

MT. CALVARY BAPTIST CHURCH

NEWSLETTER



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Rev. Dr. Richard L. Nash, Pastor

HAPPY FATHER'S DAY TO ALL FATHERS!



OPEN ARMS

by Max Lucado

If you ever wonder how in the world God could use you to change the world, look at the people God used to change history. A

ragbag of ne'er-do-wells and has-beens who found hope, not in their performance, but in God's proverbially open arms.

Abraham- God took what was good and forgave what was bad and used "old forked tongue" to start a nation. Moses- would you call upon a fugitive to carry the Ten Commandments? God did. David- his track record left little to be desired, but his repentant spirit was unquestionable. Jonah- God put him in a whale's belly to bring him back to his senses. But even the whale couldn't stomach this missionary for too long.

On and on the stories go: Elijah, the prophet who pouted; Solomon, the king who knew too much; Jacob, the wheeler-dealer; Gomer, the prostitute; Sarah, the woman who giggled at God. One story after another of God using man's best and overcoming man's worst.

The reassuring lesson is clear. God used (and uses!) people to change the world. People! Not saints or superhumans or geniuses, but people. Crooks, creeps, lovers, and liars—he uses them all. And what they may lack in perfection, God makes up for in love.

Jesus later summarized God's stubborn love with a parable. He told about a teenager who decided that life at the farm was too slow for his tastes. So with pockets full of inheritance money, he set out to find the big time. What he found instead were hangovers, fair-weather friends, and long unemployment lines. When he had had just about as much of the pig's life as he could take, he swallowed his pride, dug his hands deep into his

empty pockets, and began the long walk home; all the while rehearsing a speech that he planned to give to his father.

He never used it. Just when he got to the top of the hill, his father, who'd been waiting at the gate, saw him. The boy's words of apology were quickly muffled by the father's words of forgiveness. And the boy's weary body fell into his father's opened arms.

The same open arms welcomed him that had welcomed Abraham, Moses, David, and Jonah. No wagging fingers. No clenched fists. No "I told you so!" slaps or "Where have you been?" interrogations. No crossed arms. No black eyes or fat lips. No. Only sweet, open arms. If you ever wonder how God can use you to make a difference in your world, just look at those he has already used and take heart. Look at the forgiveness found in those open arms and take courage.

And, by the way, never were those arms opened so wide as they were on the Roman cross. One arm extending back into history and the other reaching into the future. An embrace of forgiveness offered for anyone who'll come. A hen gathering her chicks. A father receiving his own. A redeemer redeeming the world.

No wonder they call him the Savior.

SOURCE: From *No Wonder They Call Him the Savior*
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Happy Fathers' Day!

"Now the overseer is to be above reproach, faithful to his wife, temperate, self-controlled, respectable, hospitable, able to teach, not given to drunkenness, not violent but gentle, not quarrelsome, not a lover of money. He must manage his own family well and see that his children obey him, and he must do so in a manner worthy of full respect. (If anyone does not know how to manage his own family, how can he take care of God's church?) 1 Tim. 3:2-5

MONTH IN REVIEW

Our own **Rev. Lorenzo Elliott** was the guest speaker at an Outreach Service at Simms Memorial Church of God in Christ on Sunday, May 19, 2019. The theme for the program was "Speak Life to Your Circumstance". We entered a small intimate sanctuary which immediately felt homey. We were warmly welcomed with an uplifting welcome song by the congregation. **Bro. Brandon Parris** accepted the welcome with enthusiasm. There was a number of Mt. Calvary members in attendance along with his family to support Rev. Elliott. The Praise and Worship was mesmerizing. It felt like services with the Wood-Smith family in Quincy, Florida. The church seems to rock with the spirit.

After many uplifting songs of worship and praise it was time for Rev. Elliott to speak. He began by saying that we are in the right place to praise the Lord. The atmosphere warm just right to praise the Lord for we are one body in Christ. Then he got down to the message "Death and Life are in the Power of the Tongue, Speak life to your Circumstances."

He said, the power of words can be constructive or destructive. You must bridle the tongue if you can't bridle the tongue you cannot be a Christian. The tongue speaks what is in the heart. It is hard to do wrong when it is not in your heart. God commanded us to love. We can draw others to Christ with our tongues if we are mindful of how we speak to people. When you have Jesus, you have power to speak life not death. God can do anything but He needs us to come to Him and be transformed. You need a connection to Jesus to speak truth.

