

# Mt. CALVARY BAPTIST CHURCH NEWSLETTER

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

Rev. Dr. Richard L. Nash, Pastor



## THE LIES WE TELL OURSELVES

By Melissa Spoelstra

*“Keep me from lying to myself; give me the privilege of knowing your instructions.” Psalm 119:29*

As I’m processing a recent conflict with a family member, I’m trying to sort out the fact and fiction in my own head. I usually feel like my truth is the truth, but I know my tendency to equate my perspective with truth is shortsighted. In my daily Bible reading, I just happened to encounter the verse in Today’s Truth, or more likely God sovereignly had it before my eyes right when I would need it!

In this verse, the psalmist prayed that God would help him not to lie to himself. I know I need to pray this type of prayer on a regular basis. Whether I’m justifying myself in a parenting decision, making judgments about others’ choices, or working through a relational conflict, I know I’m biased. I tend to think of each situation based on my perceptions of others’ actions, words, and attitudes. I have one side of the story and it is mine. How about you? Have you noticed that we can all tell ourselves lies at times and not even realize it?

Culture is sending us messages that stand in contrast to the teachings of Jesus. He said to seek purity, forgive, and serve. The world celebrates scandal, revenge, and being served. If I don’t ask God to help me live in truth, I can easily find wrong thinking creeping into my head. The danger comes when we tell lies about ourselves, it can lead us to tell lies about God. I can also lose the ability to see things from another person’s perspective. These are some pretty heavy consequences. So what can we do? This verse gives us two practical helps when it comes to lying to ourselves:

**Admit it.** The psalmist knew it was a tendency so he implored God to help him. In the same way, we can confess that we don’t have the corner on truth. In his letter to the church at Corinth, the apostle Paul talked about spiritual pride and then remarked, “My conscience is clear, but that doesn’t prove I’m right. It is the Lord himself who will examine me and decide.” (1 Corinthians 4:4) In the same way, Jesus taught that we should be careful of making surface conclusions. He said, “Look beneath the surface so you can judge correctly.”

(John 7:24) So we begin by admitting that we might be lying to ourselves. We need God’s help to see situations clearly. Pray specifically about lying to ourselves. The book of Psalms is a prayer book. In it we read personal pleas for help. In the same way, we can cry out to the Lord asking Him to keep us from lying to ourselves.

**Study God’s Instructions.** After the psalmist asks God to keep him from lying to himself, he then says, “give me the privilege of knowing your instructions.” Knowing God’s Word can help us speak truth to ourselves. The more we press into the Bible by reading, studying, and memorizing it, the more we align ourselves with truth. This can expose any lies we’ve been telling ourselves about what we deserve or how our poor reactions were justified. God’s Word lays us bare. 2 Timothy 3:16 describes it this way, “All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.” The privilege of knowing God’s instructions helps us to realize what is wrong including the lies we tell ourselves. I’m not sure what conversations you’ve been having with yourself lately, but I wonder if like me you sometimes confuse your truth with the truth as you process life. Our perspectives matter, but we need God’s help to be sure we aren’t lying to ourselves.

**Let’s Pray:** Dear Lord, help me to see with Your eyes. I want to look beneath the surface so I can judge correctly. I know I don’t have the corner on truth, and I need your help to keep from lying to myself. Give me the privilege of knowing your instructions and show me how to apply them in my real-life situations. Thank you for the writer of Psalm 119 who reminds me that I’m not the only one who struggles with my inner self talk. In Jesus’ Name, Amen.

**Now It’s Your Turn.** When is the last time you asked God to keep you from lying to yourself? Today is the day! Spend a few moments praying Psalm 119:29 for you personally and then listen throughout the day for God to reveal any wrong thinking you’ve had. If you’ve had any conflicts this week, specifically ask the Lord to help you see the other person’s perspective!

Melissa Spoelstra is an author and speaker who is first and foremost a Christ-follower who is madly in love with Jesus and addicted to the study of His Word. <https://amzn.to/2wChCZr>

**GUIDELINES FOR STUDENT SUCCESS**

The following guidelines will help you achieve that success.

