

MESSAGE FROM THE MOUNT

# MFTM

Honoring "the boy from Troy" who willingly wore the mantle of  
"Good Trouble"  
~Congressman John Lewis~



Freedom Rider Civil Rights Icon Titan for Humanity  
Conscience of the Congress Founding Father of American Democracy

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**Mount Aery Baptist Church**

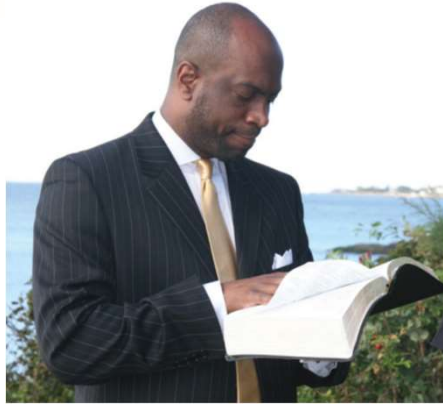
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Bridgeport, CT 06604

Church Office: 203.334.2757

www.mtaerybaptist.org

# Pastor's Pen



Namaste My Brothers and Sisters in Christ,

We are blessed by the opportunity to communicate with you via this Message from the Mount. These past several months have revealed and challenged us to develop a spirit of gratitude and thanksgiving for breath and the activities of our limbs. While many of us have used the phrase, “take nothing for granted,” this pandemic has pushed us to put that into practice. Let me express my gratitude to you, Mount Aery, for your continued support of the Mount Aery ministry. Your thoughts, prayers, financial contributions willingness to assist when and where you can, has made all the difference in the world. During the month of July, we opened the sanctuary for in-person worship. While the majority of our active congregation chose to continue to view our services online, I am thankful for the prayers for covering and safety. To the best of our knowledge, we are grateful that the virus was not transmitted through our in-person gatherings. However, we continue to pray for all persons and their families who are directly impacted by COVID19.

During this month of August, I pray you are able to rest and re-create a space for renewal and refocus. While only God knows what the future holds with regard to this pandemic, we will continue to be good stewards of the resources and responsibilities entrusted to us and then trust God for the rest.

God bless,

A handwritten signature in black ink that reads "Pastor Anthony Bennett". The signature is written in a cursive, flowing style.

Pastor Anthony L. Bennett, D. Min.  
Lead Pastor

## IMPORTANT DATES ✓

### ANNOUNCEMENTS

*During this season of prayer, call in to the prayer line at 7:00am daily at 319-527-3510. The participant access code is 111933#. The calls are recorded so please mute your phone to eliminate background noise. Please note that long distance charges may apply.*



Here's an exciting way to join in worship with us. Simply visiting our website at [mtaerybaptist.org](http://www.mtaerybaptist.org) and click one WATCH LIVE in the upper right hand corner. Pass the link on to your friends and family as well so they can be blessed by our ministry <http://www.mtaerybaptist.org/watch-us-live>



#### **Deacons on Call**

for the month are  
Deacons P. Jackson & Jones.

#### **Submissions of announcements and due dates:**

#### **Message From The Mount**

Send information to  
[mftm@mtaerybaptist.org](mailto:mftm@mtaerybaptist.org)  
by the second Wednesday  
after the first Sunday

## Our Vision Statement

To equip the disciples of Mount Aery Baptist Church with the biblical and relational wisdom for the spiritual, educational and social work of ministry beginning in the Hollow Section of Bridgeport, then spreading throughout the Greater Bridgeport Area.

**Ephesians 4:11-12 and Acts 2:44-47**

Edify  Equip  Engage

## Please Pray for Our Prayer List

Clifford Bazalias	Deacon Melvin Lowe, Sr.
Volney Bryan	Reanna McCoy
Isaiah Brown	Susie Mckine
Linda Lee Brown	Mary McRae
Carol Carter-Mims	Autumn Mitton
Joan H. Colley	Caleb Mitton
Minister Odell Cooper	Spring Mitton
Rayvon Cox	Edward A. Morris
Tracey Nicole Craig	Deacon Regina Mosely
Frances Dicks	Austin Perkins
Ruth Hasty-Dove	Eulalia Pettway
Sandra Dunn	Miriam Powell
Bernadine Edwards	Terrance Quiller
Rose Evans	Rose Samuel
James Freeman	William Henry Sims Sr.
Willie Freeman	Linda Suggs
Leonard Grace	Herb Sutton
Deacon Minnie Grant	Gloria Tucker
Leslie Green	Rev. Velva Jean Tucker
Jodi Green	Curtis Jerome Turner
Ruth Harvin	Paula Watkins
Deacon Jeffrey Hill	Dorothy Watts
Deacon Naomi Holmes	Gwen Williams
Deacon Primus Jackson	June Williams
Gerard James	Barbara Wilson
Barbara Jones	Michelle Lisa Wilson
Maria Knight	
Theresa Lazarus	
Cheryl Lewis	
Jordan Alexander Lewis	



## Welcome Song

Welcome to Mount Aery	Welcome to Mount Aery
We're so glad you came	Where the spirit
You're welcome to	Of the Lord
Mount Aery	Is moving free
Where everybody comes to	Right here, at seven three (73)
give God praise	Frank Street

## Hospitalization & Nursing Home List

Please be aware that there are strict legal and ethical guidelines regarding giving outpatient information. Therefore, if you are hospitalized and desire pastoral support, you or your family member must notify the church office in advance, if possible. When you are admitted, state your denomination and place of worship..

### Mary Ryan

Laurel Ridge Health Care Center, 642 Danbury Road, Ridgefield, CT 06877

### Paula Watkins

Durham Pruitt Health Center, 3100 Mount Sinai Road, Durham, NC 27705

### Jena Simmons

Westchester Medical Center, 100 Woods Road, 2<sup>nd</sup> floor, Valhalla, NY 10595

*Please address all correspondences for the above disciples to the church and the administrative office will forward all mail. Thank you for your cooperation.*

## Bereavement

- The Williams and Pettway family on the loss of Lucinda Williams.
- Deacon Williamae Richardson and family on the loss of her grandson, Sterlen Beatty.
- Deacon Donald Smith and family on the loss of his nephew, Fred Smith.
- The Foster and Febres family on the loss of Michael Foster.
- Deacon Willie Mae Richardson on the loss of her Uncle.
- Pastor Kathy, Troy and Chelsea Williamson and family on the loss of their granddaughter and niece.





*"Stop the Spread"*  
**COMMUNITY POP UP**  
**COVID-19 TESTING**

**FREE!**  
**ALL WELCOMED**  
NO APPOINTMENT NEEDED.

NO REQUIREMENTS NEEDED. NO DOCTOR'S NOTE. NO INSURANCE. NO SYMPTOMS.



## LOCAL POLITICIANS VISIT MT. AERY





## ASSISTANCE

Are you directly impacted by the Pandemic?

### Who can apply?

- Residents of the city of Bridgeport, CT who are directly impacted by the COVID-19 pandemic

What do you need to apply?

- Identification
- Proof of need
- Complete a one-page application

What kind of assistance is available?

- Food security
  - Housing support
  - Medicine/prescriptions
  - Medical copays/deductibles/coinsurance
  - Mental health/domestic violence
  - Other basic needs (i.e., household necessities)

**For more information contact GBAPP, Inc.  
Rev. Nancy Kingwood (203) 366-8255**

**Or**

**Deidra Williams, Admin Assistant at Mount  
Aery Baptist Church (203) 334-2757**

*Resources made available by the  
generous support of the CT Health  
Foundation and GBAPP, Inc.*



# CALLING ALL GRADUATES AT THE MOUNT



*Congratulations*

SUBMIT YOUR INFO TO  
[ADMIN@MTAERYBAPTIST.ORG](mailto:ADMIN@MTAERYBAPTIST.ORG)

ADMIN@MTAERYBAPTIST.ORG  
SUBMIT YOUR INFO TO

*Congratulations*

CLASS OF 2020





# 2020 Graduates

## Quintin Marshall Rollins

graduated from Western Connecticut State University with a Bachelor's Degree in Justice and Law Administration and a Minor in Psychology. His plans are to continue his education, after taking a little time off. Quintin eventually plans to pursue his PhD with the ultimate goal of working in some capacity for the Federal Bureau of Investigation (FBI).