Speak life to your circumstances, encouraging yourself with the Word of God. When your circumstances overwhelm you, you need the word of God to see you through your trials. When you go through these circumstances ask God for faith. If you know the outcome you don't need faith. Faith is not knowing what awaits you yet you move forward. God is not expecting you to go around the obstacle but He expects you to go through it. The enemy wants you to give up but keep the Word of God in your heart then it will be there to help you through whatever circumstances you encounter. God gets the glory when you overcome. When you are at your weakest God will show up. Trust in the Lord and He will bring you through your circumstances.

What a powerful and inspiring message. The congregation was on their feet applauding. Rev. Elliott you did us proud I am so happy we attended!

The Editor/Co-Editor

CONGRATULATIONS to ALL COLLEGE GRADUATES!



Sis. Dasia

Lewis graduated on May 19, 2019 from the Albertus Magnus College in New Haven, CT. She is an honor student who graduated with a degree in Business Management and Communications. In

September, she will be attending Springfield College in Massachusetts to get her Master's Degree in Human Services. Daisa is the daughter of proud parent **Sis. Jacquetta Jackson**, great-granddaughter of **Sis. Margaret Price** and great-niece of **Sis. Mary Singleton**.



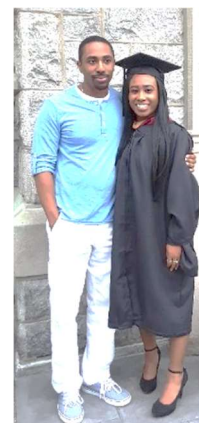
Congratulations to **Bro. Brandon Parris** who graduated from UCONN with

a degree in Economics and a double minor in Business Administration and Child Development. Brandon is instrumental in many capacities with our youth and young adults

and the Media Ministry. He is the son of **Tru. Trevor and Sis. Julia Parris** but remembers his late mother, Karen Best Parris, in this special way: "Mama, I made it! On May 12, 2019 I graduated from the University of Connecticut! It was a long and tough journey. However, I persevered and pushed my way through. Through all the obstacles that I had to overcome, I can be nothing but proud. Mom, I devote this diploma to you because before you passed away, I promised you that I would graduate from college. I thank God, my family and friends for supporting me along my journey. All I can say is To God Be the Glory"

Sis. Estelle Rivera -Freeland is pleased to announce the graduation of her son, **Bro. Shelman Rivera**, from Central Connecticut State University with his **second** Master's Degree in Computer Science. Mom says, "God bless you! I am so proud of you!"

Congratulations to **Sis. Faith Tolliver** who graduated with an MBA (Master's Degree in Business Administration) from Rosemont College in Pennsylvania. Her mother, **Sis. Denise Tolliver** states, "...she stayed on course despite many obstacles. GOD has blessed us with a warrior!!! We are so proud of you, may God continue to shower you with Blessings and Favors!!) Faith, pictured with brother, **William**



Tolliver, is also the daughter of **Bro. Bill Tolliver**, niece of **Sis. Janette Isaac**, **Sis. Sandra Isaac** and **Sis. Susie Hutchinson**. She is also the cousin of **Sis. Rebecca Hutchinson**.



Last but not least, Congratulations to **Calvin "CJ" Tucker Jr.**, son of **Sis. Wanda Denise Ishman Tucker** (pictured below w CJ) and our beloved organist, the late **Bro. Calvin Tucker Sr.**, who



graduated from Nyack College in New York on May 12, 2019. CJ is also the nephew of **Bro. Brandon and Sis. Tiffany Tucker** and has several **Walker** cousins in the church. CJ wrote: "I had no idea the Lord would call my father, grandmother, god father, and friend home during my journey. To many nights, I cried and kept asking God why? Today, I achieved my bachelors degree in Business Administration with a concentration in Marketing, with a minor in Biblical studies, Music Business, and fulfilled my fathers dream. Mom I got you. I love you and thank you for believing me. Tears of joy. To those who stood by my side. I'm eternally grateful. To God be the glory. If y'all think it's over. I'm not done yet. I'm coming back"

I manifested everything I've written into existence. Acquired my excellence through persistence. I admit it! - Oswin Benjamin



Soon to be High School graduate, **Sis. Rebecca Hutchinson**, won an award in the 2019 eesmarks Annual Student Contest, sponsored by the Energize Connecticut initiative, Eversource and United Illuminating. Her entry was selected from more than 800 entries

submitted statewide. The contest was open to students in grades K-12. Participants submitted posters and essays on various topics concerning energy efficiency and conservation. The winners from all grade levels attended an awards ceremony at the State Capitol Building on May 9. At the ceremony, each student received a certificate, official poster of their poem and a \$50 Amazon gift card. On May 22, she was awarded a gold pin at the CREC ACE Celebration for her achievement. Congratulations, Rebecca on a job well done!



