

# MESSAGE FROM THE MOUNT

# MFTM

"To the graduating class of seniors—and our future leaders—the power you hold to shape this world toward a more prosperous and equitable future is now in your hands."

-President Barack Obama



#GraduateTogether



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**Mount Aery Baptist Church**

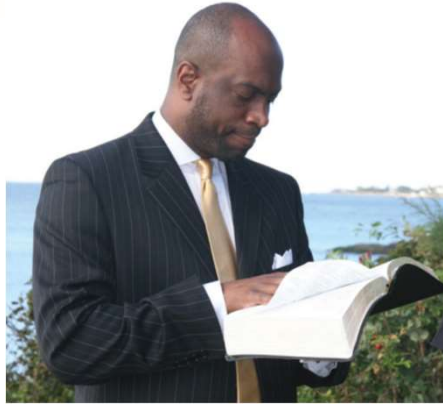
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Church Office: 203.334.2757

www.mtaerybaptist.org

# Pastor's Pen



Namaste My Brothers and Sisters in Christ,

We are grateful for another day to breathe God's air. I'm also delighted to communicate with you via Message from the Mount. Let me thank all of the contributors and coordinators of this powerful tool of information and inspiration that I pray will also inspire you to stay connected to our community of faith.

And connection is definitely what we need in the times of COVID-19. I'm sure many of you are like me, Donna, Ahmad and Nylah. You are doing the best you can in the midst of the circumstance. Admittedly, some days are better than others and some days fantasies of being in some distant place free from the virus can occupy our minds and spirits.

Yet the reality is that we find ourselves in these challenging times. However, we are not a people without help and hope. Both are found through our relationship with God, our refuge and sustainer. God's divine presence will give us the wisdom, strength and power we need to walk with our heads up in the midst of this pandemic.

I encourage you, as challenging as it may be, to never give in and never give out. I cannot tell you when nor how but our history and faith reminds us that eventually, a change is going to come. Be encouraged.

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

## What's Next?

## IMPORTANT DATES ✓



*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.*

**Church Van Transportation** If you need a ride to either the 8:30 AM or 11:00 AM Sunday Worship Service, contact Ada Allen at 203-368-4919 by Friday of that week.

***If worship or any other activity of the church is cancelled or delayed due to inclement weather***, you can receive notification via email and text by registering at [www.ctweather.com](http://www.ctweather.com). You will also be able to receive notification via Channel 8, Channel 12 and WICC 600am. We will send out e-blasts as well. If you aren't already receiving e-blasts, please submit your email address in the church office or through our website: [www.mtaerybaptist.org](http://www.mtaerybaptist.org).

## ANNOUNCEMENTS

**Message from the Mount** is seeking help with the printing of the MFTM and assisting in the print center. We will train. Please contact Deacon Henry Smalls if you have any questions and are willing to assist.

**Our Strategic Planning Team** is ministering through social service by serving breakfast at the Merton House once per month. They are expanding this effort by serving every 2<sup>nd</sup> Saturday. **WE NEED YOUR HELP!** If you are interested in participating, please see Karen Whittington or leave your information in the church office.

**Chosen Generation** is inviting everyone from the ages of 13-27 to join this youth and young adult choir. Please see Sister Magnolia Barnes with your interest.

**The Music Ministry is seeking** youth (3-17) and young adults (18-30) to share their gifts through musical expression. See Magnolia Barnes or LaWanda Black or leave your information in the church office.

**Generation Next Youth Ministry** is calling all youth ages 3-18. Youth Church will be held every 2<sup>nd</sup> and 3<sup>rd</sup> Sunday. Please see any youth leader for more information!

Here's an exciting way to join in worship with us. Simply visiting our website at [mtaerybaptist.org](http://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 Lee & L. Febres.

### **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
- **Monitors in the Sanctuary**
  - Send information to [media@mtaerybaptist.org](mailto:media@mtaerybaptist.org) by Wednesday before the Sunday you want the announcement
  - Please make sure that your announcement is in PowerPoint format. *If announcements are not received by the due dates they may be omitted or placed in the next edition.*

### **No Pork on Church Property**

- **For health, healing and sensitivity for those with health conditions**, no pork is to be brought on church premises (i.e. ministry affairs and/or catering).

### **No Food or Beverage in the Sanctuary**

- Please, please, please, do not bring food or beverages into the sanctuary. Parents, please feed infants and toddlers in the Wilson Hall or the Bass Hall. It is everyone's responsibility to be good stewards of the building that God has blessed us with. If you see anyone not being responsible, please get an Usher or a Deacon to handle the situation. Thank you.

### **Parents**

- While you are in worship, your children should be in worship next to you, unless Youth Church is in session. The Quiet Room is for parents with infants only. Please keep your children with you at all times.

**Lost and Found** – Several pairs of glasses, sunglasses, bibles and other lost items are in the church office. If you have lost anything, please check the church office. Items may be given away if left any longer. Thank you.

## 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 Bazelias	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	Sandra Simpson
Willie Freeman	William Henry Sims Sr.
Leonard Grace	Linda Suggs
Deacon Minnie Grant	Herb Sutton
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*

### Eunice Roundtree

*Shady Knolls Health Center, 41 Skokorat St. Seymour, CT 06483*

### Paula Watkins

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

### Jenna Simmons

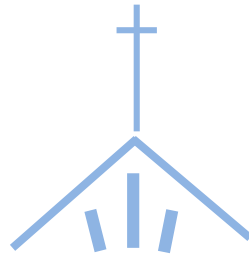
*Westchester Medical Center, 100 Woods Road, 2<sup>nd</sup> floor, Valhalla, NY 10595*

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



- Shukriyyah Hasan and family on the loss of her husband.
- The White and Anderson family on the loss of their niece.
- Eva Gardner and family on the loss of her aunt, Bessie Jenkins.
- Rematha Earley and family on the loss of her son, Maurice Earley.
- Lisa Peeler and family on the loss of her mother.
- Barbara Baldwin and family on the loss of her mother.
- Samantha Sims and family on the loss of her husband.
- Elder Damien Connors on the loss of his father.
- The McIntosh, Hunter, and Long family on the loss of Lemmie McIntosh.
- Deacon Jackie Seawright, Renecia Jones and Dionne Carr on the loss of their grandfather, Bishop Willie J. Carr, Sr.
- Terry Walden and family on the loss of his mother, Charlena Walden.
- Andrea Barge and Deacon Nieja Jackson on the loss of their brother and cousin, Erik Barge.
- Deacon Donald Smith on the loss of his cousin.
- Thelma & Angela Carr and Delores Walker on the loss of their father, Bishop Willie J. Carr, Sr.
- Mildred Dyer and family on the loss of her sister, Ernestine Ruff.
- Alice Hanna and Audrey and Richard Barr on the loss of their Aunt in South Carolina.
- Deacon Dan & Gregory Gardner, on the loss of their Uncle, Henry Gardner, in Chicago.
- Donna Brooks and family on the loss of her sister-in-law, Marlene Thompson.
- Ernest Newton and the Brown family on the loss of his aunt in North Carolina.
- The Kennedy, Irby, Younger and Pettway families on the loss of Pennie Irby Younger.





## **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.



## 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.*







CHILD MIND<sup>®</sup>  
INSTITUTE

## Helping parents through COVID-19 and beyond

During the coronavirus crisis, the Child Mind Institute is here to support the mental and emotional health of children. By sharing inspiring video testimonials from public figures and providing practical resources and support, we can help kids and families stay healthy and well. That's how #WeThriveInside. Learn more at [childmind.org/wethriveinside](https://childmind.org/wethriveinside).