## Jazmin JeanBaptiste

graduated from Howard University, Cum Laude, with a Bachelor of Fine Arts degree in Theatre Arts (Acting). She looks forward to pursuing her career in Acting & The Arts, professionally.

## Chantel Labria Williams

received her Bachelor's Degree from Western Connecticut State University and plans to pursue her Master's Degree at Howard University beginning this Fall Semester.



## A “Thank You” from Your Staff

This time of COVID19 has been a huge challenge for us. During this quarantine time, we have not only served by making sure that the ministry of Mount Aery continues without a hitch as well as making sure that the property of the church is maintained, we also have to deal with our own families. We all love God and have faith in God, however, the fear of the unknown sometimes takes over our emotions. We share our concerns during our weekly staff meetings. We are truly sad that we were required to go to such lengths to maintain your safety during the brief time that we were open for in-person worship celebrations.

I tell you this because you, our Mount Aery church family and families beyond this ministry, have mailed in and sent through Pushpay messages of prayer, love, thoughtfulness, encouragement and safety as you can see in the picture. (Plus the trustees sent us lunch. 😊) Each week, each of us would read the messages and cards that came in during the previous week. As we are concerned about you, you are concerned about us. We are so very moved.



**From your staff, Pastor Anthony L. Bennett, Pastor Kathy Williamson, Ramona Berry, Deidra Williams and Errol Mahon along with Deacon CJ Adetona and Deacon Cynthia Seabrook, we say “Thank you” and as we pray for our own families, we are also praying for you.**



# COVID-19 Has Changed The Way We Grieve And Honor Our Dead

*For those of us who are grieving friends and loved ones, the uncertainty we feel isn't just about when we resume our "normal" lives. It's also about how our collective grieving processes and practices have been fundamentally changed.*



By [Amber Butts](#) · [April 16, 2020](#) [April 16, 2020](#)

*“We don’t honor our father by sitting friends and family outside at fancy tables. We don’t honor our father by having strangers serve those grieving. We serve comfort food to those who need comfort. And we do it with our own hands. – Nova Bordelon, Queen Sugar*

At every funeral service, we served the deceased’s favorite foods. It was our way of honoring their memory and served as a reminder to all who grieved that they would continue to be remembered. We’d sit at long, crowded tables, sometimes outside, sometimes in the top room of the church and share stories.

We released doves, danced, lit incense, played music, held vigils, and sometimes spread their ashes across the sea. We carried the grief, while the pallbearers carried the body, ushering us in to begin. We put love notes, flowers, prayers, and herbs in the coffin to keep the dead company after they were put in the ground. We planted kisses on foreheads, held elders and widowers up when they could no longer stand.

With [stay at home orders](#) instituted all over the United States, as COVID-19 continues to leave devastation in its wake, the uncertainty of when or whether things will return to “normal” grows. But for those of us who are grieving family members, teachers, partners, and friends, that uncertainty isn’t just about when we can resume our lives. It’s also about how our collective grieving processes and practices have been fundamentally changed.

Most funeral companies have a limit of ten people for in-person services and once that number is reached, no other individuals can visit the body or sit inside. Gathering limitations have also increased the regularity in which families seek out cremation services. For services that have been held in church, attendees are encouraged to keep their hands to themselves and maintain at least a six feet distance—all outlined with tape on the church floors, to neither offer nor accept hugs, and use hand sanitizer to reduce the spread of transmission.

When Philly based writer Briyana Clarel lost their grandmother last month, they were concerned about traveling an hour away to New Jersey to say their goodbyes. The state of New Jersey had just declared a curfew a week earlier and Clarel [expected the bridge](#) to be closed. Though Clarel was able to visit their grandmother before she passed, their brother, who lives in San Francisco was not.

Clarel and several of their family members were under the assumption that they would be able to have their grandmother’s services in a church, but they didn’t get that opportunity. For ten minutes, Clarel and their family members were able to say their final goodbyes before being ushered out of the funeral home ten minutes later to follow CDC guidelines.

“Part of not having the funeral means it’s harder to not immediately have support. Friends and family can’t travel and be there for you. Over a week after my grandmother passed, I felt like I had to make a Facebook post about it, and I didn’t really know how to go about it,” Clarel tells ESSENCE.

# COVID-19 Has Changed The Way We Grieve And Honor Our Dead

(continued)



*On March 17th, 2020, the CDC urged funeral directors to limit visits and attendees at their sites in accordance with new gathering restrictions set to combat the novel coronavirus. They suggested directors and their staff offer to livestream homegoing services instead, Newsweek reports. One funeral director in particular waived his livestream fee of \$75 and is now offering the viewing for free.*

*Three senior women hugging each other in leafy house*

## Mourning In The Time Of COVID-19

Our grief is made bearable when we have the ability to gather, comfort and celebrate the lives of the folks we've lost. It's a ritual, ancient tradition and way of seeing, honoring and supporting each other. But when we don't have that, everything feels lonelier, less possible, more depressing. Mourners are now met with the challenge of honoring their loved ones remotely until previous guidelines are restored.

Before my cousin passed away last month, after her third and last battle with cancer, I wanted to fly there to be with her. I wanted to offer what comfort I could to her and her children. I wanted to ensure that she'd have the smoothest journey to the other side. But with the stay at home order from California governor Gavin Newsom—and the fact that I could be an asymptomatic carrier of COVID-19—I couldn't risk putting health care professionals, elder family members, and fellow travelers at risk. Everyday I wake up and ask myself if staying home was worth it.

Though the latest estimate for when we can gather to honor my cousin's life is this summer, it's becoming increasingly clear that we probably won't be able to do so even then. After speaking with my uncle, it's possible that we'll only be able to gather a dozen loved ones in the fall and livestream the services for everyone who is unable to attend—and our situation is not unique.

Performance consultant Staci Jordan Shelton, recently lost her beloved friend Brittany to a tragic zip lining accident in Mexico. Friends and family members put together a GoFundMe to help with travel costs and are desperately trying to get Brittany's body home to her mother in Cleveland, Ohio.

"It feels like our ability to grieve is being taken from us," Shelton tells ESSENCE. "That's a hard and sobering thing, to not be able to touch on the folks we love and those who've lost people. I don't know what to do with that."

In the midst of these new restrictions, opportunities to connect feel few and far between. But New Orleans band the Brass-a-Holics got together and recorded "I'll Fly Away" as an offering to folks who are grieving and aren't able to hold services. The song, which is traditionally played at Southern Baptist funerals, is an invitation for virtual remembrance. When I heard it, I cried, imagining myself near the water, surrounded by family and friends.

Though I don't believe virtual memorials can substitute for in person ones, hopefully they will offer some hope and reprieve from the collective loneliness and isolation we currently feel while grieving.

*ESSENCE is committed to bringing our audience the latest facts about COVID-19 (coronavirus). Our content team is closely monitoring the developing details surrounding the virus via official sources and health care experts, including the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC) and the Occupational Safety and Health Administration (OSHA). Please continue to refresh ESSENCE's informational hub for updates on COVID-19, as well as for tips on taking care of yourselves, your families and your communities.*

## OPINION: A BETTER IDEA FOR COLUMBUS STATUE'S SPOT IN BRIDGEPORT

By the Rev. Anthony L. Bennett and the Rev. Kathy A. Williamson

Published 11:17 am EDT, Friday, July 17, 2020

This past Tuesday evening, the majority of Bridgeport City Council members voted in favor of the recommendation to have the statue of Christopher Columbus returned to Seaside Park.

