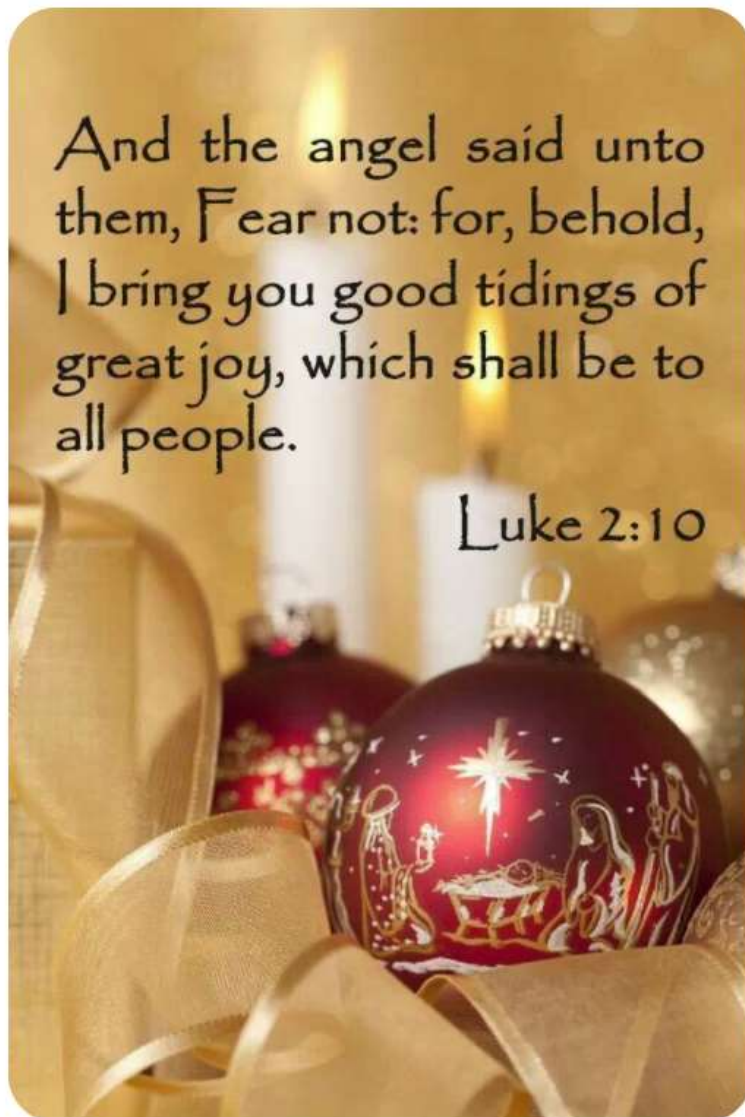


MFTM



And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

Luke 2:10



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https://en.wikipedia.org/wiki/Ruby_Bridges

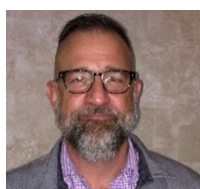
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Mount Aery Baptist Church

73 Frank Street

Bridgeport, CT 06604

Church Office: 203.334.2757

www.mtaerybaptist.org



Pastor's Pen

Namaste my Brothers and Sisters in Christ,

Can you believe that we are in the last month of the year 2020? What a year it has been! We could have never imagined in January all that has transpired this year. So many experiences have flooded our minds that we don't have time to share them in this space.

Let me just share with you that God's grace has kept us to this very moment. I am so grateful to each and every one of you for trusting God and staying committed to the Mount Aery mission and ministry. While we don't know what 2021 will bring, rest assured that we will, in the words of Rev. Dr. Frederick Jerome Streets, continue to stay together with the faith that has kept us together.