Here are some tips to help you and your family thrive despite the challenges.

### Managing your stress

- Cut yourself some slack!** Remind yourself that there's no playbook for what we're going through. Between work, childcare and everything else, you may be juggling impossible demands. Being kind to yourself helps you stay calm and frees up the bandwidth you need to take good care of yourself and your family.
- Be smart about what you're reading and watching.** Consider putting a limit on the amount of news about the coronavirus you consume each day. If your social feeds are making you anxious, take a break, and focus on accounts that are calming.
- Set achievable goals.** Give up those unrealistic expectations for what you (and your kids) can achieve in this stressful time. Enjoy your successes each day, no matter how small.
- Practice mindfulness and self-care.** Focusing on what you're doing right now, without being caught up in the future or the past, is an important coping skill. Set aside a few minutes around the same time every day to do deep breathing, meditation, exercise — whatever works.
- Stay connected virtually.** Keep your support network strong, even when you're only able to call or text friends and family. Socializing can help you feel better and stay grounded. And the same is true for your children — try setting them up with virtual playdates or plan phone calls with relatives.
- Accept your feelings.** Many of us feel sad, angry and anxious right now. Acknowledging that — instead of fighting it — allows us to ride out our emotions, and it might even free us up to move on and say, "Okay, so now what needs to be done?"

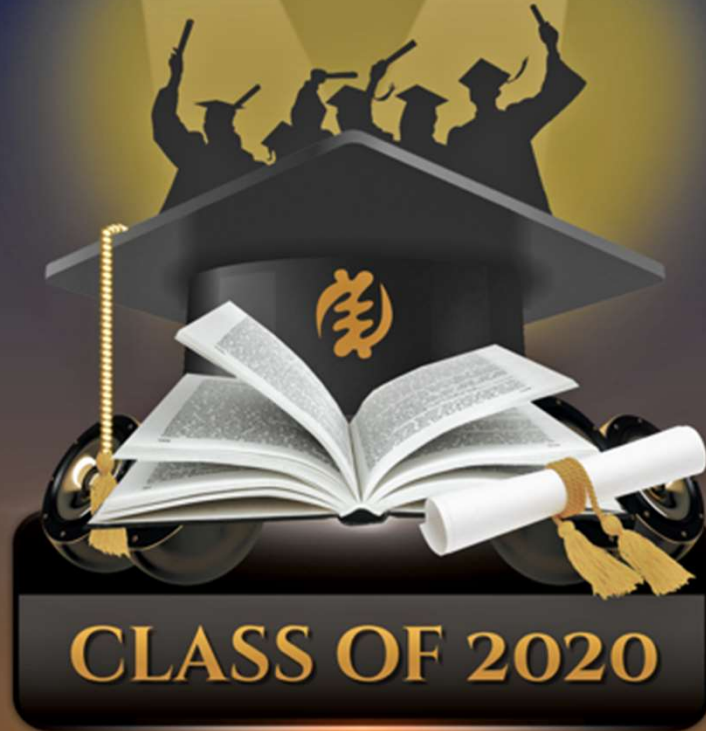
### Helping children cope

- Be a mindful family.** Find a way to help everyone take a moment to slow down, stay present and come together, like family yoga or a quiet walk in the woods.
- Stick to routines.** Consistency and structure are calming during times of stress. As much as possible, kids should get up, eat and go to bed at their normal times.

*Celebrating  
a Father's Love*



# 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

## Corn Salad

### Ingredients



Makes four servings

For the dressing

Ingredients

1/8 cup of olive oil

2 tablespoons of apple cider vinegar or white vinegar

2 tablespoons of lemon juice or lime juice (or a combination of both)

1/4 teaspoon of garlic powder

1/4 teaspoon salt

1/4 teaspoon pepper

Directions

Place the ingredients listed above in a small bowl and whisk together. Set aside

For the salad

1 can of 15.25 oz corn drained, or 16 oz frozen defrosted, or three ears of fresh corn cooked and cut off the cob

1 cucumber peeled, seeded, and chopped into small pieces

1 small tomato chopped with the seeds removed or 10-12 cherry tomatoes cut in half.

1/4 cup red onion sliced thin (optional)

1/2 to 1 cup Feta cheese

### Directions

Place all salad ingredients listed above except the Feta cheese in a bowl and stir together. Add the dressing and toss to coat. Top with Feta cheese and serve.



By now, everyone, I'm certain, is exhausted from hearing about CV-19. For some, the walls are beginning to close in on us. This *new normal*, as it has been titled, takes some getting used to. While I know everyone will cope with these circumstances in their own way, one sense of relief can be movement. Our bodies can become stiff if we do not incorporate some exercise in our day.

Remember prior to CV-19, we probably calculated at least 400 steps in the morning before we even left the house between preparing for work, or planning for your day. Then we walked to the kitchen to prepare our breakfast. After that, we ran back to our rooms to gather our belongings and anything else we forgot. The morning steps increased from there, if you left your home to go to work.

Now, most of us are working from home, so our bodies and muscles are not working as much, so we have to make a special effort to fit extra movement into our day. One of easiest ways to do that is through simple walking. Please, let me share that if you plan to walk outside, unless you can safely distance from others, then your walks should be limited to your familiar space, such as your own neighborhood or yard. And yes, please remember to bring a mask, just in case there is an increase of people that arrive in/near your area.

The benefits of walking are vast, but here are few that I can share with you:

## Benefits of Walking

- **Change of environment, breaking away from indoor work**
- **Boost bone strength**
- **Breathing in fresh air and getting sunshine (Vitamin D)**
- **Stress relief, get rid of anxiety, be introspective**
- **Reduce/Lower blood pressure**
- **Burn calories and keep weight down**



# Let's Get Moving

by Cathy Patton (continued)



There are many types of walks, but for this article, I will limit it to two.

## Beginners and Committed Everyday Walkers

Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. More Advanced walkers already know their pace, but can add more distance or speed to increase the benefits of their workout.

- Every workout should begin with a brief warm-up and a few simple stretches.
- Walk around the house or in place for a few minutes to get the blood flowing to the muscles before you attempt to stretch them.
- Don't forget to stretch your back, shoulders and arms. This will help to loosen up any tension you may be carrying and make your walk more enjoyable, as well as more effective.
- Walk short distances—Begin with a 5- minute stroll & gradually increase your distance.
- Focus on good posture, keeping your head lifted and shoulders relaxed.
- Swing your arms naturally. If you're an advanced walker, swing your arms more intentional, as that will help to increase your heart rate, and give you a better workout.
- Breathe deeply---If you can't catch your breath, slow down or avoid hills.
- Walking is one fitness activity that allows you numerous options. Once you have reached a point where you can walk a few miles with relative ease, you can start to vary the intensity.
- Walking hills, in addition to increasing your cardiovascular endurance, is a great way to tone the legs.
- Concentrate on lengthening your stride or increasing your speed.
- Remember to reward yourself after each workout with a few minutes of relaxing stretches to help prevent sore muscles.
- Listening to lively music while you walk is also a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear.
- Keep track of your progress.
- Many experts recommend that you walk a minimum of 30 minutes a day, but there are no hard and fast rules.
- Fit walking into your schedule whenever you can. That may mean three 10-minute walks each day, or even hour-long walks two to three times a week.
- The best schedule is one that keeps you walking and keeps you fit!

