

MT. CALVARY BAPTIST CHURCH

NEWSLETTER

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Rev. Dr. Richard L. Nash, Pastor

THE SOUL SUFFOCATION OF SOCIAL MEDIA

by David Appelt

Social media became prevalent around us so quickly that we hardly even noticed it happened. We're on social media at work, at home, and everywhere in between. And it can bring plenty of good into our lives. But as with most things, excess can be trouble for us. Having recently realized some ways that social media can be "unhelpful excess" in my own life, I want to share five ways social media changes me (hopefully in a way that impacts the way we all use it).

Social Media Makes Me Me-Centered. Social media, at its best, is an online conversation where I get to connect with others, even those who I love but live far away. Social media at its most common, however, is me putting together an impressive persona. Social media not only exacerbates my desire to be exciting and impressive to others; it also gives me an avenue to try to satisfy this desire like never before. Being immersed in this online scoreboard-for-life causes me to be more self-centered over time. The vanity board I have online can make me desire the same look-at-me attitude in real life.

Social Media Makes Me Forget To Focus On Real People. In Real Life. I can put so much time and energy into maintaining online relationships and a persona that I fail to put time and energy into the real, physical people we see every day—family, friends, neighbors, or church. That doesn't mean that online friendship is bad, but it does mean that I should never neglect the people in my life that are actually, physically in my life. Taking more time away from social media leaves me with more time and energy to talk with the friends who live near me, to pray for people in my family and church, and build relationships with those who are geographically in my life.

Social Media Makes Me Forget My Primary Callings. In an age where we are connected to the whole world, I often forget that God primarily calls me to invest in those who are my neighbors and in my local church (remember that most commands given in the Bible are directed in the context of neighbors and local churches.) My primary calling is to love God, serve my family, serve at my work, and serve in my church.

Stephen Altrogge has written a great piece on being crushed by too many callings through Facebook—a problem of which most of us suffer. Social media can be an avenue that distracts from primary calling, creates envy for others' callings, or exhausts me from too many competing callings. Me, my family, my church, and my neighborhood would all be well-served by less engagement online and more engagement in person.

Social Media Can Ruin My Mood. It could be someone posting something unbiblical. It might be a ridiculous tweet about politics. It might just be a random inane Facebook post about nothing in particular. Any of these things have the ability to ruin my moods, making me sad (at best) and angry (at worst). Engaging people on Facebook or Twitter about a disagreement is rarely fruitful. 90% of the time it devolves into an online shouting match. Nothing gets solved. No one's opinion ever changes. Both people walk away angrier as a result. Even reading a contentious "discussion" can ruin my mood. That attitude is one I can bring home, making me shorter with family and friends.

Social Media Can Ruin Relationships. We only think about how social media keeps relationships alive—and it certainly can. However, it has severed just as many as it has maintained. It's easy for me to say things online that I would never say in person. I can simply throw a tweet out about the day's news cycle and never give it a second thought. It's often written far more harshly than I would ever speak it. I shoot flaming arrows into the internet and relationships get burned. Perfectly good friendships become battlegrounds for political disagreement. People I would potentially have an opportunity to witness to are, instead, placed on the other side of a mile-high wall of political and personal hostility—harming any chance of friendship in the future.

Now What? We need to take stock of the ways that social media affects us. It may be a place for us to exercise our own vanity. It might distract us from the people for whom we are called to care. Facebook and Twitter might be a place where we argue and harm relationships and friendships over politics or petty discussions. Social media might be a part of our lives

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THE SOUL SUFFOCATION OF SOCIAL MEDIA (continued)

that is beneficial in small amounts but harms our moods in excess.

Let's make sure that our witness is stronger, online and in person. For many, this means shutting social media down more often. As with anything in our lives, let's be honest enough to ask the question, "is how I am using this bringing glory to God, or not?"

SOURCE: <https://theblazingcenter.com/2018/04/the-soul-suffocation-of-social-media.html>



TIPS FOR SAFE SOCIAL NETWORKING FOR TEENS

These tips, based on the latest research, will help teens'

socializing stay fun and safe.

Be your own person. Don't let friends or strangers pressure you to be someone you aren't. And know your limits. You may be internet savvy, but people and relationships change, and unexpected stuff can happen on the internet.

