

# MT. CALVARY BAPTIST CHURCH

## NEWSLETTER



2 F.D. Oates Ave., Hartford, CT 06120  
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Rev. Dr. Richard L. Nash, Pastor

### ***HAPPY FATHER'S DAY TO ALL FATHERS!***

#### **THE REASON GOD CHOSE JOSEPH THE FATHER OF JESUS**

By Duke Taber

Why did God choose Joseph to be the earthly father of Jesus? Was there something special about him that made him God's choice? I think we can answer that question by taking a look at Joseph who was only betrothed to Mary when he found out his betrothed was pregnant.

Let's try to look through the eyes of Joseph at all that was happening during the birth of Jesus. To me, Joseph is a prime biblical example of what it takes to be a godly father to a child who is not your flesh and blood.

#### **Joseph And The Christmas Story: Matthew 1:18-25:**

*The Birth of Jesus the Messiah*

*18 This is how Jesus the Messiah was born. His mother, Mary, was engaged to be married to Joseph. But before the marriage took place, while she was still a virgin, she became pregnant through the power of the Holy Spirit. 19 Joseph, her fiancé, was a good man and did not want to disgrace her publicly, so he decided to break the engagement quietly. 20 As he considered this, an angel of the Lord appeared to him in a dream.*

*"Joseph, son of David," the angel said, "do not be afraid to take Mary as your wife. For the child within her was conceived by the Holy Spirit. 21 And she will have a son, and you are to name him Jesus, for he will save his people from their sins." 22 All of this occurred to fulfill the Lord's message through his prophet: 23 "Look! The virgin will conceive a child!*

*She will give birth to a son, and they will call him Immanuel, which means 'God is with us.'" 24 When Joseph woke up, he did as the angel of the Lord commanded and took Mary as his wife. 25 But he did not have sexual relations with her until her son was born. And Joseph named him Jesus.*

**Why Is Joseph A Good Example of Being an Earthly Father?** Many people do not realize that Joseph was a step parent. Somehow it slips through our filtering system when looking at this story but Jesus was not Joseph's biological child, and as such, he is a stepfather to Jesus. I believe in this passage, and from what we

can infer from another passage, Joseph was a great example of what a godly step parent should be like. So, let's take a look and find out what we can learn about Joseph's heart towards Jesus and how we can apply that to our own lives.

#1 Joseph wanted to do what was right but with a spirit of compassion. In verse 19 we see that Joseph was a good man and was going to break off the engagement quietly and not put Mary to shame. It was Joseph's right under Old Testament law to have her stoned. However, this was not his heart. He was a compassionate man. He didn't want to condone what had happened, but he also did not want to punish her. Here we see the delicate balance between justice and mercy. He was doing what was right with the information that he had, but he also was not using Mary's perceived failure as an opportunity to exact vengeance. Why do I say vengeance? Think about how hurt and betrayed Joseph must have felt? This was, in his eyes, proof of infidelity and unfaithfulness. It was a broken promise and un-kept vow.

#2 Joseph was obedient to the Lord even if it brought personal sacrifice and humiliation. In verse 24 we see that Joseph was obedient to the instructions he received by an angel in a dream. Now we need to remember that this was going to make him look like he was willing to marry a sinful woman. He was marrying a perceived fornicator. This was going to cost him with public humiliation. He was going to "lose face" so to say. Secondly, he was going to have to wait to consummate the marriage until after Jesus was born for Mary to stay a virgin until the birth of Jesus. Not only was he asked to be chaste before marriage, but he was asked to be chaste even after marriage! How many men are willing to do that? His obedience to God cost him both public humiliation and a colossal exercise in self-control and discipline.

#3 Joseph treated Jesus as one of his own. Take a look at how the public viewed Jesus and his relationship with Joseph. Matthew 13:55: Then they scoffed, "He's just the carpenter's son, and we know Mary, his mother, and his brothers—James, Joseph, Simon, and Judas. The public viewed Jesus as the son of Joseph. They didn't see him as the stepson, or illegitimate son but as Joseph's son. This was a man who took on the  
(Continued on page 2)

## THE REASON GOD CHOSE JOSEPH THE FATHER OF JESUS (Continued from page 1)

responsibility of raising a child who was not his own out of his love for the child's mother and in obedience to God.