## SPEED *Walking*

Speed walking is the general term for fast walking or walking at a pace of a 15-minute mile or faster. Within the speed-walking category are a variety of fast-walking styles and techniques

- **Fast walking:** the most common type of speed walking
- **Power walking:** walking and swinging arms.
- **Olympic-style Race walking:** using a rolling hip motion. Walkers can go as fast as a 6-minute mile.

There are many benefits of speed walking, including:

- Improved cardiovascular health
- A higher calorie burn
- Burn more fat and greater increase in muscle
- Gives you the ability to cover more ground in less time
- If you engage in Speed Walking, be certain you have worked up to this pace. A good way to begin is as follows:

### Week 1

5 min warm up  
1 min speed walk  
2 min regular walking  
(repeat that cycle for 20 min)  
5 min cool down  
Repeat this sequence until up to 30 min  
including a 5 min warm-up and a 5 min cool down

### Week 2

5 min warm up  
1.5 min speed walk  
1.5 min regular walking  
(repeat that cycle for 20 min)  
5 min cool down  
Each week you would increase your speed walk time and decrease your regular walking time. Before you know it, you will be speed walking up to 30 minutes and more.



No matter what type of walking you prefer or the pace you go, ***it's all good.***  
The important thing is that you begin to move, and see how good your body begins to feel.

## 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

**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)

**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)

**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](http://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)



## SQUIGLY'S ALPHABET PUZZLE

Squigly has hidden the names of 25 sports in this puzzle. Using each letter of the alphabet only once, can you find out which sports they are? Once you have used a letter, cross it out.



### Letters

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

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





# Insect Word Search



Print and solve this insect word search puzzle.  
Can you find all the insect words hidden in the puzzle?

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



- |             |              |            |
|-------------|--------------|------------|
| ANT         | CRICKET      | LOCUST     |
| BEETLE      | EARWIG       | MOTH       |
| BUMBLE BEE  | FIREFLY      | SILVERFISH |
| BUTTERFLY   | GRASSHOPPER  | SPIDER     |
| CATERPILLAR | GREEN DARNER | TERMITE    |
| CENTIPEDE   | HORNET       | TICK       |
| CICADA      | LADYBUG      | WASP       |
| COCKROACH   |              |            |



CHILD MIND<sup>®</sup>  
INSTITUTE

## What Should I Look For?

### Signs and Symptoms of Mental Health Problems in Children During COVID-19

#### Anxiety

Anxiety is the most common emotional problem in children, and it is a huge issue during times of stress like the current crisis. Some anxious kids are painfully shy, and avoid things that other kids enjoy. Some have tantrums, and others develop elaborate rituals. Parents should be ready to handle a variety of different expressions of anxiety. Symptoms include:

- Reassurance-seeking (Are we going to be okay? Is grandpa going to be okay?)
- Reluctance to separate from parents
- Physical symptoms like headaches or stomach aches
- Moodiness and irritability
- Tantrums or meltdowns
- Trouble sleeping

#### Tantrums and Meltdowns

It will come as no surprise to parents that the most common problem that brings young children to the attention of a psychologist or psychiatrist is emotional outbursts—tantrums and meltdowns. Sometimes the inability to regulate emotions is the result of an underlying problem. Some of the common causes of frequent meltdowns are:

- ADHD: Many children with severe temper outbursts also fit the criteria for ADHD.
- Anxiety: Even if kids don't have a full-blown anxiety disorder, they may still be overreactive to anxiety-provoking situations and melt down when they are stressed.
- Learning problems: When your child acts out repeatedly in school or during homework time, it's possible that he has an undiagnosed learning disorder.
- Depression and irritability: Depression and irritability also occur in a subset of kids who have severe and frequent temper tantrums.
- Autism: Children on the autism spectrum are also often prone to dramatic meltdowns. These children tend to be rigid and any unexpected change can set them off.
- Sensory processing issues: These challenges, often seen in autistic children and teens as well as many with ADHD, may cause kids to be overwhelmed by stimulation

#### Depression

In adolescent depression, the thing people tend to notice first is withdrawal, or when the teenager stops doing things she usually likes to do. There might be other changes in her mood,

For telehealth appointments: [childmind.org/telehealth](https://childmind.org/telehealth)  
Comprehensive COVID-19 resources: [childmind.org/coronavirus](https://childmind.org/coronavirus)

# Racism and Violence: How to Help Kids Handle the News

## Supporting your children during scary times

With protests over the violent deaths of black Americans dominating the news, it's understandable that many kids are feeling scared, confused or angry about the situation. How can parents, many of whom are struggling themselves, help children process what they're seeing and manage their feelings?

There's no one right answer. That said, there are a few guidelines parents can keep in mind to help kids deal with troubling news about race and violence.

### Validate their feelings

Start by checking in with your child. Kids, even very young ones, are extremely perceptive, and they may have worries or concerns they don't know how to express.

This will look different for every child. Kids might be afraid of riots, of being hurt by the police, or worry that something bad could happen to loved ones. Avoid making assumptions. Instead, ask broad questions that give kids space to talk over what they're feeling: "How did you feel about what we saw on the news? What did it make you think about?"

For young children, drawing, painting or acting out stories with toys can be helpful tools for expressing thoughts and feelings that aren't easy to put into words.

Do your best to meet your child where they are and acknowledge their feelings, fears or worries.

## Be clear, direct and factual

**Even with young children, use clear language.** Don't say, "People are upset because some groups treat other groups unfairly." Instead, say: "This is about the way that white people treat black people unfairly." "If you expect children to read between the lines, they can miss the message," says Dr. Hameed.

**Emphasize that racial violence is wrong.** It's easy for kids (especially little ones) to think that bad things happen to black people because black people are themselves bad. "Even if a child doesn't explicitly tell you this," says Dr. Hameed, "it is an easy assumption they can make based on how black people have been portrayed and treated in this country." Help children understand by speaking to them in a developmentally appropriate way. Emphasize to your child that black people are good and that being black doesn't make you bad. Treating people unfairly is the thing that's bad, and black people have been treated unfairly for a long time.

**Talk about history.** Kids need to know that racism is part of a history that dates back hundreds of years, Dr. Hameed notes. At the same time, you can also emphasize your hope for a better future and plan ways your family can help make that a reality.

## Don't avoid talking about it

"Racism is not new," says Dr. Kenya Hameed, PsyD, a clinical neuropsychologist at the Child Mind Institute. "These are ongoing problems. It's going to take all of us changing the mentality and the mindset to work towards a better future and fix them."

That change, she emphasizes, can't and won't happen without frank, open conversation — a conversation that for most black families has never been optional. "It's really not a choice," says Dr. Hameed. For families of color, racism is a daily reality. "Black parents can't wait, even if they wanted to."

White parents, she says, can help by addressing race and racism with kids early and often. Research shows that even very young children are aware of racial differences, and children can learn harmful lessons about race when it's not discussed openly. It's helpful for white families to see that minimizing the legacy of racism in our society by avoiding ugly truths does children a disservice. Instead, white parents can commit to educating themselves and building conversations about race into kids' lives early on.

Additionally, white families can make a concerted effort to represent racial diversity in the products they buy for their children. For example, parents of white children can look for black dolls and books with predominantly black characters, which can help normalize diversity for kids and spark spontaneous, everyday conversations about race.