Mayor Joseph Ganim had previously directed the removal of the statue based on the recent protests, which included the demand that statues and symbols rooted in white supremacy be removed. While the debate over symbols may not carry the same priority as education, housing and public health, the mere fact that the Council took time, energy and political calculation in voting to return the statue of Columbus speaks to the recognition and importance of symbols in Bridgeport.

To be sure, greater weight should be given to the educational issues that organizations such as Faith Acts and other grassroots networks have brought to City Hall on behalf of children's welfare. And yet a part of their educational experience must include the reporting of accurate historical accounts. These symbols, whether on school buildings, in governmental agencies or lined in our city's parks, represent ideas that attribute to framing particular beliefs. It is our responsibility to ensure that these historical accounts are based in a factual depiction. There are those who desire to see Christopher Columbus from the lens of admiration, however an accurate historical investigation into his public leadership reveals his participation and complicity in slavery and genocide of Indigenous people.

There is a difference between celebrating a historic figure who has personal failures and one who is responsible for the killing of entire groups of people. Columbus' efforts to slaughter people for economic gain is the reality we must tell our children. The doctrine of discovery issued one year after his arrival to the Americas was a means to legitimize the theft of land occupied by an estimated 100 million Indigenous people. We must be clear that because of colonization and land acquisition, Indigenous people were deemed not a people at all. This created a system by which millions were murdered, their land stolen and thus began the revision of historical facts.

To this cause, we have retained historical monuments, named schools and erected symbols perpetuating a false narrative.

Perhaps there are ways in which members of the Italian community will choose to remember Christopher Columbus. Yet the community at large has a right to reject this notion of public admiration, especially in public erections of his image.

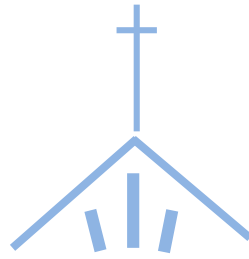
Over the past several weeks, tens of thousands of people from a variety of ages, stages and backgrounds have marched around this country to bring attention to police brutality, white supremacy and a subsequent demand to tear down historically intimidating images. These protesters realize the impact these images will have on present and future generations.

Specifically, the younger generations have led most of these efforts seeking to right the wrong of anti-Black and brown racism. From what we have observed, they will not be distracted.

For those who have voted to return the statue and have offered to erect a statue of Dr. Martin Luther King Jr., we suggest erecting statues of persons more connected to the era of Christopher Columbus and the transatlantic slave trade. We suggest Nat Turner who during his time of enslavement used physical force to seek his and other's freedom. He is a figure who facilitated a slave rebellion that is etched in American history. In addition to Nat Turner, consider erecting a statue of an Indigenous person who fought against the colonization imposed upon them by white occupiers.

If the Christopher Columbus statue returns, it should only be placed beside statues of men and women who resisted his brutal sense of progress. It is only when those statues stand together that they began to share a more truthful story of Americas birth.

*Anthony L. Bennett is lead pastor and Kathy A. Williamson is assistant pastor at Mount Aery Baptist Church in Bridgeport*



## **5 WAYS** **TO BE THE CHURCH** **WHEN CHURCH IS CANCELLED**

1. Support your Pastor, Elders, Deacons, whoever has to make the decisions.
2. Send in your tithes and offerings. Pushpay or Mail. Bills and salaries still need to be paid.
3. Check on your neighbors: elderly, sick, & parents whose children are out of school, who may be seeking childcare assistance.
4. Pray for your church family; make phone calls to disciples.
5. Practice Sabbath-- recognize that down time could be a gift; take advantage and spend time with your family.

## Grilled Corn on the Cob

Four servings



### Ingredients

4 ears of corn  
4 -6 tablespoons of butter (more if needed)  
Salt  
Pepper (optional)  
Aluminum foil

### Directions

Rip foil into eight ten-inch pieces  
(four if using heavy duty foil)  
Husk the corn and remove the corn silk  
Place the corn on the foil and spread the butter liberally on the corn  
Sprinkle with salt and pepper  
Wrap each piece of corn tightly in two pieces of foil.  
Place on the grill on medium high heat for 15-20 minutes  
Serve

# The CV-15

by Cathy Patton

If you are working from home, chances are your attire has only included business attire from the waist up and below either pajama bottoms, shorts, or leggings. Don't ask me why, but one day I decided to wear a real business outfit. The whole kit and caboodle, with a button blouse and zip up pants with shoes. Well, that did not go as planned.

Obviously, my clothes had shrunk. After all, they had not been worn in a couple of months, as they had no time to breath and get stretched out. Oh, and the air quality in my closet must have affected the fabric in my closet, resulting in making them a size smaller.

Just to be certain, it was all other reasons taking the focus away from me, I took the plunge, stepped-out on faith, dusted off the scale and.....

It would be easy to beat around the bush and give some background on how and why I regained weight I worked so hard to lose. I could also try and blame it on CV-19, being shut -in, bored, medication, etc. etc. The simple fact is, at least for me, I did this to myself by doing the exact opposite of what I teach in my workout sessions OH BOY!!!!!! My initial thoughts were of course shock, then I quickly moved to anger at myself because I know better, and then finally acceptance. Well now there was work to be done. Having worked with many clients transitioning to healthier eating habits, some decided to do a complete sweep of their kitchen and actually threw away food. They may not have been items really good for them, but there was no way I was throwing away good food.

Instead, I sat and did exactly what I tell everyone else to do, outlined my plan. My mother use to tell me "You can't start cooking in a dirty kitchen". Meaning before you can begin a process, you need to ensure you have all you need to complete the recipe, have the tools and clean work space in which to be productive.

**What did that mean for my health plan? It meant that I had to determine my end goal and then decide how was I going to get there.**

### **Establishing my goal**

Yes, it was to lose weight, but ultimately, it was to have sustainable overall good health. Goals should not be short lived, but ones that will have a beneficial impact on your lifestyle.

### **Determine action steps**

Everyone will have a different process here, however part of the plan should incorporate healthy eating and some form of daily exercise routine.

### **Make certain your plan is reasonable and attainable**

While I would love to lose all that I gained within 2 days, recognizing the weight had not been regained in 2 days made it understandable that losing ~~would take a little longer.~~ ~~I needed to~~ ..... establish an acceptable timeframe.

### **Implement a Reward System**

I am not certain what your plan is, but let's stay with my objective to lose weight. The worse thing I can do is get to the end of the week and reward my good eating habits by going out to dinner. A change in eating does not mean I can never go out to dinner, it just means that when I do I have to plan ahead.

Remember that reward to yourself, perhaps it is the purchase of new book you can read during your well-deserved *Me Time*. How about taking an On-line course that supports you through your journey.

### **Remember to be supportive of yourself.**

It was no joke seeing the numbers that appeared on my scale, but it helped me to recognize to be more mindful of the food choices I was making. It was not a time to beat myself up, but rather put into action a plan that would get me to where I wanted to be.

***Everyone please stay safe, wear your mask, and wash your hands!***



## Be Kind to Your Mind



### Tips to cope with stress during COVID-19

1. PAUSE. Breathe. Notice how you feel
2. TAKE BREAKS from COVID-19 content
3. MAKE TIME to sleep and exercise
4. REACH OUT and stay connected
5. SEEK HELP if overwhelmed or unsafe



ASSISTANCE

FREE ONLINE MENTAL HEALTH RESOURCES DURING THE CORONAVIRUS EPIDEMIC

FEELING ANXIOUS OR DEPRESSED? YOU ARE NOT ALONE!