Be nice online. Or at least treat people the way you'd want to be treated. People who are nasty and aggressive online are at greater risk of being bullied or harassed themselves. If someone's mean to you, try not to react, definitely don't retaliate, and talk to a trusted adult or a friend who can help. Use privacy tools to block the meanies.

Think about what you post. Sharing provocative photos or intimate details online, even in private emails, can cause you problems later on. Even people you consider friends can use this info against you, especially if they become ex-friends.

Passwords are private. Don't share your password even with friends. It's hard to imagine, but friendships change and you don't want to be impersonated by anyone. Pick a password you can remember but no one else can guess. One trick: Create a sentence like "I graduated from King School in 15" for the password "lgfKS15."

Read between the "lines." It may be fun to check out new people for friendship or romance, but be aware that, while some people are nice, others act nice because they're trying to get something. Flattering or supportive messages may be more about manipulation than friendship or romance.

Don't talk about sex with strangers. Be cautious when communicating with people you don't know in person, especially if the conversation starts to be about sex or physical details. Don't lead them on - you don't want to be the target of a predator's grooming. If they persist, call your local police or contact CyberTipline.com.

Avoid in-person meetings. The only way someone can physically harm you is if you're both in the same location, so - to be 100% safe - don't meet them in person. If you really must get together with someone you "met" online, don't go alone. Have the meeting in a public place, tell a parent or some other solid backup, and bring some friends along.

Be smart when using a smartphone. All the same tips apply with phones as with computers along with some extra precautions. Be careful who you give your number to and how you use GPS and other technologies that can pinpoint your physical location. Be sure to secure your phone with a PIN, password, fingerprint or facial recognition. And make sure you know how to log into the iCloud or Android Find my Device so you can remotely locate, ring or erase a lost or missing phone.

Don't measure your own life based on what others post. People typically post happy photos and stories online and don't usually share their boring or sad moments or unflattering photos. Don't assume that others have better lives than you do, based on what they post.

SOURCE: <https://www.connectsafely.org/social-web-tips-for-teens/>

Scriptures to remind us that the Lord Fights Our Battles

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10

For the LORD your God is he who goes with you to fight for you against your enemies, to give you the victory. Deuteronomy 20:4

You shall not fear them, for it is the LORD your God who fights for you. Deuteronomy 3:22

The LORD will fight for you, and you have only to be silent. Exodus 14:14

When the righteous cry for help, the LORD hears and delivers them out of all their troubles. Psalm 34:17

AN UNCOMMON CALL TO AN UNCOMMON LIFE

by Max Lucado

Now to each one the manifestation of the Spirit is given for the common good. 1 Corinthians 12:7 NIV

Da Vinci painted one Mona Lisa. Beethoven composed one Fifth Symphony. And God made one version of you. He custom designed you for a one-of-a-kind assignment. Mine like a gold digger the unique-to-you nuggets from your life.

When I was six years old, my father built us a house. Architectural Digest didn't notice, but my mom sure did. Dad constructed it, board by board, every day after work. My youth didn't deter him from giving me a job. He tied an empty nail apron around my waist, placed a magnet in my hands, and sent me on daily patrols around the building site, carrying my magnet only inches off the ground. One look at my tools and you could guess my job. Stray-nail collector.

One look at yours and the same can be said. Brick by brick, life by life, God is creating a kingdom, a "spiritual house" ([1 Pet. 2:5](#) CEV). He entrusted you with a key task in the project. Examine your tools and discover it. Your ability unveils your destiny. "If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ" ([1 Pet. 4:11](#)). When God gives an assignment, he also gives the skill. Study your skills, then, to reveal your assignment.

Look at you. Your uncanny ease with numbers. Your quenchless curiosity about chemistry. Others stare at blueprints and yawn; you read them and drool. "I was made to do this," you say. Heed that inner music. No one else hears it the way you do.

What about you? Our Maker gives assignments to people, "to each according to each one's unique ability" ([Matt. 25:15](#)). As he calls, he equips. Look back over your life. What have you consistently done well? What have you loved to do? Stand at the intersection of your affections and successes and find your uniqueness.

You have one. A divine spark. An uncommon call to an uncommon life. "The Spirit has given each of us a special way of serving others" ([1 Cor. 12:7](#) CEV). So much for the excuse "I don't have anything to offer." Did the apostle Paul say, "The Spirit has given some of us ..."? Or, "The Spirit has given a few of us ..."? No. "The Spirit has given each of us a special way of serving others." Enough of this self-deprecating "I can't do anything."