# Racism and Violence: How to Help Kids Handle the News (continued)

## Encourage questions — and don't worry if you can't answer them

Kids are likely to have lots of questions about racism and violence, and chances are they won't be easy ones. They might want to know how racism affects them or why white people treat black people unfairly. These aren't easy subjects and feeling uncomfortable during the conversation is normal — but it's not a reason to stop talking.

By tolerating discomfort you're modeling an important skill for your child. Be honest. You might say, "I find it really hard to talk about this. It feels scary. But it also makes me more hopeful about making change."

## Try to be calm, but don't hide your emotions

Children take their cues from parents, so talking to them calmly and staying factual helps them process information. It's helpful to pick a time when you're feeling centered and have had a chance to work through your own feelings.

At the same time, it's important that we don't hide our emotions from children, especially when the subject is so important. Let them know that you're sad or angry, says Dr. Hameed, and acknowledge that it's good to be upset by injustice, as long as it doesn't stop you from working to make it better. That way, you'll leave kids with a clear lesson about the family values you want to pass on to them.

## Explore resources

No matter what challenges come up as you talk with your kids, there are lots of great resources out there to help you continue these crucial conversations. Check out the following resources for further help and support along the way:

- From Colorlines: [The Dos and Don'ts of Talking to Kids of Color About White Supremacy](#)
- From Safe Space Radio: [Talking to White Kids About Race and Racism](#)
- From the Center for Racial Justice in Education: [Resources for Talking About Race, Racism and Racialized Violence With Kids](#)
- From We Need Diverse Books: [Resources for Race, Equity, Anti-Racism and Inclusion](#)
- From the Anti-Defamation League: [Children's Books Addressing Race and Racism and Activities to Promote Social Justice](#)
- From the Oakland Public Library: [Resources for Talking to Kids About Racism and Justice](#)

## Rely on your support system

Witnessing scenes of racist violence is deeply upsetting for many parents, but for parents of children of color, it can also be traumatic. Take time to check in with your own mental health during this time, especially given the additional stress of the coronavirus crisis. If you're feeling exhausted or overwhelmed, reach out to your networks for support. Friends, family members, religious leaders and mental health professionals can all help you process your own emotions and plan conversations with children.

It can also help to bring in trusted allies to talk to your children themselves — having an adult perspective that doesn't come from a parent can give them more space to sort through what they're feeling and ask questions.

## Keep the conversation open

Like any important topic, racism and violence aren't something you can have "the talk" about just once. For kids of any age and race, this is something that's going to keep coming up, so be sure to let your kids know that you're there for them whenever they need to talk — and keep checking in proactively, too.



# Bridgeport Public Schools

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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

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# WORD SEARCH

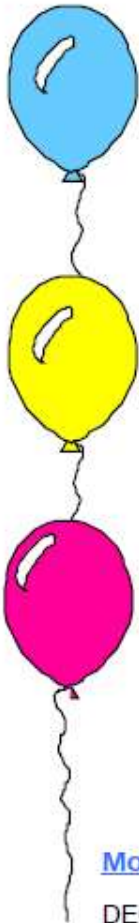
by Deacon Kathy Tabb-Small

G.R.A.C.E. 

## *Birthday* WORD SEARCH

Birthdays are special occasions. Did you know that each month has a special flower and gemstone associated with it? Try to find them all in Squigly's Birthday Word Search. There are no backwards words in this puzzle.

**Challenge:** Can you match each month with its' birthstone and birth flower?



### Months

DECEMBER  
JANUARY  
FEBRUARY  
MARCH  
APRIL  
MAY  
JUNE  
JULY  
AUGUST  
SEPTEMBER  
OCTOBER  
NOVEMBER

### Birthstone

AMETHYST  
AQUAMARINE  
DIAMOND  
EMERALD  
GARNET  
OPAL  
PEARL  
PERIDOT  
RUBY  
SAPPHIRE  
TOPAZ  
TURQUOISE

### Birth flower

ASTER  
CARNATION  
CHRYSANTHEMUM  
GLADIOLUS  
JONQUIL  
LARKSPUR  
MARIGOLD  
NARCISSUS  
ROSE  
SWEET PEA  
THRUSH  
VIOLET

## 4 TIPS FOR SENIORS TO STAY CONNECTED DURING CORONAVIRUS OUTBREAK

G.R.A.C.E. 

### 1. Learn the new technology

FaceTime, Zoom, Skype, Facebook, Twitter, Snapchat and lots more. All sorts of online options exist to talk with family and friends. And you don't have to be tech-savvy. Doing the basics is easy, and for most people, fun. If setting up an account is daunting, ask a neighbor, niece or nephew for help and a quick tutorial.

### 2. Stay active in the community from home

It may sound counterintuitive. How can you remain a part of the community if the goal is to separate from the community? But maybe there's a remote option. Many organizations — political parties, faith-based groups, nonprofits — rely on volunteers to make phone calls. You can do that clearly community-based activity right at home.

### 3. Go on a news diet

Stay informed, know what's going on but don't get locked into endlessly watching "breaking news" on the 24-hour news channels. Typically, not much changes hour to hour. But enduring the repetitious pummeling from TV all day long can bring needless anxiety. My patients have found the following advice helpful: Watch a news update in the morning, then check in again at night. Don't stay with it all evening — 30 minutes or an hour is plenty.