I know what it is to be a stepchild and to be treated as unwanted from the heart. It was not a fun feeling nor was it right. It was not my fault I didn't come from my stepfather's loins. I was the innocent party in the whole thing. When I was asked by God to raise a son who did not come from my loins, I did my best to make him just as much a part of my family and a son in my eyes and everyone else's. In February I have the privilege of going to his wedding as his dad. He is my son. So, as you can see, Joseph was a pretty standup guy. We can learn a lot from Joseph and why God picked him to be the earthly parent to Jesus.

Be Like Joseph The Father Of Jesus, I would encourage all of you fathers, whether you are stepfathers or biological fathers, to step up to the plate as Joseph the father of Jesus did, and balance justice with mercy, become obedient at any cost and be the type of man that invests what you have into the lives of your children.

Blessings!

Pastor Duke

Source: <https://www.viralbeliever.com/>

## CHUCKLE OF THE MONTH

A Christian guy named Bill saw an ad online for a Christian horse, so he went to check it out. The horse's owner said, "It's easy to ride him. Just say 'Praise the Lord!' to make him go and 'Amen!' to make him stop." Bill got on the horse and said, "Praise the Lord!" Sure enough, the horse started to walk. "Praise the Lord!" he said again, and the horse began to trot. "Praise the Lord! Praise the Lord!" he yelled, and the horse broke into a gallop. Bill was enjoying his ride so much that he almost didn't notice the cliff he and the horse were about to go over. Bill shouted "AMEN!" at the top of his lungs, and the horse stopped right at the edge of the cliff. Relieved, Bill said, "Phew! Praise the Lord!"

—Submitted by Z.S. via rd.com "

## ANNOUNCEMENTS

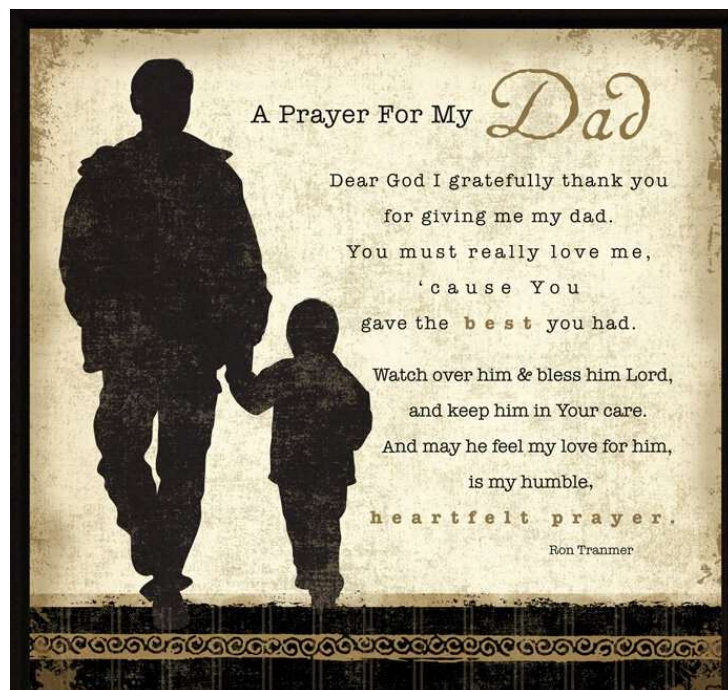
### SERVICES WHILE SHELTERING IN PLACE

- **Sunday School** on Sundays at 9:00 AM via ZOOM  
Meeting ID: 3558323135  
Password: 354022
- **MT. CALVARY WORSHIP EXPERIENCE** on Sundays at 10:00 AM via  
FACEBOOK LIVE: MCBCHARTFORD  
INSTAGRAM: MCBCHARTFORD  
CALL IN: (717) 275-8940, PIN: 1070240
- **Bible Study** on Wednesdays at 6:00 PM via ZOOM  
Meeting ID: 3558323135  
Password: 354022

### CALLING ALL FAMILIES OF GRADUATES!



*Please submit information on your graduate to the Newsletter Staff so that we can celebrate them in an upcoming issue of the Newsletter.*



**ACE REPORTER MARY SINGLETON**

I was thinking about when I met Mrs. Singleton and realized that I can't remember when we met, it seems that I have known her forever. I think I had seen her around church and admired her feisty spirit. I was looking for a new friend after my adopted mother passed. I don't know how it happened but I believe the Lord must have put us together because it just seems like we gravitated to each other.

