Ring. What an inspirational way to begin 2019!



GINGERBREAD HOUSES MADE BY THE JR. USHER MINISTRY





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
Bro. Datwan Smith	3	Sis. Lisa M Harris	19
Sis. Wendy Moore	4	Dea. Robert George	20
Bro. Freddie Clarke	6	Sis. Renee Pusey	25
Bro. Brandon Parris	7	Sis. Dorothy Bragg	27
Bro. Joseph Ward	8		
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	36
Bro. Frank & Sis. Cynthia Bennett	3	5

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

We have no new members to welcome to our church family from the month of December. If you bring a friend or family member to church with you in January, we may have a new member(s) to report next month.

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.



the following families that are in bereavement:

The **Isaac & Tolliver Families** in the passing of their step-mother and grandmother, Maggie Julia Isaac, who went home to be with The Lord on October 22, 2018 in Lakeland, Florida. She was the widow of the

late **Dea. Gus Isaac** and had lived in Connecticut for many years before retiring to Florida with him. In Connecticut, Maggie was employed by Sage Allen Department Store and later, the State of Connecticut. She enjoyed working with the elderly and youth. At Mt. Calvary, she served in many ministries. Maggie's funeral services were held in Florida on November 2nd.



Bro. Will Smith in the passing of his niece, Wanda Gail Jones, 55 of Quincy, FL who departed this life on November 28, 2018 about one month after being diagnosed with Pancreatic Cancer. Gail maintained a good work ethic her entire life and was

employed in the insurance industry but was a volunteer in numerous church and community activities. A Celebration of her life was December 8th in Quincy. Gail was also a cousin to the **Wood** children.

Allyce J. Pace and family in the peaceful passing of her mother, Alberta L. Pace, 74, of East Hartford, on December 23, 2018. She was the wife of Shelley Pace for 55 years and worked as a community program developer for the Girls Scouts of America and also the Urban League of Hartford. She spoke 6 languages and traveled the world. She studied and taught dance. She also ran marathons including those in New York and France. Alberta had a wonderful sense of humor and will always be remembered as a loving wife, mother, grandmother and friend. Her funeral services were January 3rd at the Carmon Funeral Home. Burial will be in Virginia at the convenience of the family.

Rev. Joe and Sis. Ivory Griffin and family in the passing of his parent.

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.

Excerpts from **4 Bible Secrets to Heal a Broken Heart** by Dudley Rutherford, Pastor, Shepherd of the Hills Church, Los Angeles CA

Relationships

Relationships are the building blocks of humanity. Relationships can elicit overwhelming joy, such as the special bond between parent and child or the enduring love between a husband and



wife. However, the breakdown of relationships – seen across the ages and across the world – can cause unbearable devastation. Couples divorce, family members become estranged, siblings fight, and longtime friendships dissolve bitterly.

How Can We Heal?

God has created within every man and woman the desire to form lasting, loving, and meaningful relationships with those around them. So, in order to nurture healthy relationships in the future, how does one obtain healing for a heart that has been broken by hurts from the past? The answer is found in the book of James, which has been called the most practical book of the Bible.

1. Surrender to the proper authority

God is the Creator of the universe. The Bible says He heals, restores, and gives life – even to relationships that seem dead and hopeless. The devil, on the other hand, aims to kill, steal, and destroy (John 10:10). In every decision you make, you are either submitting to God or to the devil. James 4:7 says, “Submit yourselves, then, to God. Resist the devil and he will flee from you.” How do you submit to God? By obeying His word, the Bible. Make a commitment to read the Bible every single day, even if it’s just one chapter. Pray and ask God to help you to obey Him.

2. Confess and let go

James 4:8 says, “Wash your hands, you sinners, and purify your hearts, you double-minded.” Take an honest assessment of your heart and what role you may have had in the demise of a certain relationship. First John 1:8-9 says, “If we claim to

be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” When you confess your sin to God and ask Him for forgiveness, you are able to forgive others and let go of resentment and bitterness you may be harboring within your heart.