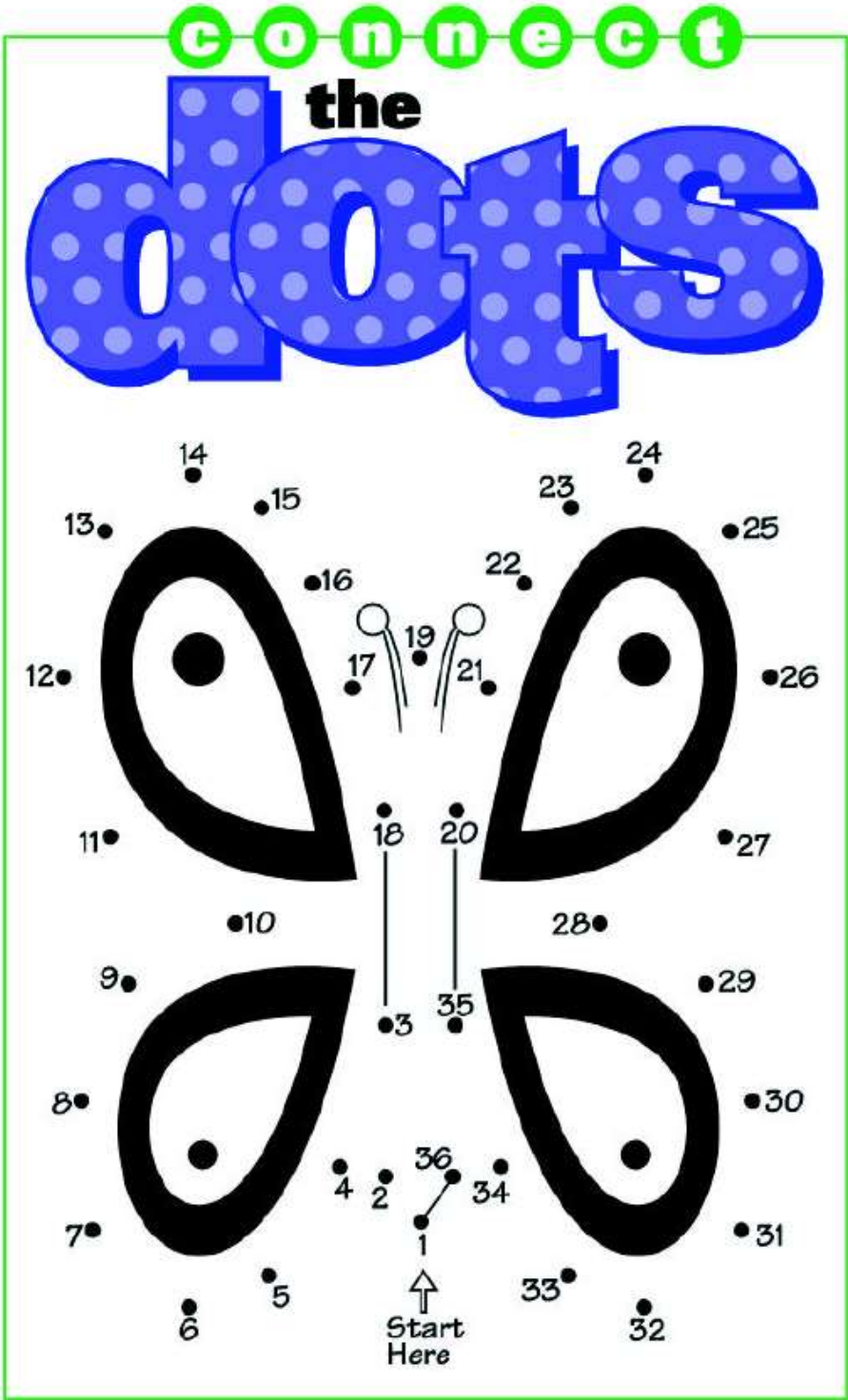
### 4. Reach out to family and friends

Stay in touch with the people close to you, especially those who are social distancing too. **The Centers for Disease Control and Prevention is recommending** that communities create "buddy systems" to make sure vulnerable and hard-to-reach people stay connected, particularly to news about COVID-19. This can be done through your church, social group or daily neighborhood email blasts. And for those of you who are not elderly — why not make it a point to check in on your older friends and relatives? Such thoughtfulness is always greatly appreciated.

Social distancing does not mean social isolation, and even a potentially deadly virus should not force us to be alone. Now, more than ever, people need to find smart ways to stay connected.

***PBS News Hour-Laurie Archbald-Pannone, The Conversation, an associate professor of geriatric medicine at the University of Virginia.***







## SECURITY CORNER

by Deacon Henry Smalls, Jr.



*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 introduce, The Community Emergency Response Team (CERT) program, and MABC Security CERT team members.*

*We have four members of MABC Security Team (Deacon Dan Gardner, Sister Donna Brooks, Brother Kevin Jackson, and Brother Malik Simpson) who volunteer as Bridgeport CERT Team members. The Bridgeport CERT Team helps with Disasters, Shelters, Hospitals, and other community needs. On a record-breaking cold night this past January, our MABC Security CERT Team members, Sister Brooks and Deacon Dan, assisted with taking a census of the homeless in the city of Bridgeport. More recently on May 9<sup>th</sup>, Deacon Dan and Brother Kevin assisted with passing out masks and directing traffic at the Bridgeport Mask Distribution events held at Bass Pro Shop and Central High School. We extend a great big Thank You to our CERT Team members for going above and beyond!*

The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during disaster situations, allowing them to focus on more complex tasks.

### Volunteer:

The hurricanes of 2017 and the terrorist attacks of September 11th, 2001 caused many Americans to wonder how they can help prepare their communities.

Through Citizen Corps, and community volunteering individuals can learn about opportunities to get involved and help build capacity for first responders. With proper training and education, civilian volunteers expand the resources available to states and local communities. Many partner organizations offer public education, outreach and training for free.





### [Community Emergency Response Teams \(CERT\)](#)

Get CERT trained in basic disaster response skills, such as fire safety, light search and rescue, team organization and disaster medical operations.

[Voluntary Organizations Active in Disaster \(VOAD\)](#)

Find a volunteer opportunity with a [Voluntary Organizations Active in Disaster \(VOAD\)](#).

### [American Red Cross](#)

For over 135 years, the mission of the American Red Cross (ARC) has been to help people prevent, prepare for, and respond to emergencies. A humanitarian organization led by volunteers, guided by its Congressional charter and the fundamental principles of the International Red Cross Movement, the ARC is woven into the fabric of communities across the nation.

Get trained in CPR and basic first aid and volunteer to help mass care and sheltering operations by learning more at your local [American Red Cross Chapter](#)

### [Medical Reserve Corps](#)

The Medical Reserve Corps (MRC) Program coordinates the skills of practicing and retired physicians, nurses and other health professionals as well as other citizens interested in health issues, who are eager to volunteer to address their community's ongoing public health needs and to help their community during large-scale emergency situations.

# SECURITY CORNER

by Deacon Henry Smalls, Jr.



## [Neighborhood Watch & Volunteers in Police Service](#)

USAonWatch is the face of the National Neighborhood Watch Program. The program is managed nationally by the National Sheriffs' Association in partnership with the Bureau of Justice Assistance, Office of Justice Programs, and US Department of Justice.

Support community safety and security by getting trained and involved in Neighborhood Watch and Volunteers in Police Service.

## [Fire Corps](#)

Fire Corps promotes the use of citizen advocates (volunteers) to support and augment the capacity of resource-constrained fire and emergency service departments at all levels: volunteer, combination, and career. Fire Corps is funded through the Department of Homeland Security and is managed and implemented through a partnership between the National Volunteer Fire Council and the International Association of Fire Chiefs.

Volunteer to support local fire departments through Fire Corps.

## [Civil Air Patrol](#)

Civil Air Patrol recruits volunteers through local squadrons that support aerospace education, cadet programs and emergency services. This air auxiliary has been supporting missions since the 1940's.

## [American Radio Relay League](#)

American Radio Relay League supports the advancement of Amateur Radio Service and trains individuals interested in learning the skill of operating ham radios.

## [Meals on Wheels Association of America](#)

Meals on Wheels Association of America and the MOWAA volunteers provide meals and essential disaster preparedness information to over one million seniors in the U.S. each day.





## Bridgeport CERT:

### *Ready Bridgeport*

Often, during an emergency, many people are ready and willing to offer their help. The challenge is matching volunteers with the proper skills and training to assist in areas to which they are best suited and most needed—usually on a moment’s notice.

Ready Bridgeport is our City’s Emergency Management’s public education program. Through this program, you can learn about the hazards you may face in the City of Bridgeport, how to prepare for all of these types of emergencies by creating an emergency plan, knowing who to call, where to go and what to do. We will educate and train you on how to respond when an emergency occurs whether a fire or hurricane, how to safeguard your home and most importantly your family. In addition, we will discuss ways to be better prepared during the recovery phase of an emergency so that you and your family or business can get back to a sense of normalcy faster. Bridgeport Emergency Management can send knowledgeable staff members and Bridgeport CERT volunteers to educate your community about preparing for emergencies.

By working together, the City and private sector businesses, non-governmental agencies, and our community can form a prepared and response partnership that will ensure we Ready Bridgeport!

### *Bridgeport CERT/MRC Mission Statement:*

Providing residents and first responders of Bridgeport a quality resource for community engagement, safety education, hazard mitigation, emergency response assistance, and other volunteer efforts.