And enough of its arrogant opposite: "I have to do everything." No, you don't! You're not God's solution to society, but a solution in society. Imitate Paul, who said,

"Our goal is to stay within the boundaries of God's plan for us" ([2 Cor. 10:13](#) NLT). Clarify your contribution.

Don't worry about skills you don't have. Don't covet strengths others do have. Just extract your uniqueness. "Kindle afresh the gift of God which is in you" ([2 Tim. 1:6](#) NASB).

From *Cure for the Common Life: Living in Your Sweet Spot*

Excerpts of **5 Questions to Ask Yourself Before Posting To Social Media** by Dr. Andra Brosh

1. Why *this*? Ask yourself why you're choosing to share ... What is the intention behind the post? It might be to share an important idea, or it could be to make an old boyfriend jealous. Taking a brief pause and really doing some self-inquiry before posting will slow down your process, which is a great practice for being more mindful and less impulsive.

2. Who will see *this*? Taking a moment to reflect on who will see your post will help you to discern whether the post is appropriate or beneficial to your social standing ... A post that's intended for family will also be seen by all of your other followers, so you'll want to be aware of this before sharing.

3. Would I want *this* on the front page of the *New York Times*? As much as we trust the internet and social media, when you post something it's out there. If you make the presumption that everything you post could potentially be front-page news, you can really get a sense of what you're willing to expose. We are a sensationalized culture, and anything shared online is considered fair game. Don't live in denial that a private account is truly private.

4. How will others feel when they see *this*? This is a great question for tapping into a moment of empathy or for being more sensitive. We often post without realizing that there are many people seeing what we're sharing beyond the people we are holding in mind. Becoming aware of how your post will affect the broader culture may shift what you share.

5. What do I expect? One of the most depressing moments for many social media posters is not getting a "like." If you're expecting people to approve or value your post, then be prepared for disappointment. Getting clear about your expectations before posting is another great way to discern between valuable posts and posts intended for improving your own self-worth.

MONTH IN REVIEW

CONCERT HEADLINING KYMBERLI JOYE RUSH!

You were in a place of much excitement if you were in Mt. Calvary Baptist Church on Saturday, June 15. A long awaited event took place. Kymberli Joye Rush of the "Voice" fame put on a dynamic performance along with Elder Terrence Haynes and the D.M.J. United Voices of Springfield. Between the two of them, they brought the house down. From Kymberli's dynamite rendition of "Break Every Chain" to Hayne's and D.M.J.'s "Total Praise" "the Best in Gospel Music" was exhibited including two performances by two very talented saxophone players.

The audience was mesmerized by all of the performances. Congratulations to **Brothers Calvin "CJ" Tucker, Jr.** and **Shayhiem Wilson** for their accompaniment of the organ and the drums.

Kymberli is the granddaughter of **Deaconess Dorothy Rush** and the late **Dea. Frank Rush**. She is the daughter of Bishop Victor and Co-Pastor Jeanette Rush of Ebenezer Temple UHCA and niece of the **Smith-Rush** siblings of this church.

To say that the experience was one-of-a-kind would be putting it lightly as Kymberli, Elder Haynes and D.M.J. are truly two spiritual forces to be reckoned with. I was so excited for this experience. If you missed this concert you missed a great one. Congratulations to the Women's Ministry for sponsoring the event.

YOUTH SUNDAY 2019

Historically, the second Sunday in June is a day to celebrate children and under the direction of **Bro. Brandon Parris**, the young people of Mt. Calvary displayed their many gifts and talents worthy of celebration. **Sis. Seveya Gregory** served as the Worship Leader but also took the time to lead *God Made Me* with the Choir. The Children's Choir rendered all the songs of praise including *He's Able* by brothers **Yashua and Ezekiel**. Little **Jordynn Robinson** provided a Spiritual Health Tip and the service also featured two selections with **Bro. Daniel Elliott** on drums and **Bro. Calvin "CJ" Tucker, Jr.** on organ. Later, college student memories and words of wisdom on how Faith helped them in college were shared by **Sis. Justyna Leslie**, **Bro. Brandon Parris**, **Sis. Azaria Porter** and **Bro. Calvin "CJ" Tucker, Jr.** In short, the young people stated: College is enjoyable but time management is crucial; seek out advice from instructors and mentors on how to improve studies; do not lose yourself; and know that all things are possible with God by your side, nothing can defeat you.