God bless,

Pastor Anthony Bennett

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

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



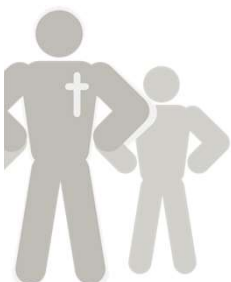
To ensure the church remains financially sound, please continue in your giving via PUSHPAY

or

Mail checks to:
73 Frank Street
Bridgeport, CT 06604



WWW.MTAERYBAPTIST.ORG



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.*



Here's an exciting way to join in worship with us.
 Simply visiting our website at 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 Gardner & Lee**

**Submissions of announcements
 and due dates:**

Message From The Mount

Send information to
mftm@mtaerybaptist.org
 by the second Wednesday
 after the first Sunday

Monitors in the Sanctuary

Send information to
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.

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	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



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, 2nd 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

- Deacon Primus Jackson on the loss of his uncle, A.Q. Jackson in Easley, SC.
- Trustee Marcie Thompson and the First Baptist Church of Stratford family on the loss of her husband Deacon Howard Thompson.
- Deacon Regina Mosely and family on the loss of her sister-in-law, Rev. Eleanor Mosely of East End Baptist Church.
- Deacon Julian and Tracey Jean Baptiste on the loss of her father, Deacon John Craig.
- Mary Marrow and family on the loss of her aunt and sister-in-law.
- Deacon Leroy and Deaconess Ollie Haggans on the loss of his sister in Norfolk VA.
- Pastors Colin and Imani Jones on the loss of his mother, Ruby Jones.
- Deacon John and Betty Hill on the loss of their granddaughter, Candace Hill.
- Rev. Nancy Kingwood-Small and family on the loss of her mother-in-law, Janice Small.
- Deacon Williamae Richardson and family on the loss of her brother-in-law, Jimmy Richardson.
- Robin Rawls and family on the loss of her cousin, Wayne Rory.
- Deacon April Gist and family on the loss of her brother-in-law, Nathaniel Geter.

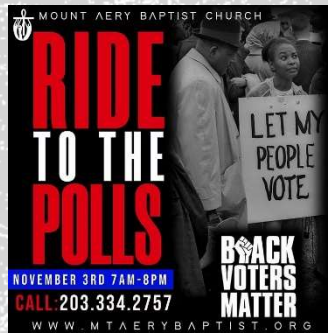


Drive-thru Community Thanksgiving Dinner



Drive-thru Community Thanksgiving Dinner





RIDE TO THE POLLS
Thank you, Mrs. Liza!





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.*





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
 - 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
 - Hearing Voices Network: Info: Skye at 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 vlepoutre@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





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
Visit TurningPointCT.org/smart or TheHubCT.org/freepersupport



HOW TO CELEBRATE THE HOLIDAYS DURING THE PANDEMIC

Summary:

- Many people are rethinking their holiday traditions to reduce the risk of spreading COVID-19.
- Decisions about where and how to celebrate the holidays should be based on risk factors and the comfort level of yourself and the family and friends you may plan to spend time with this season.
- Discuss your holiday plans with family and friends in advance to assess the level of risk and determine if it's safe for you and members of your household to participate in holiday gatherings.

In November and December, people across the United States gather with family and friends to celebrate a variety of cultural and religious holidays — including Thanksgiving, Christmas, Hanukkah, and Kwanzaa. This year, many people are rethinking their holiday traditions to reduce the risk of spreading COVID-19.

Although it may still be possible to continue some of your cherished holiday celebrations this year, you and your family and friends may need to adjust your usual plans to ensure that everyone can participate safely. Here are health questions to help you figure out the level of risk your holiday traditions may have during the COVID-19 pandemic.



Where and how are you celebrating?

Wearing a mask, practicing proper hand hygiene, and maintaining social distancing reduces your chances of COVID-19 infection. When it comes to the risks of COVID-19 transmission, research has shown that indoor settings are riskier than outdoor environments; gathering in large groups is riskier than in small groups, and prolonged close contact is riskier than brief contact. The Centers for Disease Control and Prevention (CDC) defines close contact as being within six feet of an infected person for a total of 15 minutes or more over a 24-hour period.