- Be positive about learning. Build a strong relationship with teachers and other students.
- Be open to acquiring and using new knowledge. Connect what you learn in one place to that which you learn in another.
- Assume responsibility and accept consequences for your own behavior.
- Attend all your classes. Be on time, and bring all the materials you will need.
- Establish habits that enable you to be organized, thoughtful, and creative.
- Learn to value the dignity and worth of all individuals in the school community.
- Get involved. Join a club or a team, try out for a play or a musical group, or form a club or team around your special interest.
- Ask for help when you need it. Your teachers, teacher- advisor, counselors, and administrators are here to help you, and don't forget your coaches, activity sponsors, and older students as resources.

**Back to School Joke**

Early one morning, a mother went in to wake up her son.

'Wake up, son. It's time to go to school'

'But why, Mom? I don't want to go.'

'Give me two reasons why you don't want to go.'

'Well, the kids hate me for one, and the teachers hate me, too!'

'Oh, that's no reason not to go to school. Come on now and get ready.'

'Give me two reasons why I should go to school.'

'Well, for one, you're 52 years old. And for another, you're the Head teacher!'

**PRAYER FOR THE BEGINNING OF THE SCHOOL YEAR**

God of wisdom and might, we praise you for the wonders of our being, for mind, body and spirit. Be with our children as they begin a new school year. Bless them, their teachers and staff. Give them strength and grace as their bodies grow, wisdom and knowledge to their minds as they search for understanding and peace and zeal to their spirits.

Let them know that they are more than conquerors as long as they remember your promise that you would never leave them or forsake them.

Whenever their faith starts to falter let them remember that You have a plan for their lives, that there are no mistakes in life only lessons to be learned. That the only failure is to fail to try to do their best.

Lord, please keep them safe in this unstable world. In Jesus name. Amen

**What's Cooking?****SWEET POTATO POUND CAKE**

2 ½ cups cooked sweet potatoes (mashed)

2 cups all-purpose flour

1 cup oil

2 teaspoons cinnamon

2 teaspoons baking soda

1 teaspoon baking powder

1 teaspoon nutmeg

1 teaspoon vanilla

½ teaspoon salt

2 cups sugar

4 eggs

Mix all ingredients well.

Pour into greased & floured 10 inch Bundt cake pan

Pre-heat oven to 350

Bake 60 min.

Submitted by Sis. Linda Clarke

## MONTH IN REVIEW

### 102<sup>nd</sup> CHURCH ANNIVERSARY CELEBRATED!

#### ANNIVERSARY JUBILEE LUNCHEON!

The anniversary celebration kicked off with a luncheon held on Saturday, August 10, at the Marquee Event in Hartford. The master of ceremony was **Bro. Kenneth Green**. He was very funny and may have a future career as a comedian. He kept the audience entertained between the performances.



At one point, Bro. Green asked everyone to stand and stretch their legs. He told them that if anyone asks about the master of ceremony at the luncheon you can tell them he got a standing ovation.

The audience was entertained by some notable celebrities such as Yolanda Adams (**Sis. Susan Menefee**) who sang "The Battle is the Lord's", Rev. Charles Jenkins (**Bro. Ernest Henderson**) who sang a rendition of "God on My Side", Marvin Sapp's Cousin Melinda Sapp (**Sis. Veronica Robinson**) sang "Never Would Have Made It" and the Clark Sisters (**Sis. Denise Tolliver, Sis. Janette Isaac, Sis. Sandra Isaac and Sis. Susan Hutchinson**) who sang "Blessed and Highly Favored".

**Trustee Nelson Carter** did a moving reading of the song "We are Still Holding On".

Random times during the event some beautiful baskets were given away via raffle tickets. Of note **Pastor Nash** and **Sis. Nash** won the romantic basket.

The following members were honored for their dedication and service to the church: **Rev. Lorenzo Elliott; Dea. Robert George; Sis. Janette Isaac; Sis. Sandra Isaac; Sis. Susan Hutchinson; Sis. Veronica Robinson and Sis. Hermine Thompson.**



The chairperson **Sis. Sonia Brown** thanked everyone who help put on the event.

The event was a huge success. The food was good and the entertainment superb! Hats off to the Anniversary Committee! It was a thoroughly enjoyable event.