In addition, awards given to **Bro. Daniel Elliott** and **Bro. Shayheim Wilson** during the school year were announced including \$4,000 in scholarship monies granted to Daniel. God's Word was delivered by **Min. Ramon Laboy**. He spoke in particular to the young people on *Don't Become A Prodigal Son* from the book of Luke. The celebration ended with an Ice Cream Social downstairs. We pray for God's continued Blessings on our Young People.

FROM AN OPEN HEART

It's official! **Sis. Shaunda Hale Opalacz's** book of poetry, *From An Open Heart*, has been published and is on sale now at amazon.com. To celebrate the publication and to promote Shaunda's beautiful gift cards, a book signing was held on June 1 at her new office in Bloomfield. Shaunda shared her journey in creating the book of prose and read several selections many on request by an avid reader. It was a delicious experience in food, drink and thought. Not only did we partake in Shaunda's words but also her mom's baking gift. We wish Shaunda much continued success in her creative and literary experiences. Shaunda is shown 2nd from left below along with her support group **Sis. Patricia Monts**, husband **Bro. Doug Opalacz** and her mom and "SHERO", **Sis. Sandra Samuels**. Check out Shaunda's creations at <http://www.lovecreationsbyshaunda.com>. You won't be disappointed.



HERITAGE CORNER

JUNETEENTH

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. Note that this was two and a half years after President Lincoln's Emancipation Proclamation - which had become official January 1, 1863. The Emancipation Proclamation had little impact on the Texans due to the minimal number of Union troops to enforce the new Executive Order. However, with the surrender of General Lee in April of 1865, and the arrival of General Granger's regiment, the forces were finally strong enough to influence and overcome the resistance.

Later attempts to explain this two and a half year delay in the receipt of this important news have yielded several versions that have been handed down through the years. Often told is the story of a messenger who was murdered on his way to Texas with the news of freedom. Another, is that the news was deliberately withheld by the enslavers to maintain the labor force on the plantations. And still another, is that federal troops actually waited for the slave owners to reap the benefits of one last cotton harvest before going to Texas to enforce the Emancipation Proclamation. All of which, or neither of these version could be true. Certainly, for some, President Lincoln's authority over the rebellious states was in question. For whatever the reasons, conditions in Texas remained status quo well beyond what was statutory.

One of General Granger's first orders of business was to read to the people of Texas, **General Order Number 3** which began most significantly with:

"The people of Texas are informed that in accordance with a Proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and free laborer."

The reactions to this profound news ranged from pure shock to immediate jubilation. While many lingered to learn of this new employer to employee relationship, many left before these offers were completely off the lips of their former 'masters' - attesting to the varying conditions on the plantations and the realization of freedom.

Even with nowhere to go, many felt that leaving the plantation would be their first grasp of freedom. North was a logical destination and for many it represented true freedom, while the desire to reach family members in neighboring states drove some into Louisiana, Arkansas and Oklahoma. Settling into these new areas as free men and women brought on new realities and *the challenges of establishing a heretofore non-existent status for black people in America*. Recounting the memories of that great day in June of 1865 and its festivities would serve as motivation as well as a release from the growing pressures encountered in their new territory. The celebration of June 19th was coined "Juneteenth" and grew with more participation from descendants. The Juneteenth celebration was a time for reassuring each other, for praying and for gathering remaining family members. Juneteenth continued to be highly revered in Texas decades later, with many former slaves and descendants making an annual pilgrimage back to Galveston on this date.

Juneteenth Festivities and Food

A range of activities were provided to entertain the masses, many of which continue in tradition today. Rodeos, fishing, barbecuing and baseball are just a few of the typical Juneteenth activities you may witness today. Juneteenth almost always focused on education and self improvement. Thus, often guest speakers are brought in and the elders are called upon to recount the events of the past. Prayer services were also a major part of these celebrations.

Certain foods became popular and subsequently synonymous with Juneteenth celebrations such as strawberry soda-pop. More traditional and just as popular was the barbecuing, through which Juneteenth participants could share in the spirit and aromas that their ancestors - the newly emancipated African Americans, would have experienced during their ceremonies. Hence, the barbecue pit is often established as the center of attention at Juneteenth celebrations.