FATHERS OF COLOR

Before reading this month's Heritage Corner on page 7, I wrote an article to shed positive light on fathers of color that I quietly observe. But, I am first to admit, Aaron Paxton Arnold's *Dispelling the Myths About Black Fathers* on page 7, tells the story best.

However, this is what I had to say--

You ever watch a news report that shares the details of some heinous crime? It might be the brutal stabbing of small children or the rape and murder of a jogger or the murder and robbing of an elderly couple that was taking a quiet walk in the woods. Evil, heartbreaking, horrific acts. The unimaginable but true. Here's another question. Have you ever watched these programs and felt more anger or disappointment because the crimes were conducted by men of color? I don't know why but it almost feels like it was someone related to you. Maybe a father, brother, son or cousin. I feel that way because our men suffered tremendously in history. They were enslaved against their will. They were lynched and sometimes castrated for sport. Jim Crow laws and prejudice kept them from voting, suitable housing, admittance to schools of learning, employment, proper health care and other basic human rights. In fact, some still remain incarcerated for crimes they did not commit or felonies that resemble misdemeanors.

Many have fought and died for improvements in life we now experience but men of color still have to be more mindful of how they conduct themselves because so called fear thereof and prejudice is so deep-seeded in many, including law enforcement both within and outside the circle of color. God has brought us much farther than man would have us to go so that is why it is so disappointing when our men are guilty of such crimes. I understand that some are not strong minded and should have received appropriate support as youngsters but to those that do wrong for sport or laziness, shame on them.

June is the month in which we celebrate Fathers and even though I am concerned about our men making unnecessary mistakes and am so proud that so many more are making right choices. If you sit back and be quiet for a while, you might notice that our young men are fathering their partner's biological children with love, they are co-parenting well with mothers that they are no longer married to or involved with, they are working on jobs but dropping off and picking up the children from school. Some are preparing meals for the entire family, coaching or organizing football and basketball leagues. Others are dancing with daughters on stage and looking out for their aging parents. (Continued on Page 5)

What's Cooking?

Onion Roasted Chicken & Vegetables

- 1 envelope Lipton Recipe Secrets
- Kosher Onion Soup Mix
- ¼ cup olive or vegetable oil
- ½ tsp. garlic powder
- 4 bone-in chicken breast halves
- 2 medium all-purpose potatoes, cut into small chunks
- 2 carrots, sliced

Preheat oven to 450 degrees

In large plastic bag, add all ingredients. Close bag and shake until chicken and vegetables are evenly coated.

In large roasting pan, arrange vegetables and chicken, breast side up.

Bake uncovered, basting halfway through, 45 minutes or until chicken is thoroughly cooked and vegetables are tender.

This is so good! Invite someone to dinner!

Submitted by **Sister Linda Clarke**



\$5.37 BURGER - THIS IS NOT ABOUT ME!!!!

That's what the kid behind the counter at Taco Bell said to me. I dug into my pocket and pulled out some lint and two dimes and something that used to be a Jolly Rancher. Having already handed the kid a five-spot, I started to head back out to the truck to grab some change when the kid with the Elmo hairdo said the hardest thing anyone has ever said to me. He said, "It's OK. I'll just give you the senior citizen discount. I turned to see who he was talking to and then heard the sound of change hitting the counter in front of me. "Only \$4.68" he said cheerfully

I stood there stupefied. I am 56, not even 60 yet? A mere child! Senior citizen? I took my burrito and walked out to the truck wondering what was wrong with Elmo. Was he blind? As I sat in the truck, my blood began to boil. Old? Me? I'll show him, I thought. I opened the door

and headed back inside. I strode to the counter, and there he was waiting with a smile. Before I could say a word, he held up something and jingled it in front of me, like I could be that easily distracted! What am I now? A toddler? "Dude! Can't get too far without your car keys, eh?" I stared with utter disdain at the keys. I began to rationalize in my mind! "Leaving keys behind hardly makes a man elderly! It could happen to anyone!"