**BRIDGEPORT, CT  
(FAIRFIELD COUNTY)**

**Contact: Terron Jones**  
**Phone: 203-576-7024**  
**Email:**  
[terron.jones@bridgeportct.gov](mailto:terron.jones@bridgeportct.gov)

<https://www.ready.gov/cert>



# FINANCIAL FREEDOM

by Deacon Cynthia Seabrook

Throughout life's journey, people build relationships, encounter challenges and endure times of pain and loss. The significant common factor for every experience is the need for GOD's love and infinite wisdom.

During this Covid-19 time, it takes a brave person to admit they are both afraid and worried over family, finances, health, security, and so on. We must remember that the storms in our lives give us new wisdom, rebirth and renewal on how we have done things in the past, and how we will do those same things in the future.

We must keep our sanity, especially over finances. Our belief tells us that...this too shall pass. The strategy is to emerge stronger and more knowledgeable than when we began and to be better prepared for the next battle.

## Now we know:

1. Follow a budget
2. Save enough to cushion you over 6 months of hardship
3. Stay focused on your needs more than your wants
4. Pay your bills if you can. (unless the bill is completely forgiven)
5. Keep a list of updated contact numbers (in case you should need help)
6. Deal with the same contact person, (if possible) should arrangements have to be made
7. Eat in more
8. Store non perishables
9. Control your stress
10. No unnecessary spending

I am not saying to give up those things you love. Life is sweet and people get comfortable; Life is also sharp and pierces fiercely without any alerts!

Be Prepared...







**Meghan, Duchess of Sussex (born Rachel Meghan Markle; August 4, 1981) is an American former actress and member of the British royal family.**

Markle was raised in Los Angeles, California. During her studies at Northwestern University, she began playing small roles in television series and films. From 2011 to 2017, she played Rachel Zane on the American legal drama Suits. She is an outspoken feminist and has addressed issues of gender inequality, and her lifestyle website The Tig featured a column profiling influential women. She represented international charity organizations and received recognition for her fashion and style, releasing a line of clothing in 2016.

Markle was married to actor and producer Trevor Engelson from 2011 until their divorce in 2013. In 2017, she announced her engagement to Prince Harry, grandson of Queen Elizabeth II, and she moved to London. She retired from acting, closed her related social media accounts, and started undertaking public engagements as part of the British royal family. She became Duchess of Sussex upon her marriage to Prince Harry in 2018. They have a son, Archie Mountbatten-Windsor. In 2020, the couple announced their intention to step back as senior members of the royal family and split their time between the UK and North America.

Rachel Meghan Markle<sup>[1]</sup> was born August 4, 1981, in Los Angeles, California.<sup>[2]</sup> Her mother, Doria Ragland, is a former social worker and yoga instructor living in View Park–Windsor Hills, California.<sup>[3][4]</sup> Markle has often been described as having a very close friendship with her mother.<sup>[5]</sup> Her father, Thomas Markle Sr., lives in Rosarito, Mexico,<sup>[6][7]</sup> and is a retired television director of photography and lighting director whose profession resulted in his young daughter often visiting the set of Married...with Children.<sup>[8][9]</sup> Markle's parents divorced when she was six years old.<sup>[10][11]</sup> Her older paternal half-siblings are Samantha Markle and Thomas Markle Jr., from whom she is reportedly estranged.<sup>[12]</sup>

Markle is descended on her mother's side from enslaved Africans,<sup>[13]</sup> and on her father's side from European settlers.<sup>[14][15][16]</sup> She described her heritage in a 2015 essay for Elle magazine: "My dad is Caucasian and my mom is African American. I'm half black and half white .... While my mixed heritage may have created a grey area surrounding my self-identification, keeping me with a foot on both sides of the fence, I have come to embrace that. To say who I am, to share where I'm from, to voice my pride in being a strong, confident mixed-race woman."<sup>[17]</sup>

Markle grew up in Hollywood.<sup>[18]</sup> She was educated at private schools, beginning at age two at the Hollywood Little Red Schoolhouse.<sup>[19][20]</sup> *Nick News with Linda Ellerbee* profiled her successful campaign at age 11 to get *Procter & Gamble* to change a national television commercial that she viewed as sexist.<sup>[21]</sup> Raised as a Protestant,<sup>[22]</sup> she nonetheless attended *Immaculate Heart High School*, an all-girl Catholic private school in Los Angeles.<sup>[23]</sup> Markle was then admitted to *Northwestern University*, where she joined *Kappa Kappa Gamma* sorority and participated in community service and charity projects.<sup>[24][25]</sup> She also served an internship at the American embassy in *Buenos Aires*,<sup>[26]</sup> and studied for one semester in *Madrid*.<sup>[25]</sup> She earned her bachelor's degree from Northwestern's *School of Communication* in 2003, with a *double major* in theater and international studies.<sup>[27][26]</sup>

Markle had some difficulty getting roles early in her career. In 2015, she wrote: "Being 'ethnically ambiguous', as I was pegged in the industry, meant I could audition for virtually any role ... Sadly, it didn't matter: I wasn't black enough for the black roles and I wasn't white enough for the white ones, leaving me somewhere in the middle as the ethnic chameleon who couldn't book a job."<sup>[32]</sup>

Markle appeared in two 2010 films, *Get Him to the Greek* and *Remember Me*, and one 2011 film, *Horrible Bosses*.<sup>[33]</sup> She was paid \$187,000 for her role in *Remember Me* and \$171,429 for her role in the short film *The Candidate*.<sup>[34]</sup>

In July 2011, Markle joined the cast of the *USA Network* show *Suits*. Her character, *Rachel Zane*, began as a *paralegal* and eventually became an attorney. She completed work on the seventh season in late 2017.<sup>[35]</sup> According to a critique in *The Irish Times*, Markle "actively re-positioned" her character from ingénue to "the show's moral conscience" and gave viewers the unique portrayal of a daughter whose African-American father is in a position to help her career and advance her "desire to crack both racial and gender *glass ceilings*".<sup>[36]</sup> While working on *Suits*, Markle lived for nine months each year in a rented house in the *Seaton Village* neighborhood of Toronto.<sup>[37][38]</sup> *Fortune* magazine estimated that Markle was paid \$50,000 per episode, amounting to an annual salary of about \$450,000.<sup>[39]</sup>

In June 2016, Markle began a relationship with *Prince Harry*,<sup>[46]</sup> whom she had met on a blind date set up by a mutual friend.<sup>[47]</sup> At the time, he was fifth in *line to the British throne*;<sup>[48]</sup> his grandmother is *Elizabeth II*, queen of the United Kingdom and 15 other *Commonwealth realms*, as well as *head of the Commonwealth*.<sup>[49]</sup> In November, the *British royal family's* communications secretary released an official statement that addressed sexism, racism, and defamatory stories directed toward Markle.<sup>[50][51]</sup> In September 2017, Markle and Prince Harry appeared together in public for the first time at an official royal engagement at the *Invictus Games* in *Toronto*.