Although in-person support groups are not meeting during the Covid-19 pandemic, you still have options to connect ONLINE through audio or videoconferencing. Check out the FREE options below. Be #coronastrong

- NEED TO CONNECT?**
- Talk to a peer at Soundview Warmline, 800-921-0359, daily from 5pm-10pm
  - Free forums & chats at [www.7cups.com](http://www.7cups.com)
  - Older adult check-in (Greenwich), 203-862-6700
  - Community Mindfulness Project (New Canaan), free meditation daily at 7am, 12n, 7pm: 857-799-9498

- SPECIALIZED SUPPORT GROUPS:**
- SMART Recovery videoconferences: Ages 18+, Tuesdays at 6; Teens, Wednesdays at 4; ; Family & Friends Thursdays at 6:30; Join at: [meetings.ringcentral.com/j/6651939516](https://meetings.ringcentral.com/j/6651939516)
  - Hearing Voices Network: Info: Skye at [scollins@advocacyunlimited.org](mailto:scollins@advocacyunlimited.org)

- SUPPORTS FOR YOUNG ADULTS?**
- CT's Young Adult Warmline:**
- Call 1-855-6-HOPENOW daily from 12pm-9pm. (Other times: call Patricia at 860-549-2435)
- NAMI Young Adult Connection**
- Community check-In, daily from 3:30-4:30pm. Info: Val at [vlpoutre@namict.org](mailto:vlpoutre@namict.org)

- IN A CRISIS?**
- Kids in Crisis: 203-327-KIDS
  - Text the Crisis Text Line at 741741
  - Call the National Suicide LifeLine at 800-273-TALK
  - Call The Trevor Project (LGBTQ support): 866-488-7386
  - Dial 2-1-1, select option 1 for CT's mobile crisis
  - Call 911 and ask for a Crisis Intervention Trained (CIT) officer

Find more resources and behavioral health treatment options at [www.thehubct.org/treatment](http://www.thehubct.org/treatment)





ASSISTANCE

 **SMART RECOVERY  
DURING COVID 19!**

**FEEL OVERWHELMED OR ANXIOUS?  
USING ALCOHOL & DRUGS TO COPE?**

*SMART Recovery peer groups help you develop self-management and coping skills to make positive changes in your life or help a loved one.*

**FREE online groups (audio or video) with facilitators right here in Southwest CT:**

- Ages 18 & up: Tuesdays, 6pm-7:30pm
- Teens: Wednesdays, 4pm-5:30pm
- Family & Friends: Thursdays, 6:30-8pm



<https://meetings.ringcentral.com/j/6651939516>  
*Click meeting link on thehubct.org/calendar*



Questions: Contact Amy at [oestreicher@thehubct.org](mailto:oestreicher@thehubct.org)  
Visit [TurningPointCT.org/smart](http://TurningPointCT.org/smart) or [TheHubCT.org/freepersupport](http://TheHubCT.org/freepersupport)





*"Stop the Spread"*

# COMMUNITY POP UP COVID-19 TESTING

## GET TESTED

COMMUNITY COVID-19 TESTING SITE  
MOUNT AERY BAPTIST CHURCH PARKING LOT  
73 FRANK STREET | BRIDGEPORT CT, 06604

**JULY 31**  
**AUGUST 4, 7, & 11**  
**9 AM-12 PM**  
PLEASE BRING PHOTO ID

**FREE!**  
**ALL WELCOMED**  
NO APPOINTMENT NEEDED



**NO REQUIREMENTS NEEDED. NO DOCTOR'S NOTE. NO INSURANCE. NO SYMPTOMS.**

# Homeschooling Black Children: This Is How (and Why!) This Mom Does It

By Rachel Garlinghouse

YOUTH SPEAK 



Homeschooling often evokes mental images of White ladies wearing long skirts with their hair badly permed. They drive big vans, carting their herd of children around town to places like the library. But today's average homeschooler is a far-cry from what many of us think of. You might be surprised to learn that many of today's homeschoolers are parents of Black children. ([This article from The Atlantic does a great job explaining the phenomenon of Black homeschooling.](#)) As a mom of three, I didn't really get why homeschooling Black children was important until I had an ah-ha moment.

It was an October day when my oldest daughter, then four, came home from her afternoon at preschool and excitedly reported that she had learned about [Dr. Martin Luther King, Jr.](#) at school. She had already learned about Dr. King here at home, and she was thrilled to have been familiar with him being mentioned at school. I did find it a bit odd considering most teachers don't introduce Dr. King until January.

A few weeks later, at teacher-parent conferences, I told the teacher how excited my daughter was that Dr. King was discussed in class. The teacher looked confused for a moment, and then pointed to a nearby display board featuring Martin Luther, the theologian who started the Protestant Reformation. Apparently, my daughter was so excited to simply hear "Martin Luther" that she failed to listen to the rest of the lesson.

[Black history](#) wasn't focused on at all that year, not even in February. I realized that if someone was going to teach my child her history as a Black person, it was going to fall on me.

The following year, my daughter started kindergarten, and I had higher hopes. My daughter's class did learn and recite a poem about Dr. King, and the teacher did spend a lot of time in February highlighting different individuals who had made a difference. However, as is the case in most public schools, the teachers were limited by district and state guidelines. There's an overbearing emphasis on state testing and meeting goals and standards. Art, music, PE, foreign language learning, and, of course, history (particularly anything beyond White history), were last in line in terms of importance and emphasis. Despite my daughter's teacher and her principal being Black women, their proverbial hands were tied. Black history was relegated to February.

This didn't and still doesn't sit well with me. As a former college teacher (of eight years), my Black students knew about as much about Black history as my White students: the people and events that were highlighted and glossed over throughout their public or private school educations. They knew a little about Dr. King, Rosa Parks, the Civil Rights Movement, and slavery. They might have read *To Kill a Mockingbird* or some of Maya Angelou's poetry. And they knew when Dr. King's birthday was, because most schools honor it by establishing a three-day weekend.

This made me incredibly sad. So many individuals and groups had put their lives on the line (some losing their lives) for the freedoms that my students and children have...yet my students, both Black and White, knew so little. I wanted my kids to have more. To know from a young age about past and present Black world-changers including artists, musicians, inventors, politicians, athletes.

After the Martin Luther incident, I unintentionally fell into homeschooling. When my oldest was in half-day kindergarten and my middle daughter was in part-time preschool, we'd spend each afternoon reading a few books, doing some workbook pages, listening to Black musicians, and memorizing Bible verses. They LOVED it. They begged me to homeschool on the days I was too tired or busy.

## Homeschooling Black Children: This Is How (and Why!) This Mom Does It (continued)

YOUTH SPEAK 

As a former college teacher, children's ministry leader, and writing camp teacher, I was no stranger to curriculum planning and teaching. It came naturally to me. And so it began. Homeschooling my children. And nine months into my adventure, a friend said, [put this in a book.](#)

[You NEED to write this book so I did.](#)

I'm often asked why I homeschool my kids part-time. The answers are that I want my kids to know their history as Black people, I want them to have racial pride and confidence, and I want to strengthen my bond with my children, letting them know that I am their first teacher. Homeschooling has also bonded my children to one another as they work cooperatively on a floor puzzle, explained a worksheet to the other, or giggled over a funny book I'm reading them. We have time to work through their learning struggles, move to more challenging work when they are ready (vs. when the entire class is ready in a school setting), and we can focus on the kids' interests.

My kids already know far more about Black history than some of my college students did. My girls have written letters to Ruby Bridges, thanking her for her bravery. They have created art featuring Dr. Mae Jemison, the first Black woman in space. We wrote a letter to President Obama and received a response that was over-the-moon exciting for my daughters. [We sent a letter and artwork of support to the first Black mayor of a small Missouri town \(who had most the police force quit when she was elected, allegedly because of her race\).](#) We read and talk about the most incredible books like *Underground* ([Shane Evans](#)), listen to incredible Black musicians like Ella Fitzgerald, and examine Black photography books like *Dark Girls* (Bill Duke). We talk about current events and past victories. We talk about struggles and triumphs.

We have watched Marian Anderson sing, Bree Newsome removing the Confederate flag, and listened to Dr. King's share his *I Have a Dream* speech. We've learned about Michaela DePrince, [Misty Copeland](#), [Serena Williams](#) and Venus Williams, Jamie Grace, Darius Rucker, Lecrae, [Mo'ne Davis](#), Oprah Winfrey, [Michelle Obama](#), Madame C.J. Walker, and many more.