Dress was also an important element in early Juneteenth customs and is often still taken seriously, particularly by the direct descendants who can make the connection to this tradition's roots. During slavery there were laws on the books in many areas that prohibited or limited the dressing of the enslaved. During the initial days of the emancipation celebrations, there are accounts of former slaves tossing their ragged garments into the creeks and rivers to adorn clothing taken from the plantations belonging to their former 'masters'.

Excerpts from History of Juneteenth, JUNTEENTH.COM.



HAPPY JULY BIRTHDAY to...

Sis. Mattie Bell	2	Bro. Devonne Smith	16
Sis. Marjorie Gill	2	Sis. Mae Harvey	18
Bro. Donald Smith	2	Sis. Leslie Robinson	20
Bro. Donnell Forte	3	Sis. Gracie Walters	21
Sis. Ruby Allen	3	Bro. Frank Bennett	22
Bro. Will Smith	4		
Bro. Carl Stone, Sr.	4	Bro. Marshall L. Jackson, Jr.	22
Bro. Rodney Menefee	5	Dea. Marvin Campbell	26
Mo. Mary Jackson	7	Bro. Mallachi Branch	27
Sis. Annette Milner	8	Sis. Gertrude Matthews	28
Bro. Shelman Rivera	11	Dea'ness. Lorene Lewis	29
Sis. Glenda Smith	11	Sis. Joe-Ann Wilson	29
Bro. Justin Coleman	11	Sis. Gina Jones	29
Sis. Elonna Johnson	15	Rev. Tim Wood	30
Sis. Jazzmine Pertillar	15		

JULY ANNIVERSARIES



Celebrants	Date	Years
Bro. Rodney & Sis. Susan Menefee	6	30
Bro. Willie & Sis. Annette Milner	11	26

Happy Belated 47th Anniversary to **Sis. Lorine Lewis** and her husband, Harry. Their special day was about a month ago. Sis. Lewis is a member of the Senior Ushers and Women's Ministry.

NEW WORKERS IN THE VINEYARD

There were no new members of our church family fellowshiped in June. Feel free to invite others to come to church with you. An invitation may be all that's needed.

*Though many have come, there is still room for more.
The harvest is plentiful but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.*

***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***



CONGRATULATIONS GRADUATES!

Congratulations to **Bro. John and Sis. Majorie James** whose grandson Brexten James graduated with honors from Great Path Academy at Manchester Community College on June 6, 2019. Brexten will be attending UCONN in the fall. May the Lord grant Brexten continued success.



Tashai Price graduated from Western Connecticut State University in Danbury, CT with honors Cum Laude on May 19, 2019. She graduated with a Bachelor's Degree in Justice and Law Administration and minor in Business Administration. Along with being a four-year member of the Women's Basketball Team and two

years as captain, she worked as a peer mentor in the library tutoring students in courses ranging from Justice and Law Administration to Finance. As of June 2019, Tashai accepted a full-time position at Bank of America and has future plans to attend Law School and obtain both her Juris Doctor and Masters in Business Administration. Tashai is the daughter of Devon and Natalie Price and the great-granddaughter of **Bro. Moses and Sis. Mary Singleton**.

"Follow your passion.

Stay true to yourself.

Never follow someone

else's path, unless

you're in the woods

and you're lost and you

see a path. By all

means, you should follow that."

—Ellen DeGeneres



HEALTH NEWS

SOME DISEASES YOU ALMOST FORGOT ABOUT THANKS TO VACCINES

DIPHTHERIA: Most of us only know diphtheria as an obscure disease from long ago, thanks to the diphtheria vaccine babies get. This vaccine, called DTaP, provides protection against diphtheria, tetanus, and pertussis (whooping cough). While preventable, diphtheria does still exist and causes a thick covering in the back of the nose or throat. It can lead to difficulty breathing, heart failure, paralysis, and even death. Make sure to vaccinate to help keep this dangerous infection from your kids

CHICKEN POX: Chickenpox is a disease that causes an itchy rash of blisters and a fever. A person with chickenpox may have a lot of blisters—as many as 500 all over their body. Chickenpox can be serious and even life-threatening, especially in babies, adults, and people with weakened immune systems. Even healthy children can get really sick. Vaccinating kids at an early age is especially important to keep your children healthy.