Over the years we became very good friends. She was my buddy, my older sister. She never sugar-coated what she had to say so you always knew where you stood with her. Either she liked you or she would distance herself from you. No smiling in your face and talking about you behind your back. If she has something to say to you, she said it to your face. You always wanted to be on her good side because she would never hesitate to put you in your place.

She was loyal and true and if you were in her favor there was nothing, she would not do for you. When we needed someone to help with the Newsletter she volunteered. She would gather the deceased member information and keep the birthday list up to date. We will miss her input to the Newsletter but more than that we will miss her company and her dry sense of humor. She was a woman of strong faith in God. I once asked her how she was able to go on after losing all of her children. She just smiled and said, "What else was I going to do?" I will miss our visiting the local churches together, our studying the Bible, just hanging out. I will miss her calling me and sharing time together.

I read somewhere in my travels that some people come into our life and move our souls to dance. They awaken us to new understanding with the passing whisper of their wisdom. Some people make the sky more beautiful to gaze upon. They stay in our lives for a while, leave footprints in our hearts, and we are never, ever the same. Sister Singleton came into my life and shared her wisdom, love and friendship and I am forever changed for knowing her and she will live in my heart forever. As I was writing this, I can see her in my mind's eye smiling.

The Editor

**THE PARABLE OF THE WOODEN BOWL**

A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. Every night, the family ate together at the table. Unfortunately, the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped his glass, he always spilled milk on the tablecloth. The son and daughter-in-law became irritated with the mess.

"We must do something about my father," said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor."

The husband and wife set a small table in the corner. There, Grandfather would eat alone while the rest of the family enjoyed dinner at the big table. Since Grandfather had broken a dish or two, his food was served in a wooden bowl. If he dropped the bowl, it would clatter with a loud noise, but at least it would not break.

This went on for some time. When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?"

Just as sweetly, the boy responded, "Oh, I am making a little wooden bowl for you and Mama to eat your food in when I grow up." The four-year-old smiled and went back to work.

The words so struck the parents that they were speechless. They looked at each other, and felt a cold sensation wash over them. Though no words were spoken, both knew they had acted poorly and needed to take action.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

Shared by **Sis. Pearlie Williams**





## 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. Willie Moore	10	Bro. Tracston Rivers	23
Bro. Michael D. Robinson	12	Sis. Juliette Cole	28
Sis. Jasmine A Harris	13	Sis. Tina Walton	28
Sis. Marcia Shelton	13		
Bro. Perry Booker, Jr.	17	Bro. Jeffrey Coleman	30
		Sis. Tamiya Cofield	30

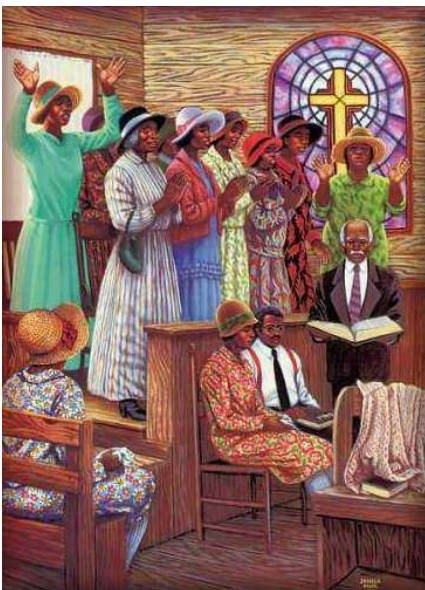


## JUNE ANNIVERSARIES

Celebrants	Date	Years
Dea. Louis & Dea'ness Betty Johnson	4	49
Bro. Michael & Sis. Jo Ann Wood	10	42
Bro. Kelvin & Sis. Cheryl Wood	17	30
Bro. Perry, Sr. & Sis. Deborah Booker	15	29

