MT. CALVARY BAPTIST CHURCH



March 1, 2020

2 F.D. Oates Ave., Hartford, CT 06120 Phone number: (860) 278-6671 Rev. Dr. Richard L. Nash, Pastor



LEAVING THE LAND OF DISAPPOINTMENT

By SHARON JAYNES

Early on the first day of the week, while it was still dark,

Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance, (John 20:1 NIV).

Friend to Friend

Sometimes you expect you're getting a Rachel and you wake up with a Leah (See Genesis 29). Okay, I know that example might connect better with a guy, but you get the point. Let me try that again. What do you do after you've crossed the Red Sea of obstacles, only to be dying of thirst at Marah three days later? How do you keep your dancing from turning into disappointment? One thing is for sure; you don't drive down your tent pegs by the disappointing waters of Marah and camp out there. You move on.

I think of the women on Jesus's ministry team. They had committed their lives to the Messiah and believed that He would restore Israel. Mary Magdalene and a handful of other women had followed him for more three years. But life had not turned out like they thought it would. Their hopes and dreams were nailed to a cross and the lifeblood spilled on the ground to be trampled underfoot. Their future lay in a borrowed tomb—sealed behind an imposing stone. It appeared Jesus was not going to be the ruler and set things right after all. The very people He came to save had killed Him. This was not how the story was supposed to go ... at least in their eyes.

So what did Mary and the other women do? On the third day after Jesus's death, *while it was still dark*, they got up, gathered their spices and started walking to the tomb (John 20:1). Never mind that it was still dark. Never mind that a giant boulder blocked the tomb's entrance...a stone too heavy for the women to move. Never mind that armed Roman soldiers stood guard over the grave. Never mind that the disciples were so discouraged and disillusioned that they hid away in a secret room. Never mind all that. The women didn't have all the details worked out in their heads, but they were not going to sit home in their discouragement—paralyzed into inactivity. They were going to move forward ... while *it was still dark*. Mary Magdalene got up, and she got going ... while it was still dark. In the end, she was not disappointed that she took this step of faith, and you won't be either. Just as assuredly as Jesus met her at her greatest point of need, He will meet you at yours.

Did you notice that Mary Magdalene didn't wait until her circumstances changed before she got moving? Jesus was still dead as far as she knew. But she got up and moved forward anyway.

And where did she go? Yes, she went to the tomb, but there is more. She went back to the last place she had seen Him. Perhaps that is where you need to go today. Go back to the last place you encountered Jesus. Even if it is still dark. Even if you are still in a dark place. Even if a seemingly impossible imposing boulder of disappointment is blocking your dreams. Don't worry about moving the stone. God's good at that. You just keep putting one faithful foot in front of the other and let God take care of the rest. Oh, what we miss when we make camp in the painful place of disappointment and refuse God's invitation to continue the adventurous journey. We miss the moments of sudden glory when our eyes are shut tight because of discouragement, and our hearts are bolted fast with despair.

Never allow the weight of discouragement to hold you down or lower your expectations of the life in Christ. Get up. Get moving. Open your eyes. Open your heart. There's more to experience just around the bend.

Let's Pray

Heavenly Father, sometimes I get so discouraged that I just stop. I drive my tent pegs down in the soil of discouragement and camp out. I know I need to leave the past behind and press on toward what is ahead. That is exactly what I'm going to do today. Give me the courage and the power of the Holy Spirit to take the next step out of the wilderness and head toward my Promised Land. In Jesus' Name, Amen.

Now It's Your Turn

Is there an area of deep disappointment in your life that you've gotten stuck in? What is one thing that you can do to put the past behind and move forward...even if it is still dark? Even if you don't see a break in the clouds? Even if you don't see God moving?

SOURCE: https://www.crosswalk.com/devotionals/

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WHO SAYS WE CAN'T CHANGE?

by Max Lucado

Here's some good news. You aren't stuck with today's personality. You

aren't condemned to "grumpydom." You are tweakable! So what if you were born a bigot? You don't have to die one.