In essence, I couldn't NOT write the book on Black homeschooling. In just a short year, my daughters taught me just as I was teaching them. We are just getting started! We absolutely love learning outside the "box" that society tries to put us in: a box that tries to limit learning Black history to a single month.



Rachel Garlinghouse is the author of [Come Rain or Come Shine: A White Parent's Guide to Adopting and Parenting Black Children.](#)

She mothers three children, all of whom were transracially and domestically adopted at birth. Rachel's written more than 70 articles and has appeared in *ESSENCE* magazine, on The Daily Drum National Radio Show, and on MSNBC's *Melissa Harris-Perry*. She blogs about all-things-adoption at [www.whitesugarbrownsugar.com](http://www.whitesugarbrownsugar.com).



# Bridgeport Public Schools

Students can visit any of the following Bridgeport Schools to pick up breakfast (8:30 – 9:30am) and lunch (11:30am – 12:30pm).

## **EMERGENCY FOOD SERVICE SITES**

BARNUM • BATALLA • BLACK ROCK • BLACKHAM • BRYANT  
 CLAYTOR • COLUMBUS • CROSS • CURIALE • HALL • HALLEN  
 HARDING • HOOKER • JOHNSON • MARIN • MULTICULTURAL  
 PARK CITY • READ • ROOSEVELT • TISDALE • WINTHROP

# Summer Word Search

Before you can finish Squigly's puzzle you will have to determine which words were hidden in the puzzle. To help you, Squigly has given you the first word of a longer word or word pair. Using the letter grid and your imagination try solving the puzzle.

- Beach \_\_\_\_\_
- Boat \_\_\_\_\_
- Camp \_\_\_\_\_
- Fire \_\_\_\_\_
- Fishing \_\_\_\_\_
- Life \_\_\_\_\_
- Life \_\_\_\_\_
- Marsh \_\_\_\_\_
- Rest \_\_\_\_\_
- Sand \_\_\_\_\_
- Sleeping \_\_\_\_\_
- Speed \_\_\_\_\_
- Sun \_\_\_\_\_
- Surf \_\_\_\_\_
- Swim \_\_\_\_\_
- Tackle \_\_\_\_\_
- Truck \_\_\_\_\_
- Volley \_\_\_\_\_

W	E	S	P	E	E	D	L	I	M	I	T	R	H	F
L	O	R	O	L	L	A	B	Y	E	L	L	O	V	I
I	Z	L	I	B	O	A	T	H	O	U	S	E	X	S
F	K	R	L	F	S	U	R	F	B	O	A	R	D	H
E	P	F	S	A	P	F	I	R	E	P	I	T	G	I
J	E	X	U	T	M	M	F	W	V	P	W	A	A	N
A	L	X	N	I	X	H	A	B	E	B	B	K	B	G
C	T	O	S	U	D	A	S	C	E	G	L	V	D	R
K	S	B	C	S	K	Q	P	R	N	Y	S	I	D	O
E	A	E	R	M	S	J	A	I	A	P	Z	S	J	D
T	C	L	E	I	R	C	P	T	Q	M	L	P	I	T
J	D	K	E	W	R	E	R	E	S	T	S	T	O	P
D	N	C	N	S	E	P	O	T	S	K	C	U	R	T
P	A	A	Q	L	L	I	F	E	G	U	A	R	D	Z
J	S	T	S	B	E	A	C	H	B	A	L	L	P	T



[www.SquiglysPlayhouse.com](http://www.SquiglysPlayhouse.com)





# Church Maze



[www.SquiglysPlayhouse.com](http://www.SquiglysPlayhouse.com)



## Thanks for the Blessings

To the Sisters at the Well, coming out on a Sunday morning to do a Sunday Service. What a surprise!!!

To the Clerk at Trader Joe's Food Market who paid for my food that I was going to purchase. I thank Carol Carter Mims for taking me there.

To each and everyone who called to check on me, especially Jaden and Keyshawn.

Out of all the bad things that happen, there is so much good that comes from caring people. I pray for each and everyone who took the time to care enough to call me.

I could tell the World about this...I could tell the Nation...I've been blessed being a member of Mt. Aery Baptist Church, a caring church membership.

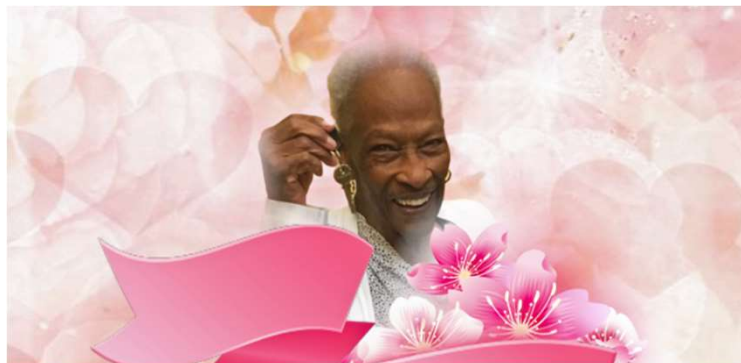
Mrs. Edith 'Nana' Brown





Thank you to all who came out on Sunday Morning to Bless me. It warms my heart knowing of the support I have in these times. I am grateful to be apart of a caring church family such as this. Keep doing what you are doing and may God continue to Bless each and everyone of you along with your family.

*Mother Macey*



# COVID-19: How To Support Elders Without Putting Them At Risk

G.R.A.C.E. 

by Amber Butts – March 17, 2020, March 19, 2020

Now is the time for us to support our elders by not putting them even more at risk of contracting COVID-19.



COVID-19 is disproportionately impacting elderly, pregnant and immunocompromised people and individuals with preexisting health conditions. For elders over the age of 80, the case fatality rate after testing positive for COVID-19 is 15 percent. For the critically ill, that percentage increases to 49 percent. There are currently no COVID-19 deaths reported for pregnant people.

With elders having the highest fatality rate thus far in this pandemic, limiting their exposure is a necessary measure to ensure survival rates in this beloved and vulnerable population. However, the challenge of not being able to physically and emotionally connect with our loved ones can also have detrimental effects on their health.

Now is the time for us to support our elders by not putting them even more at risk of contracting COVID-19. We can do so by getting creative in our interactions and by centering joy, play and laughter rather than panic, scarcity and fear. When we respond to this pandemic with fear, it impacts our immune system's ability to fight off antigens, making us more susceptible to infection and contagion.

## Here are few things we can do to maintain these connections with our elders:

- Calling elders regularly and checking in to see how they are doing. Ask about their neighbors and if there is a community response to COVID-19.
- Ask what's on their minds and what ways they've seen people get creative in showing up for one another. What do they need and do they have their physician's contact information? Do they know how to reach them if they should exhibit symptoms?
- Check in about what supplies—emergency kits, food and so on—they may have, but do so without moving them toward panic. Do they have a plan if they need to stay home for a few weeks and/or who are their emergency contacts?
- Listen to their stories and ask them about their lives. They might become disoriented during the call and that is okay.
- If the elder is in a nursing facility, familiarize yourself with the staff and protocols by calling in and asking what they're doing to prevent the spread of COVID-19.
  - Ask if they have any suggestions or insight into how the elder would like to be engaged with.
- **Do not go visit them.** This is a hard but necessary boundary. Younger folks may not exhibit any symptoms but are often carriers for the virus and could pass it on to elders, staff and health professionals.
  - This can be fatal for them, so it's necessary to stay away.
- With diligence and love, we can all do our part to protect elders during these uncertain times.

# WORD SEARCH

by Deacon Kathy Tabb-Small

G.R.A.C.E. 