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. *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*



## Our Deepest Sympathy to the following families:



The family of **Sis. Ruby Dean Adams-Allen**, 83, who passed peacefully on April 21, 2020 at St. Mary's Home in West Hartford. Ruby worked at Hartford Hospital for over 30 years and faithfully served Mt Calvary for over 60 years in the Gospel Chorus, Usher Ministry and in many other

capacities. Her favorite activities were being around family, watching tennis, going to casinos and bowling. "She brought joy to everyone she touched throughout her well-lived life." Her virtual service was May 08<sup>th</sup> at The Lodge.



The family of **Sis. Willie Lou (Cooter) Tucker-Abrom**, 107, of Windsor, who passed away peacefully April 25, 2020. Willie Lou's pastimes included fishing, cooking and spending time with her family and friends. "She was a longstanding parishioner of Mt.

Calvary". "Those who had the privilege of interacting with Willie appreciated her compassion to help others. Willie was well loved, a blessing to all, and will be truly missed by all who knew her." A private visitation was held May 7<sup>th</sup> at Carmon Funeral Home.



The family of **Bro. Monroe and Sis. Marjorie Gill** in the passing of her nephew, Charles "Duffy" Jernigan, who entered into eternal rest on April 27, 2020 at the age of 61. He was known for his charm, hilarious

personality and his extreme love for family and basketball. As an outstanding basketball player, Duffy was known as 'Hood Legend'. He received multiple accolades from Hartford Public High School and beyond.

Obituaries continued on next page.

The family of **Bro. Frank and Sis. Cynthia Bennett and Bros. Jeffrey and Justin Coleman** in the passing of their cousins in New Orleans.



Cousin, Wilton Carraby, Jr. (right), passed at age 90 on April 28, 2020. Cousin, Charlene Bacchus Lewis (left), passed at age 68 on May 10, 2020.



The family of Sis. Obbie Gaither in the passing of her sister-in-law, Rosa Jean Johnson, 81, of Hartford, who passed away peacefully on April 27, 2020. She retired from the Hartford Board of Education and served Mt. Olive as a Willing Worker and Broadcast Committee Member for over 50 years.



The family of Sis. Carrie L. Roberts who entered the pearly gates of Heaven to be with our Lord on May 4, 2020. Carrie was a dedicated Sunday School Teacher, Nurse and Choir Member at Mt. Calvary. She continued her worship at New Antioch. Carrie retired from the State of CT Capital Region Mental Health Center where she worked as an Outreach Case Manager for 19 yrs. She believed in "Family, Faith and Fashion" and was an avid bowler and Softball Pitcher. Her "special friends" include Sis. Cynthia Williams-Daniel.



The family of Rev. Betty Jean (Hendricks) Ferguson Ledbetter Arnold, 85, of Bloomfield, who entered peacefully into eternal rest May 14, 2020. She, along with her late husband, Deacon Willie Arnold were founding members of Mt. Moriah Baptist Church and Solid Rock Missionary Baptist Church. They also served Mt. Calvary in past years. Rev. Arnold was employed with Hartford Hospital as a Dietary Aide II until her retirement.



The family of **Bro. Bill Moore** in the passing of his wife of 53 years, Sis. Wendell "Wendy" Moore, 73, of Hartford, on May 16, 2020. Wendy worked many years for the City of

Hartford Public School System. She enjoyed the casino, mani-pedis, shopping, traveling and listening to music. Besides her immediate family, she is mourned by special friends that include **The Ellison Family**. "We are all blessed to have been in the presence of such a strong and giving woman."



The family of **Bro. Kenneth Green** in the passing of his cousin, Rodney Hicks, who was also the son of the late **Sis. Mae Hicks**. Hicks, 70, of Hartford, passed away May 19, 2020. He worked doing what he loved detailing automobiles. A Graveside Service was held June 3rd.

The family of **Sis. Sonya Findlay** in the passing of her brother.

The family of **Sis. Sonia Brown** in the passing of her aunt.

The family of **Rev. Joe and Sis. Ivory Griffin** in the passing of her sister in Nevada.