Where did we get the idea we can't change? Where do statements come from such as, "It's just my nature to worry," or. . . "I'll always be pessimistic. I'm just that way." Or, "I have a bad temper. I can't help the way I react?" Who says? Would we say, "it's just my nature to have a broken leg. I can't do anything about it." Of course not. If our body malfunctions, we seek help. Shouldn't we do the same with our hearts? Can't we seek aid for our sour attitudes? Of course, we can. Jesus can change our hearts! He wants us to have a heart like his!

HE WILL DELIVER YOU

"Call on Me in the day of trouble; I will deliver you, and you shall honor and glorify Me" (Psalm 50:15, AMP).

TODAY'S WORD from Joel and Victoria

Are you facing trouble in any area of your life today? God is standing ready to deliver you. He promises in His Word that He is near to all those who call upon His name. No matter what you may be going through, have confidence knowing that God is working behind the scenes on your behalf. He promises to deliver you!

Notice that today's verse tells us that our part is to honor and glorify Him. In other words, you don't have to wait until everything is perfect to give Him praise. You can give Him honor and glory right now. You can thank Him for all He's done in your life so far and what He will do in your future.

Call on Him today and focus on having an attitude of faith and expectancy. Speak His Word and declare His promises over your life. Trust in Him because He will take you places you've never dreamed. As you praise Him, He'll deliver you and take you higher and higher into the good life He has prepared for you!

A PRAYER FOR TODAY: Father in heaven, today I call upon Your name. I call upon You as my Salvation and my Deliverer. I trust that You are working on my behalf and choose to give You the glory, honor and praise. In Jesus' Name. Amen.

THE RAIN

It was a busy morning, about 8:30, when an elderly gentleman in his 80's arrived to have stitches removed from his thumb.

He said he was in a hurry as he had an appointment at 9:00 a.m. I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound. On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound.

While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health. He told me that she had been there for a while and that she was a victim of Alzheimer's Disease.

As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now. I was surprised, and asked him, 'And you still go every morning, even though she doesn't know who you are?' He smiled as he patted my hand and said, 'She doesn't know me, but I still know who she is.'

I had to hold back tears as he left, I had goose bumps on my arm, and thought, 'That is the kind of love I want in my life.' True love is neither physical, nor romantic. The happiest people don't necessarily have the best of everything; they just make the best of everything they have.

'Life isn't about how to survive the storm, but how to dance in the rain.'

Sent by Rev. Tim Wood

TRUE LOVE DOESN'T HAVE A HAPPY ENDING, TRUE LOVE HAS NO ENDING!

MONTH IN REVIEW



BLACK HISTORY CELEBRATED!

February has long been regarded as the month to highlight the achievements of Black Americans with the world. As many of you know, the accomplishments of Black Americans have been stolen, masked or misrepresented by those that chose to oppress

them. But God would not allow His people to be forgotten and continue to go unnoticed. He armed them with faith, hope and perseverance from the time they were ripped from their Mother country, Africa, until this very day.

On the third Sunday in February, the **Black History**, Media and Music Ministries collaborated to bring forth Moments in Black History featuring favorite daughter, **Rebecca Hutchinson** (pictured) and her aunts, Janette and Sandra Isaac, to give us a glimpse of Black Americans' rich history. While scenes of struggle and victory were displayed on the monitors, Rebecca performed a powerful rendition of Andra Day's *Rise Up*. The lyrics of the song remind us that we endured suffering at the hands of others to now be recognized as beautiful, intelligent people who have always contributed to American history. God allowed us to do this in spite of being "broken down and tired". We were able to "walk it out", "move mountains", "a thousand times again". We rise up "like the day", "unafraid".

Congratulations to the Black History Ministry for another job well done.

HOPE: A feeling of expectation and desire for a certain thing to happen. To want something to happen or be the case.

SPECIAL NOTE

On the fourth Sunday in February, the young people performed a spirited and energetic praise dance. May they continue to reach for the stars.

ANNOUNCEMENTS AND UPCOMING



The Black History, Male Chorus and Nurses Ministries are seeking new members. Please introduce yourself to any member of these organizations to gain access.

POLITICS

I told my son, "You will marry the girl I choose." He said, "NO!"