Markle's engagement to Prince Harry was announced on November 27, 2017, by [Clarence House](#) and [Kensington Palace](#).<sup>[46][54]</sup> The announcement prompted generally positive comments about the possible social significance of a mixed-race member of the royal family.<sup>[55]</sup> Markle announced that she would retire from acting,<sup>[56][57]</sup> and began the process of becoming a [British citizen](#).<sup>[58]</sup> In preparation for the [wedding](#), the [Archbishop of Canterbury](#), [Justin Welby](#), [baptized](#) Markle and [confirmed](#) her into the [Church of England](#) on March 6, 2018.<sup>[59]</sup> The private ceremony, performed with water from the [River Jordan](#), took place in the Chapel Royal at [St James's Palace](#).<sup>[59]</sup> The marriage ceremony was held on May 19 at [St George's Chapel, Windsor Castle](#).<sup>[60]</sup>



After the wedding, the Duke and Duchess originally lived at [Nottingham Cottage](#) in London, on the grounds of Kensington Palace.<sup>[61]</sup> The couple later moved to the more than two-centuries-old [Frogmore Cottage](#) in the [Home Park](#) of [Windsor Castle](#).<sup>[62][63]</sup> The [Crown Estate](#) refurbished the cottage at a cost of £2.4 million, paid out of the [Sovereign Grant](#), with the couple picking up expenses beyond restoration and ordinary maintenance.<sup>[64][65]</sup> Their office was moved to [Buckingham Palace](#).<sup>[66]</sup> On May 6, 2019, the Duchess gave birth to [Archie Mountbatten-Windsor](#),<sup>[67]</sup> who is seventh in line to the throne.

Markle was a counselor for international charity [One Young World](#).<sup>[119]</sup> At the 2014 summit in Dublin, she spoke on the topics of [gender equality](#) and [modern-day slavery](#).<sup>[120]</sup> Also in 2014, she toured Afghanistan and Spain with the [United Service Organizations](#).<sup>[121][122][123]</sup> In 2016, Markle became a global ambassador for [World Vision Canada](#), traveling to Rwanda for the Clean Water Campaign.<sup>[124][125][32]</sup> In 2016, after a trip to India focused on raising awareness for [women's issues](#), she penned an op-ed for *Time* magazine concerning stigmatization of women in regard to [menstrual health](#).<sup>[126]</sup> She has also worked with the [United Nations Entity for Gender Equality and the Empowerment of Women](#) as an Advocate.<sup>[124][127]</sup> The Duchess is a vocal [feminist](#) and intends to use her role as a member of the royal family to continue supporting [women's rights](#) and [social justice](#).<sup>[128]</sup> In 2017, Markle joined Prince Harry in teaming up with the charity [Elephants Without Borders](#) to assist with the conservation efforts taking place in [Botswana](#).<sup>[129]</sup>



Markle became interested in the [Hubb Community Kitchen](#), run by the survivors of [Grenfell Tower fire](#), in January 2018. She visited the kitchen regularly throughout 2018, and suggested that the displaced women publish a cookbook to obtain funding for it.<sup>[130]</sup> *Together: Our Community Cookbook*, her first charity project as Duchess of Sussex, was announced in September.<sup>[131]</sup>

Her patronage of London's [National Theatre](#), the [Association of Commonwealth Universities](#), [Smart Works](#), and [Mayhew](#) reflects her earlier interests in the arts, access to education, women's empowerment, and animal well-being, respectively.<sup>[132]</sup> The Duchess was appointed the vice president of the [Queen's Commonwealth Trust](#), which focuses on projects involving children and welfare of prisoners, in March 2019.<sup>[133]</sup> In October 2019, the Duchess voiced a [Public Health England](#) announcement with other members of the royal family for the "Every Mind Matters" mental health program.<sup>[134]</sup>



In 2019, the Duchess became a contributor and guest editor for the September issue of British Vogue and highlighted the works of 15 women from different areas, who were described as "Forces for Change".<sup>[135]</sup> Edward Enninful, editor-in-chief of the British Vogue, later revealed that the issue had become the "fastest-selling issue in the history of British Vogue".<sup>[136]</sup> In the same issue, it was revealed that she had collaborated with a number of British fashion houses and stores to launch a capsule collection, called The Smart Set, in September 2019 to benefit the charity Smart Works, of which she is a patron. The collection sought to help "unemployed and disadvantaged women", through selling items "on a one-for-one basis, meaning an item is donated for each item purchased".<sup>[137]</sup> Taking advantage of "the Meghan effect" (driving consumer purchases), in 10 days the collection provided a year's worth of clothes for the charity.<sup>[138]</sup>

In March 2020, it was announced that the Duchess would serve as the narrator of DisneyNature's documentary Elephant. The proceeds from the documentary will be donated to Elephant Without Borders in order to help elephants in Botswana.<sup>[139][140]</sup>



Mom, Doria Ragland

In February 2018, Markle attended the first annual forum of The Royal Foundation.<sup>[141]</sup> After her marriage into the royal family, the Duchess became the foundation's fourth patron, alongside Prince Harry, his brother Prince William, and sister-in-law Catherine.<sup>[142]</sup> In June 2019, it was announced that the Duke and Duchess of Sussex would split from the charity and establish their own charity foundation by the end of 2019. It was reported that the couples would collaborate on mutual projects, such as the mental health initiative Heads Together.<sup>[143][144]</sup> In July 2019, Harry and Meghan's new charity was registered in England and Wales under the title "Sussex Royal The Foundation of The Duke and Duchess of Sussex".<sup>[145]</sup> However, on 21 February 2020 it was confirmed that "Sussex Royal" would not be used as a brand name for the couple following their step back from public life as working royals.<sup>[146]</sup> In April 2020, responding to inquiries from The Telegraph, the couple confirmed their new foundation would be called "Archewell".<sup>[147]</sup> The name stems from the Greek word "arche", which means "source of action"; it is the same word that inspired the name of the couple's son, Archie.<sup>[147]</sup>

In April 2020, Meghan and Harry volunteered to deliver foods prepared by the Project Angel Food to Los Angeles residents amidst the COVID-19 pandemic in the United States

Upon her marriage to Prince Harry, Meghan Markle became a princess of the United Kingdom entitled to the style of Royal Highness, as well as Duchess of Sussex, Countess of Dumbarton and Baroness Kilkeel.<sup>[149][150][151]</sup> She is styled as "Her Royal Highness The Duchess of Sussex",<sup>[152]</sup> the first person to hold that title.<sup>[153]</sup> Following a decision to step back from royal duties, she and her husband have agreed not to use the style "Royal Highness" from early 2020, although they still retain the style.



# BIRTHDAYS

# June



## June 1st

Barr, Richard  
Gardner, Gregory  
Geyer, Monique  
Mackie, Dawn  
Mosely, Regina  
Pettway, Tasha  
Thames, Alfonso

## June 2nd

Blackwell, Monica  
Cameron-Sheffield, Elena  
Carter, Claudette  
Crawford, June  
Geyer, Eija  
Geyer, Jacquelyn  
Holley, Ashley  
McClain, Edward  
Miller, Ashley

## June 3rd

Dennis, Keyanna  
Johnson, Jeffrey  
Jones, Akila  
Kingwood, Bryeisha  
Morris, Amber  
Nixon, Karen  
Pettway, Mattie  
Thompson, Yolanda  
Walker, Spesha'l

## June 4th

Blackwell, Marilyn  
Crook, Michelle  
Crump, Princess  
Hart, Shameka  
Johnson, Barbara  
Mack, Gloria  
McKnight, Kairon  
Miller, Cynthia  
Pettway, Brian

## June 5th

Carr, Shanoaha  
Holloway, Angelique  
Powell, Kimberlee  
Scales, Wanda  
Taylor, Tigenia  
Wolfork, Monica