The family of **Deacon Marvin and Deaconess Donna Campbell** in the passing of her sister, Dolores Saunders.

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

### **Random Thought**

*June 1, 2020 marks three years since **Dea. Frank James Rush** went to be with the Lord and there is no doubt he had quite an impact in Mt. Calvary. But, if it had not been for the late **Mother J. H. Brown, Dea. Rush** may have served another Hartford church. Rush moved North to find work but by the time he arrived at the Hartford train station, he was broke and had nowhere to sleep. God would have him to share his conditions with a Porter at the station. That Porter took him to meet Mother Brown (great-aunt of **Bro. Ken Green**). Mother Brown and her husband gave Rush food to eat and a place to sleep until he found employment. The Browns also brought Rush to Mt. Calvary and he joined the Church in 1949. I think it's safe to say, the rest is history or perhaps herstory.*

*Continued Blessings to the Brown, Rush and Smith families.*

## HEALTH NEWS

### WHAT'S A SUGAR SUBSTITUTE?

A sugar substitute is an artificial (made in a lab) or natural (plant-based) substance that sweetens food and drink in place of sugar. Typically, sugar substitutes are hundreds of times sweeter than sugar and have few to no calories. They're a common sweetening choice for "diet" products such as sodas, sauces, baked goods, or sugar-free candies or gum.

#### Aspartame

Made from the amino acids aspartic acid and phenylalanine, it's a popular artificial sugar. It has calories, but because it's some 200 times sweeter than sugar, you use less. It's in soda, gum, yogurt, desserts, and medicines. Equal and NutraSweet are common brands. You can't bake with it, because it isn't sweet after you heat it. People with the rare condition phenylketonuria (PKU) shouldn't eat it because their bodies can't process it.

#### Saccharin

This lab-made sweetener has been around since 1879. It's calorie-free, and can sometimes leave a bitter aftertaste. You can use it in baking. You'll find it in processed foods like baked goods, canned fruit, gum, and soft drinks. If you're pregnant, you may want to avoid it, because it can cross through the placenta to your growing baby.

#### Sucralose

This product is about 600 times sweeter than sugar. It's made in a lab by altering a sucrose (sugar) molecule, so you might hear it called a non-nutritive sweetener. Your body doesn't absorb it, so it doesn't give you any calories. One brand name for it is Splenda. Often sucralose is in sodas, juices, sauces, syrups, candy, and desserts. You can buy it in a bag and use it to bake.

#### Stevia

This natural sugar substitute gets its sweet taste from the extract of *Stevia rebaudiana* leaves. You'll often find it as liquid drops in the store, or as an ingredient in yogurts, baked goods, candy, and gum. You can use it as a sweetener in coffee or tea, or you can bake with it.

### Monk Fruit

This sweetener is an extract from the Chinese monk fruit melon. The Chinese have used it for hundreds of years, but it's fairly new in the U.S. It's calorie-free and often mixed with other sugar substitutes. Monk fruit, or *lo han guo*, is in some juices, soft drinks, dairy products, condiments, and candies.

### Sugar Alcohols

Sugar alcohols have features of both sugar and food alcohols (not the kind you find in drinks). They're carbohydrates that are either lab-made or come from certain fruits. Most have "-tol" at the end of their name, like erythritol, maltitol, sorbitol, and xylitol. You can find them in processed foods like gum, hard candies, ice cream, and pudding, as well as mouthwash and toothpaste.

### Are They Safe?

The FDA has approved these artificial and natural sugar substitutes. The National Cancer Institute says there's no proof they cause cancer. But there are some risks, especially if you overdo it. They may change your gut bacteria and cause digestive problems. They're also linked to diseases such as type 2 diabetes and high blood pressure.

### Are They Good for Weight Loss?

Yes, swapping out your sugar for a substitute might mean fewer calories in your food and drinks. But there's no strong proof that using them helps you lose weight.

### Are They OK if You Have Diabetes?

Sugar substitutes can be a good option for satisfying your sweet tooth while keeping blood sugar levels under control. Keep your daily intake below the recommended level, and get your calories from whole, nutritious foods.

Source: <https://www.webmd.com>

A wise woman puts a grain of sugar into everything she says to a man, and takes a grain of salt with everything he says to her.