I told him, "She is Bill Gates' daughter." He said, "OK."

I called Bill Gates and said, "I want your daughter to marry my son."

Bill Gates said, "NO."

I told Bill Gates, My son is the CEO of World Bank." Bill Gates said, "OK."

I called the President of World Bank and asked him to make my son the CEO. He said, "NO."

I told him, "My son is Bill Gates' son-in-law." He said, "OK."

This is how politics works.

Source: JokesDaily.Net

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HAPPY BIRTHDAY To those born in MARCH!

		Sis. Elizabeth Ragin	20
Sis. Blanche Sanford	5	Sis. Lorine Lewis	21
Sis. Margaret Price	5	Sis. Patricia Menefee	21
Bro. Arnold Mitchell	8	Sis. Georgia Weaver	21
Sis. Shirlene Watkins	9	Sis. Beverly Murphy	22
Bro. Troy M. Johnson	10	Sis. Hermeine Thompson	23
Sis. Sandra Isaac	12	Bro. Kijuan Murphy	24
Sis. Dena Wood	12	Sis. Vashon Chislom	26
Sis. Donna Mitchell	13	Bro. Kelvin Wood	28
Bro. Al Lippett	13	Bro. Kenneth Green, Sr.	29
Sis. Charmaine Price	14		
Sis. Susie Broaden	19		
Sis. Margaret Joyner	19		



HAPPY ANNIVERSARY to Bro. Melvin & Sis. Blanche Sanford who will celebrate their 53rd Anniversary on March 11!

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



"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

We are still seeking new members. Though many have come, there is room for more. Please invite others to come to church with you.



Please pray for the following famílies that are in bereavement:

Sis. Winnie Renee Dawson-Pusev and Family in the passing of her cousin, Lloyd Perry Marshall, who

transitioned into Eternal Peace on January 26, 2020. Lloyd was born in Moultrie GA and grew up in Newark NJ



where he began training to be a boxer at 14. He was inducted into the New Jersey Hall of Fame on November 20, 1992. After retiring from boxing, he worked for the Newark Public School System where he retired. Lloyd's funeral services

were February 1st at Abyssinian Baptist Church in Newark.



The Elliott and Champion Family in the passing of their loved one. Linnet Hawes-Champion, 64, of Newington, who gracefully entered into eternal rest on January 31, 2020. Linnet retired

from the State of Connecticut as a Social Worker. She was predeceased by her husband of 42 years, Alton Lee Champion Sr. and grandson Alton Lee Champion III. Her Celebration of Life was February 10th at Grace Worship Center Church.



Elaine Hairston and Min. Jerry McCall and Family in the passing of Elaine's husband, James ("Jimmy") Henry Hairston, Jr., on February 7, 2020 and her niece, Leticia Marie Lennon-Slayton, who passed in a fatal car accident in

February in Middletown. Jimmy worked several years at both Aetna and Travelers as a computer systems

analyst. His services were at Carmon Funeral Home on February 14th. Leticia was 38 and the mother of three. Her services were at Carmon Funeral Home on February 12th.



Elaine attended this Church regularly before she and her husband retired to Florida.

> 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 or visit to the family would be appreciated long after the funeral services.

HEALTH NEWS



WAYS TO RESPOND TO A LOVED ONE EXHIBITING SIGNS OF DEPRESSION

by Carrie Lowrance

ASK IF THEY WANT TO TALK ABOUT IT. Start by asking your

loved one if they want to talk about it. If they say "No." then let it rest. They may get agitated or defensive but don't take it personally. Giving them some space will be the best thing for them and eventually, they may come and talk to you. If they do choose to talk to you, sit down with them and give them your undivided attention. Look them in the eyes so they know that you are listening to every word they say.

TELL THEM THEY ARE NOT ALONE. Let your loved one know that they are not alone. Depression can be isolating and many people feel they have to handle it on their own. They feel like others will not understand or make light of their situation. By telling them they are not alone, it lets them know that they have your support.

ASK IF THEY WOULD LIKE A HUG. Sometimes hugs are like a balm to the soul. They have healing powers that words sometimes don't. The simplest act of physical touch-hugs, hand holding, etc. can make a world of difference and enhance your loved one's security in their relationship with you. Don't underestimate the power of something so simple.