Based on the previous criteria, it's important to consider where and how you're celebrating and assess your level of risk. For example, attending a crowded indoor gathering would be riskier than a small outdoor gathering of just a few family members. A lengthy visit with no social distancing would be riskier than a brief visit where family members stay six feet apart and wear masks.

Due to proximity at the table, passed platters of food, and shared serving utensils, a sit-down family meal would be riskier than a gathering where there was no food or where attendees brought their own food and beverages. If alcohol is served, its inhibition-lowering effects could make those who consume it less likely to follow health recommendations.

The level of risk for your holiday event could increase if participants are traveling to or from areas that are experiencing high COVID-19 infection rates. States across the country have different travel advisories in place. Review your state's travel advisory, usually available on the state's website, before making holiday event and travel plans.

HOW TO CELEBRATE THE HOLIDAYS DURING THE PANDEMIC

Here are specific questions you can ask to determine the level of risk of your holiday celebrations:

- Will the event be held indoors or outdoors?
- How many people will be at the event?
- Will participants be willing/able to wear masks?
- Will participants be willing/able to practice social distancing?
- Will participants be willing/able to practice proper hand hygiene?
- Will the visit be brief or prolonged?
- Will the event include shared food or beverages?
- Will alcohol be served at the event?
- Will participants be traveling to or from areas that are experiencing high COVID-19 infection rates?
- Will the event follow public health guidelines for gathering size limits?

What are your personal, family, and community risk factors?

Older adults and people who have certain health conditions — including lung disease, heart disease, diabetes, a weakened immune system, obesity, chronic kidney disease, or liver disease — are at a **higher risk of becoming seriously ill and experiencing COVID-19 complications**.

When deciding how you can safely celebrate the holidays, consider whether you or anyone in your household is at high risk for COVID-19 complications and whether you will be able to take appropriate steps to stay safe.

Here are questions to consider:

- Will I be able to comply with safety rules?
- Will I be able to quarantine at home if I become ill or if I'm exposed to someone who has COVID-19?
- Are there any high-risk family members that could be affected by a potential exposure?
- What are the COVID-19 infection rates in my community?
- What are the COVID-19 infection rates in the community where the event will take place?
- Will I be exposed to anyone who is traveling from an area with high COVID-19 infection rates?

What steps can be taken to promote safety?

In this pandemic world, all activities outside the home carry some level of risk for COVID-19 infection — and holiday celebrations are no exception. However, your family and friends may be able to make modifications to your typical holiday plans that lower COVID-19 risks. Here are questions to ask:

- Could high-risk relatives participate virtually?
- Could the number of people be limited?
- Could the event be held at a different venue to better accommodate social distancing?
- Could the event be held outdoors?
- Are there ways to limit contact between participants?
- Could food and beverages be prepared individually to limit passing around of shared items?
- Are all participants in agreement with the steps being taken to promote safety?
- Will participants stick to the agreed-upon safety plans?

Helpful information: [CDC guidelines for holiday celebrations during the pandemic](#)

The bottom line: Decision-making regarding where and how to celebrate the holidays should be based on the risk factors and comfort level of each participant. The best approach is to discuss your holiday plans with family and friends in advance so you can assess the level of risk, figure out what steps can be taken to promote safety, and determine whether it's safe for you and members of your household to participate.

Aunt Nancy's Buckeyes peanut butter balls

Ingredients

1/2 cups of peanut butter
1/2 cup of butter
1Lb of confectioner's sugar (3 cups)
1 tablespoon vanilla extract
12 ounces of chocolate chips
Small amount of paraffin
(approximately the size of a cube of dice)



Directions

Mix the first four ingredients together with a mixer until smooth and well combined. Roll into one-inch balls. Place on parchment or waxed paper and place in the freezer for 30 minutes. Melt chocolate chips and paraffin in a double boiler. Place a toothpick in the peanut butter ball and dip in the melted chocolate. Place on parchment or waxed paper. Store in a cool place.