MUMPS: Mumps is best known for the puffy cheeks and swollen jaw that it causes. This is due to swelling of the salivary glands. Other symptoms include fever, head and muscle aches, and tiredness. Mumps is a contagious disease and there is no treatment. Mumps is still a threat today—every year, people in the United States get mumps. In recent years, mumps outbreaks have occurred in settings where there was close, extended contact with infected people, such as being in the same classroom or playing on the same sports team. The MMR vaccine protects you and your family against mumps, measles, and rubella

PNEUMOCOCCAL DISEASE: This disease is caused by bacteria called *Streptococcus pneumoniae*. It causes ear infections, sinus infections, pneumonia, and even meningitis, making it very dangerous for children. The germs can invade parts of the body—like the brain or spinal cord—that are normally free from germs. Make sure you keep kids safe from this dangerous disease by vaccinating.

WHOOPING COUGH (PERTUSSIS): Whooping cough, or pertussis, is a highly contagious disease that can be deadly for babies. Whooping cough is known for uncontrollable, violent coughing which often makes it hard to breathe. Its "whooping" name comes from the sharp breath intake right after the cough, but in babies this disease also can cause life-threatening pauses in breathing with no sound at all. Whooping cough is especially dangerous to babies who are too young to be vaccinated themselves. Mothers should get the whooping cough vaccine while pregnant to pass some protection to their babies before birth. It is very important for your baby to get the whooping cough vaccine on time so he can start building his own

protection against the disease. Since 2010, we have seen between 10,000 and 50,000 cases of whooping cough each year in the United States, with cases reported in every state. The DTaP vaccine provides protection against whooping cough, diphtheria and tetanus.

RUBELLA: Rubella is spread by coughing and sneezing. It is especially dangerous for a pregnant woman and her developing baby. If an unvaccinated pregnant woman gets infected with rubella, she can have a miscarriage or her baby could die just after birth. Also, she can pass the disease to her developing baby who can develop serious birth defects. Make sure you and your child are protected from rubella by getting vaccinated on schedule.

HEPATITIS A: The Hepatitis A vaccine was developed in 1995 and since then has cut the number of cases dramatically in the United States. Hepatitis A is a contagious liver disease and is transmitted through person-to-person contact or through contaminated food and water. Vaccinating against hepatitis A is a good way to help your baby stay Hep A-free and healthy!

HEPATITIS B: Did you know more than 780,000 people per year die from complications to Hepatitis B? Hepatitis B is transmitted through bodily fluids, but it can live for seven days without a host! It's especially dangerous for babies, since many moms with hepatitis B don't even know they are infected. About nine out of every 10 infants who contract it from their mothers become chronically infected, which is why babies get the vaccine before they even leave the hospital. Make sure to avoid hepatitis B by getting vaccinated (you and your baby)!

TETANUS: Tetanus causes painful muscle stiffness and lockjaw and can be fatal. Parents used to warn kids about tetanus every time we scratched, scraped, poked, or sliced ourselves on something metal. Nowadays, the tetanus vaccine is part of a disease-fighting vaccine called DTaP, which provides protection against tetanus, diphtheria, and pertussis (whooping cough).

POLIO: Polio is a crippling and potentially deadly infectious disease that is caused by poliovirus. The virus spreads from person to person and can invade an infected person's brain and spinal cord, causing paralysis. Polio was eliminated in the United States with vaccination, and continued use of polio vaccine has kept this country polio-free. But, polio is still a threat in some other countries. Making sure that infants and children are vaccinated is the best way to prevent polio from returning. Make sure your baby is protected with the polio vaccine.

Excerpts from an article entitled "14 Diseases You Almost Forgot About Thanks to Vaccines"

Source: <https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Vaccination-Protects-Against-These-Diseases.aspx>

Success

Poet: Clarence Thomas Urmy

*Not what we have, but what we use; Not what we see, but what we choose
These are the things that mar or bless The sum of human happiness.*

*The things nearby, not things afar, Not what we seem, but what we are -
These are the things that make or break, That give the heart its joy or ache.*

*Not what seems fair, but what is true; Not what we dream, but good we do
These are the things that shine like gems, Like stars in fortune's diadems.*

*Not as we take, but as we give, Not as we pray, but as we live -
These are the things that make for peace, Both now and after Time shall
cease.*

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