## LEAD US TO THE LIGHTHOUSE

H E S A T J R N B R B Q L F I G S V P R  
S C I P H J O A A U W D S Y N S S P S O  
A N W K L C F D W R X Z X I N T O O H B  
L A X O A E I K E B J N N E O I C F I W  
F I F E L A N M B S M R G H I F E L N I  
S L B M T L M D N S O W X Q T M R M E V  
S L W E R I O M O M P J R E A M A M C S  
Z I L A L H A F B R K D J L N O L W Z L  
A R Y G R E N R E T N A L K I T G V E I  
R B X C B N C Z E F U O B R M O Q R P F  
T Y V N Z T I Z L Q E B W A U W K C U P  
U O U B Q V A N D I M L O P L E Q H F S  
L S R C L L J T G T G A L S L R D I T E  
O O S C B O D A T G T H G H I A M E Z K  
P D B E H E S I R N U S T G Y P S C V H  
R I K W U A A Q P A E W C L N A D Y C A  
H O H D G S I D U N Q H M E L D R F P Q  
D O P S U L O A L G D N N A O Y K G N X  
E D J Y M K K V E K D M V M L E A D S X  
S H E E N M F X R N I B Y Q L J B H Q V

BEACON

BLAZE

BRILLIANCE

FLASH

FOLLOW

GLARE

GLEAM

GLIMMER

GLOW

ILLUMINATION

LANTERN

LEAD

LIGHT

MORNING

RADIATE

RAY

SHEEN

SHINE

SHIP

SPARKLE

SPLENDOR

SUNBEAM

SUNRISE

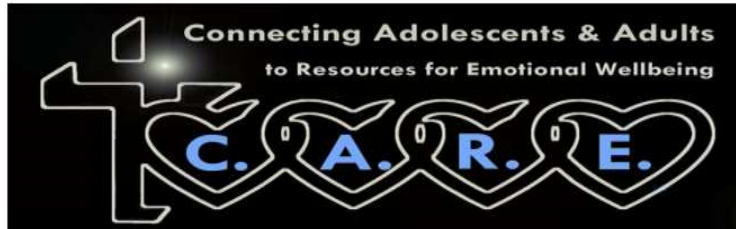
TORCH

TOWER

WARNING

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## ZOOM SESSIONS FALL 2020



**MOUNT AERY BAPTIST CHURCH**

**The C.A.R.E. Ministry presents Community Conversations**  
September – November 2020, Tuesdays 6:30-8:00 p.m. via Zoom

September 2<sup>nd</sup> and September 9<sup>th</sup>

Home Ownership – Deacon Jackie Seawright

September 16<sup>th</sup> and September 23<sup>rd</sup>

Money Smart/Financial Freedom – Sis. Michele Bryant-Perkins

October 6<sup>th</sup> and October 13<sup>th</sup>

Life Insurance/Death Planning Care – Bro. Carey Wilson

October 20<sup>th</sup> and October 27<sup>th</sup>

State of The House: Community Consciousness – TBD

November 10<sup>th</sup> and November 17<sup>th</sup>

Mental Health: Covid-19 Grief, Loss and Trauma – Joanne Jennings, JD

***\*\*Registration required. More details to come.***

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## C.A.R.E. MINISTRY



MOUNT AERY CARE MINISTRY PRESENTS  
A NIGHT OF FUN AND LAUGHTER:

DATE: SATURDAY, AUGUST 22, 2020

TIME: 5PM-6:30PM

HOSTED BY: KIM LEE & TRACEY JEANBAPTISTE

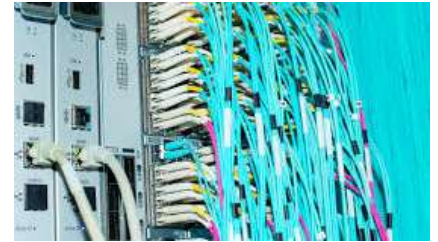
RSVP BY FRIDAY, AUGUST 14, 2020 TO

TRACEYJEANBAPTISTE0@GMAIL.COM

**Namaste Brothers and Sisters!**

**The major goal of the MABC Security Team is to provide a safe environment for you and your family here at The Mount. This starts with keeping you informed, but remember, security is everyone's responsibility. In this installment, we will cover, Tips for Remote Working & Distance Learning During COVID-19.**

## SECURITY CORNER by Deacon Henry Smalls, Jr.



*We have been through a few phases of reopening so far, but many have not yet returned to the office and students may still be working online a few days a week when school does re-open. Here are a few tips on how to protect employees and students while working on their laptops and other personal devices. Hope you find these tips informative and useful.*

### **Cybersecurity Tips for Remote Working & Learning During COVID-19**

*Cybersecurity is essential as more employees and students are working remotely as a result of the COVID-19 coronavirus. Teleworking and distance learning comes with the added responsibility of taking the appropriate steps to protect your organization's data while being connected online.*

*Keep these tips in mind:*

- *Know your organization's telework policies. This includes when and where it is acceptable to work away from the office as well as any security measures or best practices.*
- *Use only devices approved by your organization. Avoid using personal computers, tablets and cellphones – as well as those shared with others – to work.*
- *Use VPN when necessary. Virtual Private Networks, which provide secure direct connections to your organization's computer network, might be necessary when accessing files, working with sensitive information or using certain websites. If you don't have VPN on your device, contact your company's helpdesk to see if it's available.*
- *Update your router's software. Home routers should be updated to the most current software and secured with a lengthy, unique passphrase.*
- *Think before you click. Avoid downloading or clicking on unknown links in emails. If you aren't sure if you should, call the sender first. Hackers often use fake websites to trick you into giving sensitive information or to install malware onto your device. Get more tips.*
- *Guard your devices. If your organization allows you to work elsewhere from your home, never leave your laptop, tablet or cellphone – including any USB or external storage devices – unattended. Avoid entering passwords where others can see.*
- *Create strong passwords. Be sure they include a mix of upper and lowercase letters, numbers and symbols. Make them difficult enough that someone can't guess them.*
- *Don't share passwords online. If you must share log-in information with a coworker, call them with the details instead of sending via email, text or instant message.*
- *Use two-factor authentication. Although it can be inconvenient, two-factor authentication, if available, provides an extra layer of security to keep hackers from accessing accounts.*
- *Encrypt your email. Some data and information might need to be encrypted before sending it electronically. This might also include information that you might otherwise share in a conversation if you were at the office.*
- *Update your devices. If you are using a personal device that's been approved for teleworking, be sure that it is running the most current operating system and that your web browsers and other applications are also up to date. Also, be sure you are running an up-to-date and modern anti-virus software solution. Updates include important changes that improve the performance and security of your devices. (Get help securing your devices.)*
- *Contact your IT help desk. If you need technical support, contact your organization's IT department. Don't try to fix technical issues yourself.*



## Advice for Organizations

As organizations explore various alternate workplace options, the U.S. Department of Homeland Security's Cybersecurity and Infrastructure Security Agency recommends examining the security of IT systems by taking the following steps:



- *Secure systems that enable remote access.*
  - *Ensure that virtual private network and other remote access systems are fully patched.*
  - *Enhance system monitoring to receive early detection and alerts on abnormal activity.*
  - *Implement multi-factor authentication.*
  - *Ensure all machines have properly configured firewalls as anti-malware and intrusion prevention software installed.*
- *Test remote access solutions capacity, and if needed, increase capacity.*
- *Ensure continuity of operations plans or business continuity plans are up to date.*
- *Increase awareness of IT support mechanisms for employees who work remotely.*
- *Update incident response plans to consider workforce changes in a distributed environment.*



## SAVE for Emergencies

**Research shows that low-income families with at least \$500 in an emergency fund were better off financially than moderate-income families with less than this amount. Yet most Americans don't have enough savings to cover an unexpected emergency.**

### **What is an emergency savings fund?**

An emergency savings fund consists of at least \$500, usually in a savings account that you do not have easy access to. Saving for this fund starts with small, regularly scheduled automatic contributions that build up over time.