### 102<sup>nd</sup> ANNIVERSARY SERVICE

The Church's 102<sup>nd</sup> anniversary concluded on August 11<sup>th</sup> with a beautiful afternoon service full of Praise for God who has brought us thus far. The guest worship leader was Rev. Daniel Johnson of Hopewell Baptist Church and the guest church was Dr. Calvin McFadden, Sr. and the St. John's Congregational Church of Springfield, Massachusetts. Rev. Johnson did a great job moving the service and after many inspiring words, songs and prayers by representatives of MCBC and St. John, Dr. McFadden moved quickly and effectively to share *Nothing Can Stop Our God*. His sermon was derived from Genesis 1:1-3 and reminded us how bad things were in the beginning. The world was without form and there was darkness. Similar to the absence of hope many experience today in lieu of the many shootings, depression and struggle. However, there was and still is Good News. God is greater than any condition. He will step in and turn any situation around. He's able to do anything but fail. So there is no need for us to walk the floors and night worrying about things man meant for evil. He never sleeps or slumbers and we are living breathing testimonies of His creation. All we have to do is continue to worship and trust Him while He finishes the process. He's got everything under control.

Also during the service, the MCBC Fine Arts Ministry collaborated in an exciting presentation of the spoken word and dance featuring **Bro. Brandon Parris, Sis. Susan Hutchinson, Bro. Justin Coleman and Praise Dancers of all ages**. The performance was outstanding but the little ones may have stole the show moving to Pastor Donnie McClurkin's *I'm Walking in Authority*. In her closing remarks, **Chairperson Sonia Henry Brown** graciously thanked all who worked so hard to make the anniversary a success and she introduced the congregation to her youngest son, Ricky, who is a living testimony of faith. He is overcoming a serious motor vehicle accident while living with Sickle Cell Anemia. May God continue to Bless Sis. Henry Brown, her



**MONTH IN REVIEW continued**

family and the entire 102<sup>nd</sup> Anniversary Committee shown below.

**MOUNT CALVARY BAPTIST CHURCH  
102<sup>ND</sup> ANNIVERSARY COMMITTEE**



*Sis. Sonia Henry Brown – Chairperson  
Sis. Wanda Tucker – Co-Chair  
Sis. Sandra Isaac – Secretary  
Sis. Lorene Lewis – Treasurer  
Bro. Brandon Parris – Assistant Treasurer  
Sis. TaKisha Barnes  
Sis. Monique Greene  
Sis. Tiffany Brown  
Trustee Nelson Carter  
Sis. Tracey Houston  
Sis. Priscilla Leslie  
Sis. Susan Menefee  
Sis. Patricia Monts  
Trustee Derrick Newby  
Sis. Allyce Pace  
Sis. Winnie Renee Pusey  
Sis. Marilyn Rhodes-Gooch  
Sis. Veronica Robinson  
Deacon Robert George  
Deacon Ulysses Hall*

**VACATION BIBLE SCHOOL HELD**

Under the direction of **Bro. Brandon Parris and the MCBC Christian Board of Education**, Vacation Bible School took place from August 12<sup>th</sup> through August 16<sup>th</sup>. The curriculum, Jesus the Kingdom Builder, continued to focus on building strong families, churches and communities and discussed the qualities of Moses and the leaders that worked with and succeeded him; the importance of following rules and laws;

Never forgetting what God has done for each of us; and learning to praise and obey God. The Primary Class talked on the roles of Moses and Joshua in leading the Israelites to the Promised Land (Canaan), the Ten Commandments, and the miraculous parting of the Jordan River. The group also discussed how Rahab, a non-Israelite, assisted the Israelite spies in Jericho and how the Israelites conquered Jericho by marching around the city 7 days with trumpets of rams horns and the loud shout that led to the tumbling of the walls of the city. The teen class expanded their study with personal prayer journals and focusing on personality traits that they were seeking to change. The adult class was taught most nights by **Pastor Nash** and we all supped on delicious meals prepared by visiting **Tru. Sam Allen** and Friends. As you may recall, Tru. Allen retired to South Carolina a few years back but has come annually to serve the Vacation Bible School.

The following photos are of the **Deaconess Priscilla Leslie** and the Primary Class demonstrating the parting of the Jordan River, having a battle of the sexes that promoted teamwork or just having fun. By the way, the boys made a comeback and won the game.