I turned and headed back to the truck. I slipped the key into the ignition, but it wouldn't turn. What now? I checked my keys and tried another. Still nothing. That's when I noticed the purple beads hanging from my rear-view mirror. I had no purple beads hanging from my rear-view mirror. Then, a few other objects came into focus: The car seat in the back seat. Happy Meal toys spread all over the floorboard. A partially eaten doughnut on the dashboard. Faster than you can say ginkgo biloba, I flew out of the alien vehicle.

Moments later I was speeding out of the parking lot, relieved to finally be leaving this nightmarish stop in my life. That is when I felt it, deep in the bowels of my stomach: hunger! My stomach growled and churned, and I reached to grab my burrito, only it was nowhere to be found. I swung the truck around, gathered my courage, and strode back into the restaurant one final time. There Elmo stood, draped in youth and black nail polish. All I could think was, "What is the world coming to?" All I could say was, "Did I leave my food and drink in here?" At this point I was ready to ask a Boy Scout to help me back to my vehicle, and then go straight home and apply for Social Security benefits. Elmo had no clue. I walked back out to the truck, and suddenly a young lad came up and tugged on my jeans to get my attention. He was holding up a drink and a bag. His mother explained, "I think you left this in my truck by mistake." I took the food and drink from the little boy and sheepishly apologized. She offered these kind words: "It's OK. My grandfather does stuff like this all the time."

All of this is to explain how I got a ticket doing 85 in a 40-mph zone. Yessss, I was racing some punk kid in a Toyota Prius. And no, I told the officer, I'm not too old to be driving this fast. As I walked in the front door, my wife met me halfway down the hall. I handed her a bag of cold food and a \$300 speeding ticket. I promptly sat in my rocking chair and covered up my legs with a blanket. The good news was that I had successfully found my way home.

Submitted by **Rev. Tim Wood**



HAPPY JUNE BIRTHDAY to...

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



JUNE ANNIVERSARIES

Celebrants	Date	Years
Dea. Louis & Dea'ness Betty Johnson	4	48
Bro. Michael & Sis. Jo Ann Wood	10	41
Bro. Kelvin & Sis. Cheryl Wood	17	29
Bro. Perry, Sr. & Sis. Deborah Booker	15	28

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 2019. *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

DEEPEST SYMPATHY to the following family:



Sis. Ruby (Adams) Allen and family in the passing of her sister-in-law, Sis. Hattie Mae Adams, 93, who departed this life April 22, 2019. Hattie, a former member of this church, was described as "a woman of God who was very independent and

loved her family dearly". Her funeral services were May 3rd at Mt. Olive Church Ministries. Sis. Allen resides at St. Mary's Home in West Hartford. She served this church faithfully until her health became challenged.

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

FATHERS OF COLOR (Continued from Page 3)

Young fathers today are not embarrassed to work in food service, sanitation or maintenance as they have been in the past. They know that raising kids takes money and an honest living is safer than one shrouded in crime.

There are those that have served time and might do it again but they have left such a positive impression on their kids that the love will not be lost while they are away.

I commend the men of color today who choose to be great fathers to children and loving mates to their spouses. I pray that these young, hardworking, nurturing men will continue to persevere.

In honor of Father's Day 2019, I must share these touching words of a young father that I consider as one of my "sons", Derek Dwayne Matthew Henderson. Be Encouraged.

Your brother had a revelation this morning..sleepless night, just thinking about so many things in my life that has led me to this very point in my journey..most people couldn't even fathom what I've been through losing both parents early..multiple jobs and careers, racism in high school and college...hate from people in general from just being a dark skinned black man (nevermind hating on my success)...Bell's palsy not once but twice in 3 years, multiply family members either dying way too early from drug use, aids, killed, suicide..I mean my Lord...and here I AM, as transparent as I've ever been in life, more connected to God (closer and closer almost seems by the minute), willing to except humiliation and my deepest fears in its purest form (I AM NO LONGER AFRAID)...HE knew my plan before it even started, He knew I had the broad shoulders and heart to endure anything that came my way, (any form shape or color)..learn from and always becoming a stronger man each and everytime..even when I felt my weakest! GOD I will no longer run from you...I know now more then ever you put me through everything to build me up and inspire all around me in a positive light, even when this current world we live in today is surrounded by its darkest shadow. I will continue to improve as a person, sharpening all my GOD given strengths and becoming even a better father and future husband. I thank you from the bottom of my heart..AMEN

Submitted by DLWood

HEALTH NEWS

THRIVING WITH LOCALIZED PROSTATE CANCER

There's a lot you can do to improve your outcome if you're taking an active surveillance approach to your diagnosis.