[Helen Rowland](#)



## HERITAGE CORNER

### Henrietta Lacks



**Henrietta Lacks**, née **Loretta Pleasant**, (born August 1, 1920, Roanoke, Virginia, U.S.—died October 4, 1951, Baltimore, Maryland), American woman whose cervical [cancer](#) cells were the source of the [HeLa](#) cell line, research on which contributed to numerous important scientific advances.

After her mother died in childbirth in 1924, her father moved with his 10 children to Clover, [Virginia](#), where he divided them among relatives to be raised. Henrietta was thus raised by her grandfather, who was

also looking after another grandchild, Henrietta's cousin David, known as Day. Henrietta and Day were married on April 10, 1941. Encouraged by a cousin, Day soon moved north to [Maryland](#) to work at [Bethlehem Steel](#)'s Sparrows Point steel mill, which was booming with the demand generated by [World War II](#). Soon thereafter Henrietta and the couple's children joined Day at Turner Station, Maryland, a community outside [Baltimore](#) where many of the African American steelworkers lived.

Before her fifth pregnancy, Henrietta had sensed a "knot" inside her, and worrisome bleeding and evidence of a lump on her cervix several months after giving birth finally sent Henrietta to her doctor. She was referred to the gynecology department at [Johns Hopkins](#) Hospital in Baltimore, where in February 1951 a biopsy indicated the presence of a cervical [tumor](#) that had been undetected by doctors both at the birth of her son on September 19, 1950, and at a follow-up examination six weeks later.

After further tests, Henrietta received the first of several [radium](#) treatments, the standard of care

for the day, which involved stitching small glass tubes of the radioactive metal secured in fabric pouches—called Brack plaques—to the cervix. While performing the procedure, the surgeon extracted two small tissue samples: one from Henrietta's tumor and one from healthy cervical tissue close by. The samples from Henrietta's cervix were among many extracted for physician George Gey, the head of tissue culture research at Johns Hopkins, who was searching for an "immortal" cell line for use in cancer research. Unlike previous samples, Henrietta's cancerous cells—called HeLa, from *Henrietta Lacks*—not only survived but also multiplied at an extraordinary rate. Henrietta herself was unaware that any sample had been taken; at that time it was not uncommon to study patients and their tissues without their knowledge or consent (see [Tuskegee syphilis study](#)).

While her cells thrived, Henrietta declined. By September the cancer had spread throughout her body, and early the following month Henrietta died. However, the HeLa cells, famed for their longevity, continued to thrive in culture long after Henrietta's death. HeLa became a ubiquitous study material, contributing to the development of drugs for numerous ailments, including [polio](#), [Parkinson disease](#), and [leukemia](#). In spite of this, until the 1970s Henrietta's role was unknown even to her family. In the 21st century Henrietta's case was an important component in the debate surrounding informed consent from patients for the extraction and use of cells in research. In 2013 the [National Institutes of Health](#) (NIH) granted the Lacks family control over how data on the HeLa cell genome would be used (the genome of a HeLa cell line had been sequenced in full earlier that year). Two members of the Lacks family formed part of the NIH's HeLa Genome Data Access working group, which reviewed researchers' applications for access to the HeLa sequence information.

Written by [Laura Etheredge](#)

Source: <https://www.britannica.com/print/article/1685018>

Submitted by Sis. Linda Clarke

**Learn from yesterday, live for today,  
hope for tomorrow. The important thing  
is not to stop questioning.**

**Albert Einstein**

Mt. Calvary Baptist Church Presents:

# 3 WAYS TO GIVE

1. Download Givelify App and search for: Mt. Calvary Baptist Church, Hartford, CT and follow prompts.

2. Mail your contribution to: Mt. Calvary Baptist Church, PO Box 320594, Hartford CT 06132

3. Drop off your contribution on Saturdays & Sundays between 9:30AM - 2:30PM

BE SURE TO LIKE & FOLLOW US ON FACEBOOK & INSTAGRAM AT: MCBCHARTFORD

Join us every Sunday at 10AM for our worship experience!

**"Give, and it shall be given unto you."**  
**Luke 6:38 KJV**

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