See you next year!

## DO YOU KNOW HOW TO BE STREET SMART?

Reviewed by: KidsHealth Medical Experts

Do you know how to be street smart? Being street smart means knowing how to keep yourself safe from strangers when you're alone or with other kids. Whether you're walking to school or to the bus, hanging out on the playground, or riding your bike in your neighborhood, being street smart helps you stay safe.

**WHO ARE STRANGERS?** When you're walking home from school, a person in a car pulls up and asks you for directions. At the park, someone says he needs you to help look for his lost puppy. These people may seem friendly, but no matter what they say to you, they have one thing in common: They're strangers.

Most strangers aren't dangerous and wouldn't do anything to hurt kids. Unfortunately, though, some strangers can be dangerous, and it's impossible to tell who's OK and who's not. A dangerous person doesn't necessarily look scary or mean — the person might look nice. That's why it's important to follow these safety rules all the time:

**MAKE YOUR WHEREABOUTS KNOWN** The adult who's taking care of you needs to know where you are at all times. That means telling your mom or dad, grandmother, babysitter, or whoever is keeping an eye on you where you are and when you'll be coming home.

**STICK WITH A FRIEND** It's more fun and safer to do things with friends. Take along a buddy when you walk to school, bike around the park, or go to the store. Traveling with a friend whenever you can is a good idea, and traveling with a bunch of kids is even better.

**PICK OUT SAFE SPOTS** What are safe spots? Safe spots are places where you can stop if you need help, like the houses of kids you know, your parents' friends' houses, stores, restaurants, police stations, libraries, and fire departments. When you're walking or riding your bike, make a mental note of the safe spots along your route. That way, you'll know where they are in case you ever need one.

**AVOID PLACES THAT AREN'T SAFE** Be sure to keep away from isolated areas. These are places where no one is around, like the woods or small, dark streets.

**LET GROWN-UPS (AND ONLY GROWN-UPS) HELP STRANGERS** It's nice to help people. But remember: Strangers should ask adults — not kids — for help. If a stranger approaches you and asks you for help — such as with giving directions, finding lost money, or searching for a runaway dog — don't help. Don't even give an answer. Right away, you should walk the other way. If you're not near a safe spot, try any store or restaurant. If you feel you're in danger, yell for help.

**Stay Away From Strangers' Cars** If a stranger pulls up in a car and offers you a ride, don't get in. You probably know that rule, right? But that's not all of it. It's also important

to avoid a stranger's car completely. If a stranger asks you to look in the car, don't do it. Don't agree to look in the trunk or in the back of a truck or van. Don't put your arm in the window to take something or point to something. Don't agree to come closer to see a pet or to get a toy that's offered. If a stranger offers you a toy, some candy, a stuffed animal, or anything else, don't ever take it. Even if it's something you really want, if the offer is coming from a stranger, you should ignore the person and walk the other way.

If a stranger walks up or pulls up in a car and you're too far away to hear the person, don't go closer, even if the person waves you over. Just get away. Run the opposite way that the car is heading. Get to an adult you know, a police officer, a security guard, or one of your safe spots as fast as you can if the stranger comes toward you.

What if a stranger comes to pick you up from school, sports, dancing lessons, or the park? This is no different from any other time — a stranger is a stranger, so don't get in the car. Even if the stranger says that your parents sent him or her, or that there's an emergency and you must get in the car and go to the hospital, turn right around and tell an adult what happened. Your parents would have told you if someone else was coming to pick you up, and if an emergency really did happen, they would send someone you know, not a stranger.

Even if the stranger knows your name, don't be fooled. There are lots of ways to find out kids' names, even when someone doesn't know them or their families. Do you have a jacket or a piece of jewelry that has your name on it? That's an easy way for someone to learn your name. Or a stranger could see something about you on someone's social media site — even your name and a picture of you!

**MAKE A LOT OF NOISE IF YOU'RE SCARED** You've probably been told lots of times that you should not yell. You should keep it down, be calm, or use your inside voice. When you think you might be in danger, forget all of that advice! That's the perfect time to be noisy! If a stranger approaches you (on foot or in a car) and follows you when you try to walk away, yell for help as you run away. If a stranger ever tries to grab you, yell as loudly as you can and try to get away. You can shout things like, "Help! I don't know you!" or "Help! This isn't my dad!" People in the area will hear what's going on and help you, so make plenty of noise.