3. Don’t slander

Whenever we are hurt, it is very tempting to complain to anyone who will listen about the person we feel has wronged us. James 4:11 admonishes us not to engage in this kind of slanderous speech. Jesus Christ suffered the cruelest injustice in all of history – His undeserved death on a cross – but He did not protest or slander His accusers. Instead, He said, “Father, forgive them” (Luke 23:34). Let us follow Jesus’ humble example.

4. Give grace instead of judgment

When others fall short of your expectations, choose to show them grace, which is defined as mercy, favor, and pardon. Jesus showed you and I grace rather than judgment when He died to pay the penalty for our sins. He says in Matthew 7:1-2: “Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with measure you use, it will be measured to you.” Trust the Lord to examine the heart and motives of those who may have hurt you, and leave all judgment to Him. You will find that letting go of this responsibility is tremendously liberating, and it will allow God to fully heal and restore your heart.

He Loves You!

Bring all your cares and worries to the One who has the power to heal your broken heart. He Loves You! Yes, God cares about your heartache. He loves you more than you can possibly imagine.

Give all your worries and cares to God, for he cares about you. 1 Peter 5:7 NIV

HERITAGE CORNER



Bro. Joe Ward in Class of 2018 One Hundred Men of Color

The Bushnell Auditorium was the site for the 6th Annual 100 Men of Color Black Tie Gala and Awards on October 26, 2018. The men were honored by their communities, families and friends for their contributions to business, sports, education, health, entertainment, government and public service. Our own **Bro. Joseph Ward, Sr.** was included in the 100. The keynote speaker for the event was civil rights activist and television personality, Rev. Al Sharpton, who due to a bomb scare threat targeting him and other national figures had to speak by satellite. The event will air on "The Jamaica Diaspora Show" and Hartford Public Access Television, Channel 5. Watch for broadcast announcement date by visiting <https://www.facebook.com/www.HPATV.org/?ref=bookmarks>.

Bro. Ward has been a member of Mt. Calvary Baptist Church since November 1953, after coming out of the U.S. Army. He served as Youth Leader for over 20 years and sang in the Gospel Echoes and the Male Chorus. He has served as a Trustee for quite a few years and the Church Treasurer for at least five years. He was also a Boy Scout Leader.



He is proud to be a member of this congregation, knowing that his mother, Orie Brown was one of the founding members of Mt. Calvary, when it was located on Charter Oak Avenue.

Bro. Ward wishes to thank all of those who have taken time to call, visit or send cards, during his recent time of recuperation and wishes, everyone a totally, God-blessed New Year!



Above, Bro. Ward is pictured at his honoring as one of the Class of 2018 One Hundred Men of Color, with two of his great-grandsons.

Bro. Ward will celebrate his **89th** birthday on January 8, 2019. We wish him the best birthday ever and may God bless him to celebrate many more.

Congratulations Bro. Ward on all your achievements!

CHUCKLE OF THE MONTH

"If there are any idiots in the room, will they please stand up" said the sarcastic teacher. After a long silence, one freshman rose to his feet. "Now then mister, why do you consider yourself an idiot?" enquired the teacher with sneer. "Well, actually I don't," said the student, "but I hate to see you standing up there all by yourself."



HEALTH NEWS

WAYS TO SHED POUNDS AFTER 40

Age Matters: If you're over 40, you may have noticed that it's easier to gain weight -- and harder to lose it -- than it used to be. Changes in your activity level, eating habits, and hormones, and how your body stores fat all can play roles. But a few simple steps may help you slim down.

Eat Your Fruits and Veggies: Fill half your plate with them at every meal. Produce tends to have more nutrients and less fat and calories than meat, dairy products, or grains. And it may help you feel satisfied, even if you eat less. Fresh fruits, like apples and berries, are also great in place of high-fat or high-sugar snacks.

Don't Skip Breakfast: Experts recommend a healthy morning meal like oatmeal or whole wheat toast with fruit. It can help curb that mid-morning hunger that leads you to grab something unhealthy on-the-go or overeat at lunch. Small meals or snacks every few hours can keep your appetite in check all day long.

Eat Less at Night: If you get most of your daily calories at lunch (before 3 p.m.), you might lose more weight than if you have a big meal later. But the most important thing is still *what* you eat, not *when*.