## June 6th

Hendricks, Jaquasha  
Jackson, Annie  
Kyle, Calvin  
Lowe, Melvin  
Owens, Glynnteischa  
Rucker, Dwayne  
Vinson, Leslie

## June 7th

Caviness, Ronald  
Davis, Kimbla  
Edmondson, Melissa  
Haynes, D'Andre  
Howard, Mildred  
Jackson, Janel  
Jones, Garrett  
Jones, Taheshia  
Kendrick, Lakisha  
McKenzie, Steve  
Mosely-Green, Leslie  
Mosely-Johnson, Linda  
Richardson, Angela  
Rutherford, Deanna  
Simpson, Melissa

## June 8th

Grey, Denise  
Kelly, Craig  
Lewis, Tyrell  
Stone, Nancy  
Watson, Cynthia

## June 9th

Gardner, Jr., Gregory  
Rabb, Vincent  
Rochester, Vincent  
Smith, Michael

## June 10th

Dennis, Naja  
Ely, Lonnie  
Hill, Shelia  
Scott, Rayford  
Williams, Laquasha  
Young, Amahd

## June 11th

Bass, Jannie  
Gray, Shakira  
Grier, Ella  
Jones, Julian

## June 12th

Brown, Jennie  
Calloway, Crystle  
Carter, Lisa  
Daniels, Trena  
Harris, Jean  
Jeffries, Swan  
Smith, Carlton  
Smith, Marvalene

## June 13th

Adams, Sherman  
Baldwin, Henderson  
Carroll-Hall, Nekita  
Dewitt, Isaiah  
Mendes, Anthony  
Seawright, Deja  
Sims, Miriam  
Slade, JoAnn

## June 14th

Black, Gail  
Cook, John  
Padgett, Kurt  
Shepard-Garrett, Monica

## June 15th

Bravo, Victoria  
Caesar, Clyde  
Cox, Robert B.  
Delgado, Linda  
Gauthier, Renaldo  
Woods, Alissa

## June 16th

Adams, Kyra, L.  
Allen, Antoinette  
Kennedy, Danna  
Lyles, Dawanda  
Moye, Carlton  
Perry, LaToya  
Underwood, Tyshaun  
Wray, Michael

## June 17th

Day, Donald  
Fatal, Elijah  
Garner, Sherlyn  
Hudson, Felicia  
Walton, Harold  
Whirl, Linda

## June 18th

Hill, Davon  
Javis, Kenneth  
McDowell, Keisha  
Ryan, Roger  
Torres, Carmen  
Williams, Tammy

## June 19th

Blackwell, Kendall  
Hayes, Shontesha  
James, Michael  
Jones, Charles  
Maitland, Amori  
Matos, Ramon  
Williams, Christine

## June 20th

Harris, Synaa  
Harvin, Ruth  
Luckey, Jennifer  
Railey, Gretel  
Savain, Ketcha  
Sloan, Allison  
Tyson-Sherwood, Alicia  
Williams, Patryce

## June 21st

Brooks, Donna  
Cohen, Leonard  
James, Jessica  
Stanford, Candice  
Williams, Pamala Joy

## June 22nd

Adonis, Mildred  
Foster, William  
Kuchta, Robert  
Lazaro, Tanya  
Lee, Tonya  
Nance, Anisha  
Shabazz, Muhammad

## June 23rd

Hatton, Starr  
Lark, Harold  
Manigo, Lori  
Stewart, Tanya  
Strode, Randy

## June 24th

Ferguson, John  
Ingram, Charlie  
Lloyd, Lameika  
McKelvie, Stephanie  
Raye, Brittany  
Rhoden, David  
Spence, Keshaudas  
Taylor, Maxie

## June 25th

Bendolph, Desha  
Mackey, Ronald  
Madrid, Daniel  
Pratt, Larritta  
Ryan, Michael  
Wilson, Mark

## June 26th

Irby, Sasha  
Martinez, Emelitzta  
Pettway, Leila

## June 27th

Bass, Daniel  
Davis, Tajuanna  
Jenkins, Napoleon  
Morrah-James, Abigail

## June 28th

Christian, Cynthia  
Gnat, Cynthia  
Jean, Michae'lle  
Jowers, Carol  
Mones, Grace  
Williams, James

## June 29th

Gray, Leasha  
Rogers, Kevin  
Samuel, Rose  
Taliaferro, Keasha  
Williams, Alicia  
Young, Jermisha

## June 30th

Austin, Juanita  
Dennis, LaShonda  
Oliver III, Walter  
Paulin, Robert  
Powell, Elizabeth  
Ricketts, Daena



## JUNE 2020 - DISCIPLESHIP THROUGH THE PANDEMIC AND BEYOND

### Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 6/1/2020 through 6/30/2020. Conference Dial-in Number: 319-527-3510, Participant Access Code: 111933#. See Rev. Alicia Tyson-Shenwood for more information. To playback prayer: 319-527-3518, access code is 111933#. This is not a toll free call, Long Distances 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 June 1, 2020 is 3050#.

SUN	MON	TUE	WED	THU	FRI	SAT	
	1 Acts 2:1-13 Pastor Bennett	2 Acts 2:38 Sis. Barnes	3 Acts 19:1-5 Sis. G. Williams	4 Acts 19:6-10 Sis. Alston	5 John 14:26 Sis. Thompson-Bennett	6 Romans 10:13 Rev. Sherwood	
7 John 4:23-24 Deacon Gardner	8 Romans 12:1 Sis. Smith	9 Hebrews 13:15 Sis. Simmons	10 Colossians 3:16 Rev. Williamson	11 Ephesians 5:19 Deacon Paul	12 Rev. 14:7 Sis. Hasan	13 Hebrews 12:28-29 Bro. Cummings	
14 Matthew 18:20 Deacon Smith	15 John 13:34-35 Rev. Tucker	16 Romans 12:10 M.I.T. Langley	17 Ephesians 5:2 Sis. Alston	18 Colossians 2:2 Sis. Crosby	19 Philippians 2:1-2 Rev. Boissiere	20 John 17:23 Deacon P. Jackson	
21 2 Timothy 4:3 Bro. Easley	22 2 Timothy 3:15 Deacon Vermont	23 2 Timothy 4:1-16 Bro. White	24 2 John 2:15-20 Sis. Ellis	25 1 Peter 1:25 Rev. Walton	26 1 Peter 2:1-5 Deacon Hurst	27 1 Peter 2:9 Bro. Newton	
28 Ephesians 2:8-9 M.I.T. Langley	29 Romans 8:28-30 Deacon J. Seawright	30 Acts 2:14-21 Deacon Adetona	<b>RE-EMERGING INTO DISCIPLESHIP AND THE PURPOSE OF THE CHURCH</b>				
<b>SHIFTING OUR PARADIGM AROUND MINISTRY</b>							

**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**

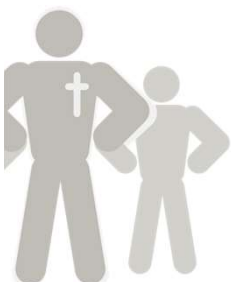


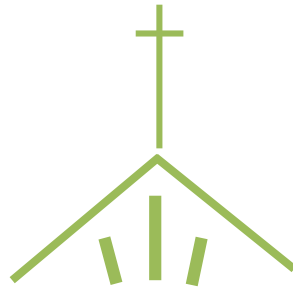
To ensure the church remains financially sound, please continue in your giving via PUSHPAY or

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!**