**Trust Your Instincts** Kids need to follow the rules of street smarts all the time with every stranger, even if the situation seems fine. And if your instinct is telling you something is dangerous or just not quite right, get out of the area, tell an adult, or call 911. No one will think that you are silly. In fact, just the opposite — people will think that you're truly street smart!

SOURCE: Excerpts from article "How to be Street Smart" <https://kidshealth.org>



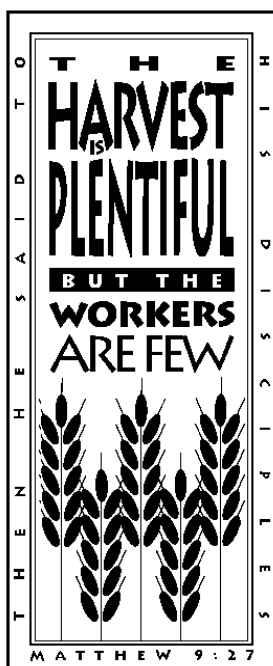
## SEPTEMBER BIRTHDAYS

Sis. Louise Moore	3	Sis. Sharon Jackson	19
Sis. Tiyanne 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. Khalia Gordon	24
Sis. Mattie Adgers	13	Sis. Thelma Underwood	26
Sis. Erica Sellars	13	Sis. Cheryl Wood	26
Sis. Nannie Thomas	13	Mo. Louise Johnson	27
Sis. Susan I. Hutchinson	14	Sis. Bernadine Archer	27
Sis. Susan Menefee	14	Sis. Janet Judkins	29
		Sis. Latique Robinson	30

## SEPTEMBER ANNIVERSARIES

Celebrants	Date	Years
Bro. Kenton & Renee D. Pusey	1	7
Bro. James & Sis. Margaree (Andrews) White	5	32
Bro. Marshall & Sis. Sharon Jackson	12	27
Bro. Bill & Sis. Delois Hendricks	23	47

## NEW WORKERS IN THE VINEYARD



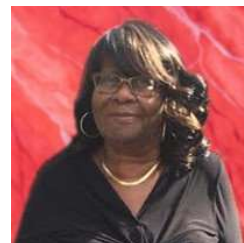
No new members were fellowshipped in the month of August. Invite a friend or family member to church with you this month. An invitation may be all it takes.

*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.*



of Life was August 6<sup>th</sup> at Howard K. Hill Funeral Services on Granby Street.

The family of Sis. Patricia Hines Hargrove and Minister of Music Gregory (Natasha) Johnson in the passing of her mother and his grandmother, Esther L. Hines, 77, of Hartford, who departed this life on July 29, 2019. Esther was retired from Colt Firearms and enjoyed cooking and watching UConn Women's basketball. Her Celebration



*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.



"In this sad world of ours, sorrow comes to all; and, to the young, it comes with bitterest agony, because it takes them unawares. The older have learned to ever expect it. I am anxious to afford some alleviation of your present distress. Perfect relief is not possible, except with time. You cannot now realize that you will ever feel better. Is not this so? And yet it is a mistake. You are sure to be happy again. To know this, which is certainly true, will make you some less miserable now. I have had experience enough to know what I say; and you need only to believe it, to feel better at once."

— Abraham Lincoln

## HEALTH NEWS

## NOT JUST FOR YOUR KITCHEN



You may know it as the orange box that lurks in the back of your fridge to take out bad smells. Or as a pantry staple that helps your baked goods rise. But baking soda, aka sodium bicarbonate, deserves a

spot in your medicine cabinet, too. Here's how it helps keep your body healthy and clean.

**GREEN TEETH CLEANER:** Baking soda works great to physically remove plaque, the sticky film of bacteria in your mouth. Over time, a plaque buildup hardens into tartar and can lead to gum disease. Dip a wet toothbrush into the powder and brush as usual. It doesn't have the fluoride you need to protect against tooth decay and cavities. Many public water supplies have added fluoride. Even so, brush with regular toothpaste as well to be safe.