DON'T ASK WHY. I know this sounds counterintuitive, but here is why I say this. I have a friend who suffers from depression. One of the things he appreciates most about me is that I never ask why he is depressed. I never push or ask a lot of questions. I let him know that I am sorry he is feeling this way and that I am here for him when he needs me. If he chooses, he can come to me and explain why he is feeling the way he is. Sometimes he does, sometimes he doesn't. And that is okay. However, not asking why keeps the lines of our communication open.

REMIND THEM THAT THEY HAVE WORTH AND VALUE.

Remind your loved one of their worth and how much not only you love them but Jesus loves them as well. Remind them that you see more than the depression they are going through, you see them as Jesus does, for we have great worth to him. Let your loved one know how valuable they are to you, those around them, and Jesus. Let them know the ways they bring value to the world and to the relationships around them. Tell them they are priceless.

"Knowing that you were not redeemed with corruptible things, like silver or gold ... but with the precious blood of Christ" (1 Peter 1:18-19). (And if God was willing to pay the highest price in the universe to redeem them, then they are truly of infinite value.) **REMIND THEM THAT THEY ARE IMPORTANT.** Tell your loved one how important they are. Reflect on the ways they are important to those around them and in their community. For example, if they were not a great leader at their company or a committed volunteer at the animal shelter, it wouldn't be the same because of their unique contribution to society every day. Tell them how important they are to you too.

ASK THEM HOW YOU CAN BEST HELP THEM. Sometimes it's easy for us just to assume what people need. Ask your loved one how you can best help them and listen closely. The answer you may hear may be hard to swallow ("I just want to be alone." or "I don't want to talk to anyone.") but try to respect their needs as much as you can.

TELL THEM THEY ARE LOVED. I often will tell my friends who suffer depression that they are loved more than they could ever comprehend. I also remind them that I can still see the best in them even if they can't in this particular time and place. They also know that there is nothing they could ever do to push me away. I strive to love them like Jesus loves me.

HELP THEM FIND RESOURCES. If your loved one has decided that they need help, offer to assist them with finding the right resources. There is a chance they may be feeling too bad to do it themselves. Remember that the fact that they have come to this realization in the first place is a good step in them getting better. You may even want to offer to go with them and take the first step for support.

PRAY. Depression can be a delicate thing. Watching your loved one suffer is so hard, and yet, it is easy to still be at a loss. Are you still struggling with not knowing what to say or what to do? You can pray right now.

Dear Lord,

You know my heart is breaking for my loved one and you see the pain they are going through. You know that I want to help but I am at a loss as to what to do. Please help me in this situation with my loved one. Please give me the wisdom and discernment to hear your voice as to what I should say or do. Soften my heart so that I can empathize with them and give them the best comfort possible. Please help them to see my questions and reminders as a way of showing how much I care for them and not to be overbearing. If they need help finding resources, please bring them to my attention in such a way that I will know they came from you. If it is your will that I accompany my loved one to their first doctor's or counseling appointment, please help my loved one to open up to me. I pray for peace, comfort, wisdom and healing for all parties involved. In your name I pray. Amen.

Source: crosswalk.com

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HERITAGE CORNER



EDWARD ALEXANDER BOUCHET: THE FIRST AFRICAN AMERICAN TO EARN A PHD FROM AN AMERICAN UNIVERSITY by Andy Piascik

When Edward Alexander Bouchet was born on September 15, 1852, in <u>New Haven</u>, there was little likelihood of him one day

attending nearby Yale University (known at the time as <u>Yale College</u>). Though there were no policy statements excluding African Americans, and those in charge likely denied the existence of any "unwritten" policy to that effect, no known black student had ever attended Yale. And as with so many American educational institutions of the period, Yale seemed unlikely to change its policy anytime soon.

The abolitionist movement challenging white supremacy grew quite powerful by the time Bouchet was born, however, and it dramatically changed the country. Those changes, Bouchet's thirst for knowledge, the tenacity of his parents, and the commitment of a dedicated teacher all coalesced to open doors for Bouchet.