### **Why should you start saving for emergencies?**

Maintaining an emergency savings account may be the most important difference between those who manage to stay afloat and those who sink in debt. It also gives you peace of mind knowing that you can afford to pay unexpected expenses. That's because keeping \$500 to \$1,000 of savings for emergencies can allow you to easily meet unexpected financial challenges such as repairing the brakes on your car or replacing a broken window in your house.

Not having emergency savings is one of the reasons many individuals borrow too much money, resort to high-cost loans, or increase their credit card balances to high levels.

### **How should you build your emergency savings?**

The easiest and most effective way to save is automatically. This is how millions of Americans save. Your bank or credit union can help you set up automatic savings by transferring a fixed amount from your checking account to a savings account.

### **Where should you keep your emergency savings?**

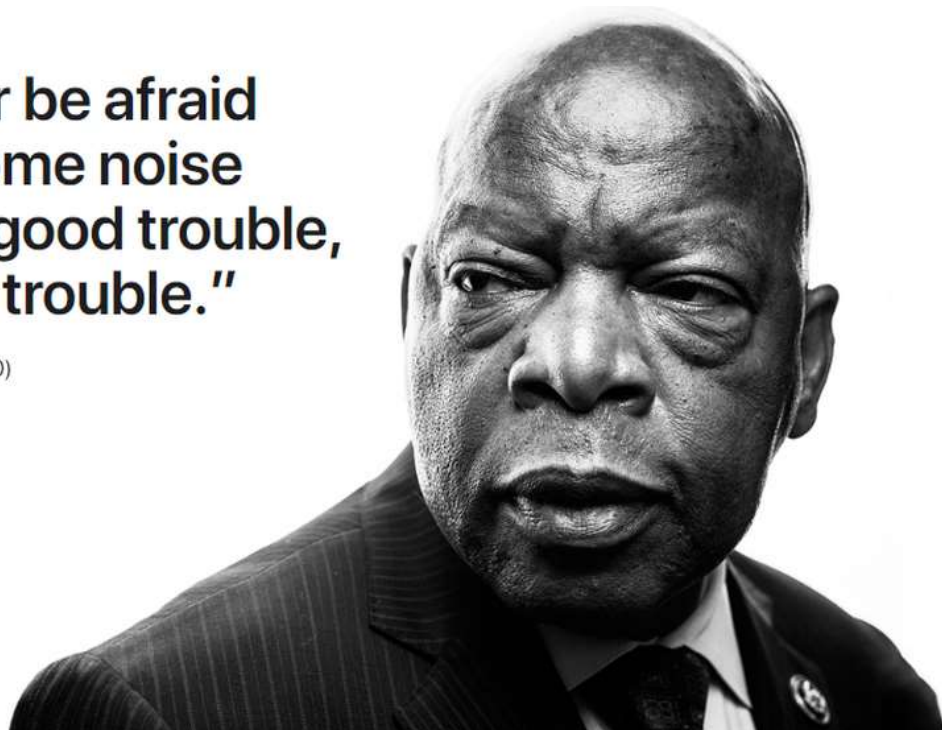
It's usually best to keep emergency savings in a bank or credit union savings account. These types of accounts offer easier access to your money than certificates of deposit, U.S. Savings Bonds, or mutual funds. Though these are useful tools for long-term saving, they are not ideal for an emergency fund that you may need access to more quickly. But not too quickly! Keeping your money in a savings account makes it much less likely that you will use these savings to pay for everyday, non-emergency expenses. Out of sight, out of mind. That's why it is usually a mistake to keep your emergency fund in a checking account. The idea is to save 3 to 6 months, or more if possible just in case an emergency should happen.

This is not the perfect format, and it is much harder than people think to save money and not touch it. There is no harm in trying to save whatever you can. There can only be a win, win situation.



**“Never, ever be afraid  
to make some noise  
and get in good trouble,  
necessary trouble.”**

Rep. John Lewis (1940-2020)





# BIRTHDAYS

## August

### August 1st

Blackwell, Patrice  
 Bohannon, Henry  
 Caribe, Bonnie  
 Hill Hopkins McCall, Bernadette  
 Holden, Emma  
 Smith, Artent  
 Vermont, Terence

### August 2nd

Bloschichak, Deandra  
 Feaster, Amira  
 Lumpkin, Jeffrey  
 Murphy, Lois  
 Powell, Rochelle  
 Slade, Keith  
 Spearman, Lynda

### August 3rd

Carther, Anthony  
 Cesar, Alain  
 Gary, Soraya  
 Myers, Frances  
 Perez, Elizabeth  
 Perry, Leonard  
 Ruffin, Dametrius  
 Sanon, Caroline  
 Santos, Dwayne

### August 4th

Durrah, Robert  
 Jones, Lindsey  
 Lee, Henry  
 Plata, Julena  
 Rankin, Lisa  
 Roundtree, Shamoni Laraye  
 Simmons, Sonya  
 Warren, Terence

### August 5th

Baptista Dix, Frances  
 Bass, Gloria  
 Bevel, JeRel  
 Campbell, Rosa  
 Dempsey, Dontay  
 Hall, Shawna  
 Jones, Tykeem  
 Myrie, Adrian  
 Pettway, Ryan

### August 6th

Alvarez, Danielle  
 Dickey, Nicole  
 Hodges, Lonnie  
 Holmes, Naomi  
 Jackson, Loretta  
 Lamar, Quinne  
 Oquendo, Crystal  
 Shephard, Shannon

### August 7th

Berry, Patricia  
 Bush, Jessica  
 Dewitt-Smith, Janet  
 Hayes, Willie  
 James, Tina Marie  
 Studivant, Bernadine  
 Tate, Tonya  
 Taylor, Tiffany  
 Tucker, Velva

### August 8th

Baker, Carolyn  
 Boahen, Stephen  
 Combs, Catherine  
 JeanBaptiste, Jazmin  
 Spillman, Guy  
 West, Rashiydaa

### August 9th

Blackwell, Grace  
 Dewitt-Smith, William  
 Goodwin, Ninoshka  
 Jones, Samuel  
 LaRose, Terrence  
 Maxwell, Eugene  
 Nichols-Rhoden, Lynette

### August 10th

Allen, Lacy  
 Bendolph, Genesis  
 Daniels, Freddy  
 Dixon, Quinnette  
 Fulton, Nancy  
 Grace, Jr, James  
 Graves, Marquisha  
 Parker, Tina  
 Pettway, Joe  
 Reynolds, Byron  
 Williams, Ella June

### August 11th

Bracey, Lisa  
 Chest, Debra  
 Estrada, Nelly  
 Horton, Linard  
 McMillan, Henry  
 Robinson-Turner, Loretta  
 Thompson, Petrelle'  
 Washington, LaTonya  
 Whittington, Karen  
 Williams, Dwan  
 Wilson, Mark

### August 12th

Batson, Manuel  
 Desrouilleres, Stacy  
 Gardner, Glover  
 Kennedy, Inell  
 Lamar, Senetta  
 Moore, Gregory  
 Powell, Iasia  
 August 13th  
 Brown, James  
 Dalrymple, Damian  
 Gant, Gayle  
 Johnson, Carla  
 Pettway, Dennis  
 Riddick, Chakena  
 Scales, Isaac  
 Walker, Janet

### August 14th

Abdul-Karim, Samira  
 Boyd, William  
 Cannady, Carol  
 Ely, Ruby  
 Evans, Michael  
 Hopkins, Brianna  
 Hutchinson, Raquel  
 Lemdon, Mable  
 Shaner, Michelle  
 Sherrod, Twana  
 Upchurch, Jerry

### August 15th

Bradley, James  
 Gathers, Devoria  
 Hamilton, Carlton  
 Hopkins, Eric  
 Lazarus, Theresa  
 Springer, Teagan  
 Upchurch, Harold