About 90% of men diagnosed with prostate cancer have the localized kind, which means the cancer is confined to the prostate gland. And for many, a reasonable approach is active surveillance, in which men choose to monitor their cancer instead of going straight into invasive treatments, such as surgery or radiation therapy.

Active surveillance includes a doctor visit about every six months, most often with a prostate-specific antigen (PSA) blood test and digital rectal exam. A repeat prostate biopsy is usually done within the first year and may be repeated periodically in the future. If your test results change, your doctor would then talk with you about treatment options. It might seem hard to accept what can feel like a passive wait-and-see approach when faced with such news as a cancer diagnosis. But that doesn't mean you can't be proactive. "For some men, a diagnosis like this can be used as a wake-up call to change their lifestyle, improve their health, and possibly keep their cancer from becoming more aggressive," says Dr. Marc Garnick, a urologic cancer expert at Harvard-affiliated Beth Israel Deaconess Medical Center. So what can you do? Quitting smoking is the first step, says Dr. Garnick. After that — no surprise — it boils down to two areas: diet and exercise.

Diet: Go Mediterranean

There is no specific prostate cancer diet, and the jury is still out on whether specific dietary habits, like increasing your intake of omega-3 fatty acids, can influence prostate cancer growth. "A better approach would be to examine your diet as a whole and make sure you adopt one that is low in red meat and sugar, which can increase inflammation. Instead, try to eat lots of whole fruits and vegetables, legumes, fatty fish, and grains," says Dr. Garnick. The Mediterranean diet follows these guidelines and is highly touted for its heart-healthy benefits. Plus, an observational study published in the February 2018 issue of *The Journal of Urology* suggested that it also may be helpful for men with prostate cancer.

The Western diet included large amounts of fatty dairy products, refined grains, processed meat, caloric beverages, sweets, fast food, and sauces. The prudent diet had low-fat dairy products, whole grains, fruits, vegetables, and juices. And the Mediterranean diet consisted of fatty fish (high in healthy omega-3 fatty acids), fruits, vegetables, legumes, and olive oil, and low consumption of juices. After five years, the

researchers found that men who strictly followed a Mediterranean diet had a much lower risk of aggressive prostate cancer, while men who ate the other two diets did not see the same benefit. The Mediterranean diet could have multiple benefits for prostate cancer, according to the researchers. For instance, its core foods, like fruits and olive oil, can help lower inflammation, which may reduce the chances that cancer will grow or spread.

The weighty risk of prostate cancer

Overweight men have a greater chance of developing aggressive prostate cancer, and the cause may be higher insulin levels. Insulin has the potential to stimulate cancer growth. Being overweight causes resistance to insulin's ability to help move sugar (glucose) out of our blood and into cells, known as insulin resistance. Blood glucose levels rise and the pancreas needs to put out more insulin in response. "A healthy weight can have a domino effect too," says urologic cancer expert Dr. Marc Garnick. It also can keep blood pressure and cholesterol levels under control, and both high blood pressure and high cholesterol are linked with more aggressive prostate cancer.

Exercise: Intensity matters

Researchers have long suspected that physical activity — given its influence on a wide range of biological processes, including anti-inflammatory and insulin pathways — may be linked to a lower risk of prostate cancer. Now, a study published online Oct. 6, 2018, by *European Urology* found that vigorous activity may offer the greatest benefit.

The results showed that men who engaged most frequently in vigorous activity had a 25% lower risk of developing aggressive prostate cancer compared with men who exercised the least. And you don't need to do much, either. On average, men in the highest category of vigorous activity did about 25 minutes of running per day. (Other activities that would be equal to this, depending on duration and intensity, include cycling, swimming, heavy outdoor work, and playing sports like tennis or racquetball.)

Why does the level of activity seem to matter? Besides helping with weight management, which can further reduce your risk (see "The weighty risk of prostate cancer"), it might affect prostate cancer on a cellular level. The study also explored the impact exercise had on a common molecular alteration in prostate tumors called TMPRSS2:ERG, a gene fusion that occurs in the tumors of about half of prostate cancer patients.