Edward's parents, William and Susan Cooley Bouchet, respected figures in New Haven's African American community, saw firsthand all that Yale had to offer, although they were not students. William was a former slave who worked at Yale as a janitor and was also a deacon at a New Haven church, while Susan washed laundry for Yale students.

In keeping with the segregated norms of the time, Edward began his formal education at the all-black Artisan Street Colored School, which employed only one teacher, Sarah Wilson. Wilson was instrumental in Bouchet's life as both a teacher and in encouraging him to pursue an education commensurate with his abilities. Bouchet moved on to New Haven High School for two years before transferring to Hopkins, a prestigious private school in New Haven, where he graduated as class valedictorian in 1870. That year, he earned acceptance to Yale.

Yale's First Black Student?

Beginning in 1870, many sources, including Yale itself, referred to Bouchet as the school's first African American student. Information unearthed in 2014, however, indicated otherwise. Research by several scholars and writers, including some at Yale, indicated that three men thought to be white and who preceded Bouchet at the school–Moses Simon (Class of 1809), Randall Lee Gibson (Class of 1853), and Richard Henry Green (class of 1857)– at various times appear in public records as Negro, black, and mulatto.

Whether Bouchet was the first, second, third, or fourth African American to attend Yale, he was a brilliant student. After graduating, he continued at Yale in the newly created PhD program in physics. When he finished his dissertation ("Measuring Refractive Indices") in 1876 after just two years of graduate study, Bouchet was one of the first six people in the United States to receive a doctorate in physics and the first African American to earn such a degree (in any field) from an American university.

Despite his obvious abilities, when Bouchet looked for employment as a teacher, he received rejections from every university and college to which he applied. So one of the most brilliant physicists in the country found himself relegated to teaching at segregated, all-black high schools. Even then, Bouchet eventually ran up against color barriers. His first job upon leaving Yale was at the Institute for Colored Youth (ICY) in Philadelphia, a school established for blacks by the Society of Friends. He taught there for 26 years until 1902 when the school, in thrall of the work and philosophy of Booker T. Washington (who was at the apex of his influence at the time), did away with ICY's academic, college-oriented mission and turned the school into an industrial-vocational institution.

Bouchet worked at a number of jobs over the next 14 years, mostly as either a high school administrator or teacher, and moved frequently. He developed serious health problems that forced him to retire in 1916 and he returned to New Haven. He moved into the house at 94 Bradley Street where he had grown up and died there in 1918 at the age of 66.

Source: https://connecticuthistory.org/edward-alexander-bouchetthe-first-african-american-to-earn-a-phd-from-an-americanuniversity/

PASTURE OF THE SOUL

When God gave the Ten Commandments and it came to Sabbath rest, His message was clear: *If creation didn't crash when I rested, it won't crash when you do!* You know we need to rest. For a field to bear fruit, it must occasionally lie fallow. And for you to be healthy, you must rest. When David says in the 23rd Psalm, "He makes me to lie down in green pastures," he's saying, "My shepherd makes me lie down in his finished work."

With His own pierced hands, Jesus created a pasture for the soul. He pried loose the huge boulders of sin. In their place He planted seeds of grace and dug ponds of mercy. Can you imagine the satisfaction in the heart of the shepherd when the work is completed and he sees his sheep rest in the tender grass? Can you imagine the satisfaction in the heart of God when we do the same?

https://www.christianity.com/devotionals/upwords-max-lucado/upwords

DNA DON'T LIE

Below is a photo of some of my Mom's people, the Keatons. Her dad was "James Roby Keaton" (2nd from left) and "Dave Keaton" (far left) and "Jim Keaton" (far right) were two of her many brothers. Growing up, she heard that there was Native American blood in the family. In family documents, my Granddad's mom is described as at least fifty percent Native American and many family members have high-cheek bones and some have/had long, dark hair like Native Americans. BUT, fast forward to the 2000's and DNA testing and we are finding that our family ancestry might not include as much Native American blood as thought. In fact, some testing has shown the strong traces of African blood we knew of but Irish blood rather than Native American is more prominent. Many of us were disappointed after those revelations because we've assumed that mix is the result of the tragic realities of American Slavery. An article posted in BlackDoctor.org supports the DNA reports and provides some other thought provoking information. Here are some excerpts from the article. WHY MOST BLACK PEOPLE DON'T HAVE "INDIAN IN THEIR FAMILY".