Cook Healthy Meals: A lot of extra fat and calories can come from the way you prepare food. Instead of frying food or cooking it in butter or lots of oil, try grilling, baking, or broiling. This is good advice at restaurants, too: Skip foods that are fried or that come in creamy sauces.

Don't Make a Second Trip: You tend to be less active as you get older, and you may need a few hundred calories less than you used to. To lose weight, you may need to cut your calories back even more. Smaller portions and tracking your calories with a food diary or an app can help you eat less.

Pay Attention: When you're busy with work, kids, and life, you can be tempted to grab food on-the-go or multitask through a meal. But you're more likely to overeat -- and be hungry again soon after -- if you don't focus on your food. Sit down for meals and tune in to what's on your plate (not what's on your TV or computer screen). That helps your brain realize when you've had enough.

Lay Off the Soda: If you drink sugar-sweetened coffee, tea, soft drinks, or energy drinks, switch to water or another zero-calorie beverage. Your sweet drinks have lots of added sugar, which can make you gain weight and raise your risk for diabetes.

Cut Back on Alcohol: Beer bellies aren't always caused by booze. But a "spare tire" is common in middle age, and alcohol can have something to do with it. A glass of beer or wine is about 150 calories, and that can add up if you drink often. Plus, alcohol can make you hungry, so you may eat more while you drink.

Make Time for Exercise: Between desk jobs, commutes, and family activities, many 40-somethings don't have a lot of free time to work out. But it's important -- for your weight and your overall health -- to fit in at least 2 1/2 hours of moderate physical activity (like brisk walking or light yard work) every week. Pencil times in to your calendar, and make them a priority.

Build Muscle: People naturally lose muscle after 40, especially women after menopause. Because muscle burns more calories than fat, this can slow down your metabolism and make it harder to shake those stubborn pounds. Strength-training exercises -- lifting weights or doing body-weight exercises, like push-ups and squats -- at least twice a week can help you keep those muscles.

Relax, Don't Stress: Stress can make you more likely to binge on unhealthy food, and it makes it harder for your body to break down fat. Try yoga, deep breathing, meditation, going for a walk, or reading a good book. Stress relief is different for everyone, so find what works for you.

Get Good Sleep: All kinds of things can mess with your sleep after age 40 -- health problems, stress, medications, and, for women, menopause. But people who don't get good-quality sleep are more likely to gain weight. If you skimp on sleep because you're busy or stressed, try to change your habits and settle into a regular routine.

Have Your Thyroid Checked: If you eat healthy and exercise regularly and still can't lose weight, your thyroid might not be working like it should. This happens in about 5% of people, and it's most common in women and people over 60. In addition to weight gain, it can also cause fatigue, joint or muscle pain, and depression. Medications can help, so get it checked if you think it might be an issue.

Get Support: For many people, it's easier to lose weight with others than to do it alone. You might enter a weight-loss contest at work, join a group on social media, or ask a friend to go for early-morning walks or classes at the gym. Other people who share your goals can help keep you accountable and cheer you on as you make progress.

SOURCE: WEBMD

A NEW YEAR'S PLAN

*I tried to think of a clever new phrase –a slogan to inspire the next 365 days,
A motto to live by this coming New Year, but the catchy words fell flat to my ear.
And then I heard His still small voice saying, "Consider this simple, daily choice:
With each new dawn and close of day make new your resolve to trust and **obey**."
"Don't look back caught in regret or dwell on the sorrow of dreams unmet;
Don't stare forward anchored by **fear**, no, live in this moment, for I am here."
"I am all you need. Everything. I Am. You are held secure by my strong hand.
Give me this one thing – your all in all; into my **grace**, let yourself fall."
So, at last, I'm ready; I see the way. It's to daily follow, trust, and obey.
I enter the New Year armed with a plan, to give him my everything. All that I am.*

--[Mary Fairchild](#)

Return Address
85 Ellsworth Drive
Bloomfield, CT 06002

Staff:
Sis. Mattie Adgers
Deaconess Donna Campbell
Sis. Linda Clarke
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
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