### August 16th

Brown, Ma'Khi  
 Grisby, Lee  
 Livingstone, Dolores  
 Miller, LaShalle  
 Spearman, Glenn

### August 17th

JeanBaptiste, Julian  
 Johnson, Chamya  
 Johnson, Chanea  
 Jones, Lyle  
 Norris, Joseph  
 Rayell, Akiam  
 Romero, Robin  
 Santiago, Angelica  
 Vazquez, Crucito  
 Whitaker, Shanta

### August 18th

Boyd, Joan  
 Cruz, Desiree  
 Hawthorne, Marvin  
 Holloway, Fern  
 Steele, Rodney

### August 19th

Allen, Toquirah  
 Danso, Kwabena (NaNa)  
 Ebron, Crystale  
 Fenwick, Victoria  
 Jordan, Sarita  
 Lawhorn, Kendall  
 Lewis, Michelle

### August 20th

Hawkins, Barbara  
 Laws, Shalishea  
 Lowe, Jonathan  
 Pettway, Patricia  
 Proctor, Joseph  
 Raines, Grover  
 Williams, Adrienne

### August 21st

Blackwell, Monique  
 Blaine, Elnora  
 Commodore, LaShonda  
 Ebron, Lorraine  
 Godfrey, Venus  
 Moraes, Tyler  
 Moye, Renee  
 Smith, Emajai  
 Watson, Marsha  
 Williams, Patricia

### August 22nd

Hardison, Stephanie  
 Jackson, Kenneth  
 Mooney, Kayloni  
 Thomas, Joshua

### August 23rd

Abraham, Jazmine  
 Baker, Andre  
 Cotter, Doreen  
 Jackson, April  
 Rogers, Clara  
 Rogers, Wanda  
 Royster, Ivy

### August 24th

Bethune, Elijah  
 Gardner, Trendon  
 Gray, Kevin  
 Harrell, Sarah  
 Higgins, Justin  
 Santiago, Emily

### August 25th

Brown, Tinerra  
 Hanna, Vickie  
 Jones, Glenda  
 Marrow, Evelyn  
 Murray, Malcom  
 Williams, Ronald  
 Wilson, Vincent

### August 26th

Dennis, Kathie  
 DeVane, Edward  
 Ebron, Shelby  
 Hudson, Curtis  
 Jackson, Walter  
 Johnson, Otis  
 Jones, Maxine  
 LaRose, Timothy  
 Parker-Ervin, Latoya  
 Wells, Desirae  
 Williams, James

### August 27th

Anderson, Brooke  
 Badgett, Quamisha  
 Brown, Twanjuri  
 Forney, Kiesha  
 Lee, Ryan  
 Paul, Shamika  
 Pryor-Davis, Janisha  
 Randolph, George  
 Vann-Dennis, Justine

### August 28th

Blanding, Regina  
 Jones, Teresa  
 Patterson, Gail  
 Stanley, Chyna  
 Vermont, Regina  
 Wallace, Shirlene  
 Wray, Juliet

### August 29th

Dyer, Carmen  
 Gautier, Edith  
 Goodwin, Roderick  
 Hart, Latoya  
 Higgins, Clive  
 Pettway, Nyeshia  
 Pierre, Ketteline  
 Rawls, Alfreda  
 Stewart, Charles  
 Vermont, Jada

### August 30th

Barr, Audrey  
 Booker, Gwendolyn  
 Bush, Andrea  
 Charles, Shawn  
 Craddock, Allison  
 Gardner, Germar T.  
 Harrison, Anthony  
 Miller, Bernetha  
 Myrick, Antonio  
 Pryce, Michael  
 Smith, Jordan  
 Thomas, Joyce

### August 31st

Combs-Baldwin, Gaye  
 Fleming, Kieth  
 Freeman, Kazmain  
 Kingwood, Jocelyn  
 Richardson, Joseph  
 Tuck, Tanjala  
 Wilson, Cecelia



**COVID-19 PREVENTION**

**ACTIVITIES  
TEMPORARILY  
CANCELLED  
UNTIL FURTHER NOTICE**

**SUNDAY WORSHIP 9:30 AM  
VIA FACEBOOK LIVE & LIVE STREAM**

**BIBLE STUDY WEDNESDAYS 12 NOON  
VIA FACEBOOK LIVE & LIVE STREAM**

**LIKE US ON FACEBOOK  
FOR ALL UPDATES &  
LIVE VIDEOS**



**MOUNT AERY BAPTIST CHURCH**

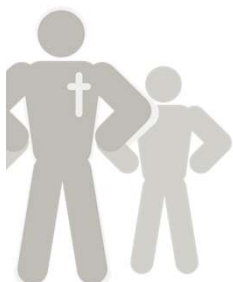


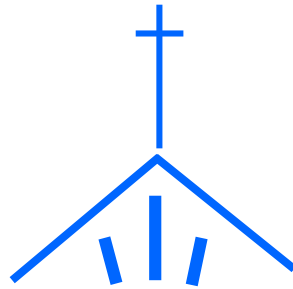
To ensure the church remains financially sound, please continue in your giving via PUSHPAY or

Mail checks to:  
73 Frank Street  
Bridgeport, CT 06604



**WWW.MTAERYBAPTIST.ORG**





**For those who are unable to watch LIVE,  
You can call into the prayer line at 9:30 a.m.  
on Sundays to hear Pastor Bennett preach**

**And at 12:00 noon on Wednesdays  
tune into Bible Study at**

**319-527-3510  
Access Code:111933#**

Please remember to mute your phone once you join the line by pressing the mute button, or if you don't have a mute button, please press the symbol \* and the number 6. Muting your phone cancels out any background noises.

**Thank you and God Bless!**

# AUGUST 2020 - DISCIPLESHIP THROUGH THE PANDEMIC AND BEYOND

## Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 8/1/2020 through 8/31/2020. Conference Dial-in Number: 319-527-3510, Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. To playback prayer: 319-527-3516, access code is 111933#. This is not a toll free call, Long Distance Charges May Apply. Note: Do not announce yourself if you call after 6:58am. Please mute your phone so that prayer will not be disturbed. Habakkuk 2:2-3 NIV. Reference number for August 1, 2020 is 3129#

S U N	M O N	T U E	W E D	T H U	F R I	S A T	
						1 Philippians 4:7 Pastor Bennett	
2 Luke 6:12 Sis. Barnes	3 Luke 9:18 Sis. G. Williams	4 Luke 11:1 Sis. Alston	5 Matthew 6:21 Sis. Thompson-Bennett	6 Leviticus 27:30 Rev. Sherwood	7 Deut. 14:22 Deacon Gardner	8 2 Chronicles 31:12 Sis. Smith	
9 Philippians 4:10 Sis. Simmons	10 Psalm 100:4 Pastor Williamson	11 Malachi 3:10 Deacon Paul	12 Psalm 147:1 Deacon Gist	13 Psalm 33:1 Bro. Cummings	14 1 Corin. 14:40 Deacon Smith	15 Ephesians 6:15 Rev. Tucker	
16 Colossians 2:6 Min. Langley	17 1 Peter 2:2 Sis. Alston	18 Ephesians 6:12 Sis. Crosby	19 2 Thess. 2:16-17 Pastor Boissiere	20 1 Corin. 11:1 Deacon P. Jackson	21 Isaiah 41:3 Bro. Easley	22 Psalm 10:17 Deacon Vermont	
23 Titus 2:7 Bro. White	24 Isaiah 25:1 Sis. Ellis	25 Hebrews 11:1 Rev. Walton	26 Luke 6:48 Deacon Hurst	27 Romans 15:20 Bro. Newton	28 1 Corin. 3:10 Min. Langley	29 Ephesians 2:20 Deac. J. Seawright	
30 1 Timothy 6:19 Deacon Adetona	31 2 Timothy 2:19 Deacon A. Febres	<b>ON JESUS CHRIST THE ROCK WE STAND</b>					
<b>STANDING ON THE PROMISES</b>							