**INEXPENSIVE MOUTHWASH:** That garlic aioli pasta was delish. But now your breath is keeping even your dog away. Swish a teaspoon of baking soda in a half glass of water and rinse your mouth. It doesn't merely mask the smell with a minty scent like most mouthwashes do. Baking soda actually banishes the odor altogether.

**BODY DEODORANT:** Most things that stink have acidic or basic odor molecules. Baking soda brings them to a more neutral, odor-free state. No wonder sewage plants and feedlots use the stuff. It also works on your body odor. Dust a little under your arms in the morning. If you don't care for the powdery residue on your clothes, use stick deodorants that have baking soda. Look for ones that list sodium bicarbonate as a main ingredient.

**HELPS YOUR KIDNEYS:** These organs remove waste and extra water from your body. If you have chronic kidney disease from diabetes, high blood pressure, or other causes, acid can build up in your body. Sodium bicarbonate can bring the acid levels down and may help slow bone loss and build muscles. It's important to work closely with your doctor if you want to try this. Scientists are still figuring out exactly when and how this works.

**HELPS FIGHT CANCER** Emergency rooms and hospitals stock sodium bicarbonate as a treatment for cardiac arrests, poisoning, and other cases. It also helps to counteract the acidic properties of chemotherapy medication for cancer. Some studies show that lower acid levels may slow certain tumors from growing and spreading.

**SOOTHES YOUR SKIN:** Bitten by a mosquito? Brushed up against poison ivy? Baking soda to the rescue. It can relieve minor irritation, pain, itching, and redness. Mix up a paste of 3 parts baking soda to 1 part water. Smear it on your skin and leave for 20 minutes before you wash it off. Or soak in a bath with a half-cup of baking soda added to the water.

**EASES PAIN:** Sodium bicarbonate may boost the pain-killing powers of lidocaine used in epidurals. Researchers are studying whether it might help ease pain from cancer. If you're hurting from sunburn, soak a washcloth in a solution of about 4 tablespoons of baking soda per quart of water. Gently dab it on the affected areas to soothe your skin. It can help for other minor burns as well, including windburn.

**TAMP DOWN ACID REFLUX:** Sodium bicarbonate helps fight the extra acid that might rise from your stomach up to your throat and even your mouth after you eat. You can buy it over-the-counter as a chewable tablet. Or drink your own homemade antacid by mixing a half-teaspoon of baking soda in 1/2 cup of water. Talk to a doctor before you give it to kids under 6, or if you start to use it regularly along with other medication.

**FACIAL SCRUB:** Baking soda is mildly abrasive. Use it as a gentle face cleanser. Wash and rinse first with soap and water. Then, make a paste of three parts baking soda to one part water. Rub it in carefully in circles for a deep clean. Rinse with water.

**SOFTEN YOUR SKIN:** Add a half-cup of baking soda to your bathwater. It will neutralize acids, wash away sweat and oil, and leave your skin silky smooth. Bonus: After you dry off, you can use a bit more of the stuff to scour the tub clean!

**CLEAN YOUR CHILD'S TOYS:** You can use baking soda instead of harsh chemicals to get grime off your baby's tray, highchair, and toys. Remember that it doesn't kill germs. But you can pair it with vinegar, which works as a disinfectant. Be sure to rinse well.

**FRESHEN DENTURES:** Dissolve 2 teaspoons of baking soda into a cup of warm water. Then just soak your dentures to loosen food, get rid of odors, and freshen any lingering bad taste. It also works for retainers and mouth guards. For a more thorough job, clean them with some bicarbonate and a toothbrush.

Source: WEBMD

---

# What Christ Is To Us

*The Shield from every dart; The Balm for every smart;  
The Sharer of each load; Companion on the road.*

*The Door into the fold; The Anchor that will hold;  
The Shepherd of the sheep; The Guardian of my sleep.*

*The Friend with Whom I talk; The Way by which I walk;  
The Light to show the way; The Strength for every day.*

*The Source of my delight; The Song to cheer the night;  
The Thought that fills my mind; The Best of All to find—  
is Jesus!*

—Anonymous

---

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/](http://www.mt-calvarybaptist.com/)**

**Deadline for next issue: September 29, 2019**

---