More often than not, many Black people say that they have "Indian" in their family. So much so that it's become a running joke in the Black community. But some really do believe that they do have a lineage of Native American in their bloodline because of the grade of their hair and/or high cheek bones. But in looking at the true line of African Americans, the truth is, many do not have "Indian in their family". Here's why: Those high cheekbones and that straight black hair derive from our high proportion of **white ancestors** and not, for most of us, at least, from our Cherokee great-great-grandmother on your daddy's side (*sigh*). DNA doesn't lie (just ask Maury).

According to genealogist and scholar, Henry Louis Gates, Jr, a small percentage of African Americans do have significant amounts of Native American ancestry, though **almost no black American person today has as much Native American ancestry as they do European ancestry.**

Here are the statistics: Whereas virtually all African Americans have a considerable amount of European ancestry in their genomes, only 19 percent have at least 1 percent Native American ancestry, and only 5 percent of African American people carry more than 2 percent Native American ancestry. If you have 5 percent Native American ancestry in your mix, that means you had one Native American ancestor four to five generations back (120 to 150 years ago). If you have 2 percent Native American ancestry, you had one such ancestor on your family tree five to nine generations back (150 to 270 years ago). One percent of Native American ancestry means that this ancestor entered your bloodline six to 10 generations back (180 to 300 years ago).

This timeframe presents a problem for explaining Native American ancestry in blacks. By 1715, few Africans had

arrived in North America through the slave trade. In fact, according to the Trans-Atlantic Slave Trade Database, only about 29,800 Africans had disembarked from slave ships by 1714—a very small part of the 388,000 or so Africans who would eventually arrive here and from whom most of us are descended. The first of three large waves of Africans would surface in this country only after 1714. Therefore, the odds of being descended from an African who arrived in North America before 1700 and mated with a Native American, although possible, are very small.

The real major exception in American history to the absence of contact between Native Americans and African Americans, is with the so-called Five Civilized Tribes-the Creek, the Choctaw, the Cherokee, the Chickasaw and the Seminole. They were located in the Southeast, in parts of what are now Mississippi, Alabama, Georgia and Florida, until they were forcibly moved to Indian Territory, which became...the state of Oklahoma in 1907, in the dreadful Trail of Tears during the 1830s. They were known as "civilized," in part, because they owned black slaves. But even in these tribes, the number of slaves was quite small: According to the 1860 census, four of these tribes (the largest being the Cherokee) owned 7,369 slaves, compared to a total of 3.9 million slaves in the United States that same year. Nevertheless, black slaves made up about 12.5 percent of the total population in Indian Territory in 1860, a sufficient ratio within a recent enough period to mate rather broadly and leave a significant genetic legacy among African Americans today.

In other words, if you can trace your ancestry to black ancestors living in what is now Oklahoma between 1840 and 1908, chances are you probably do have a significant amount of Native American ancestry. If you don't descend from ancestors who lived with these Native American tribes or in Oklahoma, **the odds are much greater you have very little Native American ancestry.**

Perhaps that is why my Granddad's mom is described as "mulatto" rather than "Indian" in census records. "Mulatto" is definitely not a Native American tribe. What does your DNA say? I learn something new every day! DLW



MOUNT CALVARY BAPTIST CHURCH NEWSLETTER



WE'VE COME THIS FAR BY FAITH AND THANK ALL OF YOU WHO HAVE HELPED US REACH THIS MILESTONE. WE ALSO PAUSE TO REMEMBER STAFF MEMEBERS THAT NOW REST WITH THE LORD: Bro. Richard Adgers, Sis. Linda Bowen, Sis. Carrie Crosby & Rev. Sandy Johnson. PLEASE CONTINUE TO SUPPORT AND PRAY FOR YOUR NEWSLETTER. MAY GOD CONTINUE TO BLESS US ALL!

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