The results showed that long-term vigorous physical activity was specifically associated with a lower risk of developing TMPRSS2:ERG, too. (Excerpts Published: January, 2019)

Source: <https://www.health.harvard.edu/topics/mens-health>

HERITAGE CORNER

DISPELLING THE MYTHS ABOUT BLACK FATHERS

By Aaron Paxton Arnold

Updated 6:36 PM ET, Mon July 20, 2015



If we don't show and share positive stories about black fathers, then ugly stereotypes will prevail.

In America, the perception is that the black father doesn't exist. Negative stereotypes of black men persist, and people on the right blame the victim in cases like those of Trayvon Martin, Eric Garner and Michael Brown.

But if we look at the ground level, black fathers are there all around us. On the streets and in hip-hop culture, "the Block" is celebrated and used to describe a neighborhood. Black men, young and old, take pride in their hood. If you come to my block you will see black fathers and husbands celebrating with their wives and spending quality time with their children.

A couple of years ago when I was outside my home playing with my daughter, some of my fellow African-American male neighbors were also outside playing with their kids. It was almost a surreal moment as I begin to think that we were all young black men in our 30s, married, homeowners and taking care of our children.

Over the years, those commonalities created a brotherhood and bond between us that will last forever. It helps to dispel the myths and negative statements that are often expressed in and out of our community, like "there are no good black men," "black men don't take care of their kids," or "black men abandon their families."

Yet, before my very eyes, I was looking at this amazing image -- young black men, with their kids, being playful nurturing fathers. One time, I took my daughter to a daddy-daughter event and again was inspired to see the abundance of young black men and their daughters having the best time. I realized that while we still have problems in our communities, there have for decades been black men who have been good men, good husbands and of course good fathers. However, this positive picture is rarely shown. It's an oversight that appears to prevent the constructive narrative from bringing changes to our communities. What we have is an institutionalized racism, which counters those images

with negativity and perpetuates an idea that African-American men are no good, especially as fathers. Now, there is some truth to the stereotypes. An article in the New York Times entitled "[1.5 million black men missing](#)" describes the disproportionate number of black men missing from everyday life versus their black female counterparts. Whether it's due to early deaths, incarceration, homicide, heart disease or accidents, black men grapple with issues that result in more single-parent families. But there has to be another narrative countering this by showing the positive picture.

If we look at some statistics from the [Centers for Disease Control and Prevention \(CDC\)](#), we learn that:

- Children under the age 5: Black Fathers prepared and/or ate meals more with their children vs their white and Hispanic counterparts
- Children 5-18: Black Fathers took children to and from activities daily more compared to their white and Hispanic counterparts
- Children 5-18: Black Fathers also helped their kids with homework more than their white and Hispanic counterparts

Positive energy begets positive results. And if positive trends like this can help dispel the myths of black fathers as irresponsible, then young African-Americans will know (whether they have a father in their life or not) that they can prove the myth wrong.

If this positive narrative is shown more, maybe and just maybe, those outside (and within) the African-American community will look at black men as human beings and not as rabble-rousers or criminals. Maybe the police, retail establishments, corporate America and our judicial system will then stop racially profiling black men. It sounds naive and far-fetched but one thing is for sure: if we don't show and share positive stories about black fathers, then the ugliness of institutional racism will prevail.

America and the world knows for too long the struggles plaguing African-Americans. Black men are associated with drugs, prison incarceration and gun violence. It's time for America to learn about the other side of African American men -- and it starts with telling and celebrating the amazing stories of all the great black fathers in our communities.

SOURCE: <https://www.cnn.com/2015/07/20/opinions/arnold-black-fathers/index.html>

[Aaron Paxton Arnold](#), an entrepreneur and lifestyle consultant, is the founder of [MusicsMyBusiness](#). He's written for publications such as [Forbes](#) and [Fast Company](#). Follow him on Twitter: [@MrMIMB](#). The opinions expressed in this commentary are solely those of the author.



**Mt. Calvary Baptist Church
Women's Ministry
presents a
Gospel Musical Concert**

Featured Guest Artists



**Elder Terrance Haynes &
DMJ United Voices**



Kymberli Joye Rush



Sat., June 15th 2019

**Doors open at 5:00
Concert at 6:00pm**

**Mt. Calvary Baptist Church
2 F. D. Oates Ave., Hartford, CT
Admission: \$25**

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