Snowballs

Ingredients

1 cup butter
1/2 cup sugar
1 teaspoon vanilla
2 cups of flour
1 cup medium chopped walnuts
24 Hershey's kisses
Confectioner's sugar



Directions

With a mixer beat butter, sugar, and vanilla until light and fluffy. Then add flour and nuts. Mix until well combined. Take dough and shape into a disc and wrap with plastic wrap. Place in refrigerator for at least one hour. Remove silver wrapping from Hershey's kisses. Preheat oven to 375 degrees. Shape dough around Hershey's kisses and form into balls. Bake for 12 minutes. Allow cookies to cool until room temperature. Roll in confectioner's sugar.

WHAT ARE THE BENEFITS OF MEDITATION FOR KIDS?

- Medically reviewed by [Courtney Sullivan, Certified Yoga Instructor](#) — Written by Steph Coelho on August 18, 2020
- Meditation is a popular mind-body practice that has been around for generations and can help reduce stress and promote calm. Meditation may be beneficial for people of all ages, including kids.
- According to data from the [2017 National Health Interview Survey \(NHIS\)](#), the number of children practicing meditation in the United States increased significantly between 2012 and 2017.
- In this article, we look at some of the child-specific benefits of meditation. We also list some kid-friendly meditation apps to try.



- Meditation may help reduce anxiety in children.
- Meditation has many [potential benefits](#) for people of all ages.

These include:

- relieving pain
- lowering high [blood pressure](#)
- helping with [anxiety](#) and other [mental health](#) conditions
- reducing stress
- enhancing mood

- Some researchers have looked into the benefits of meditation specifically for children.
- A [2014 review](#) on mindfulness programs in schools linked them to improved cognitive function and a greater ability to handle stress.
- In an [earlier randomized trial](#), researchers observed a decrease in attention problems among children aged 9–13 years who took part in a mindfulness-based cognitive therapy for children (MBCT-C) program. The decrease in symptoms was particularly significant among the participants who had anxiety problems at the start of the study.
- A more recent study from 2016 studied the effects of a mindfulness meditation training program on a small group of children who were between the ages of 7 and 8 years. The [results](#) suggested a link between meditation practice and a reduction in attention problems.
- However, the researchers noted a discrepancy between the student and teacher reports. This finding, along with the small sample size, indicates a need for further study.
- It is important to note that the [National Center for Complementary and Integrative Health](#) caution people against replacing conventional treatments with meditation. This advice applies to people of all ages.

WHAT ARE THE BENEFITS OF MEDITATION FOR KIDS?

Types of meditation for children:

There are several different types of meditation, all of which usually involve similar elements. These include:

- a quiet space with limited distractions
- a comfortable position
- a particular focus of attention
- an open attitude from the person meditating

Some forms of meditation that may be suitable for young people include:

Mindfulness meditation: This type of meditation often uses breathing exercises to help focus the mind. It can also involve a person focusing their attention on a particular body part or sound.

Guided meditation: With this type of meditation, the person meditating listens to a guide, teacher, or practitioner — either in person or via an audio recording. Some forms of guided meditation have a specific purpose, such as helping with insomnia or anxiety.

Mantra meditation: This kind of meditation involves repeating a specific word or saying, sometimes out loud. *Om* is a common mantra that people often chant at the start and end of their yoga practice. Repeating the phrase as part of meditation helps focus the mind and limit distracting thoughts.



- Appropriate forms of meditation and the optimal length of practice may vary depending on the age of the child. It may take some experimentation for young people to find a style of meditation that suits them.
- Younger children can find it challenging to focus for a long time, so short sessions may be best.
- Yoga is another practice that sometimes involves meditation or reflective elements. According to the 2017 NHIS, 8.4% of children in the U.S. practiced yoga in 2017. Bottom of Form

WHAT ARE THE BENEFITS OF MEDITATION FOR KIDS?

Meditation apps for kids

- A variety of meditation apps is available on the market, including options specifically for kids. Below is a list of some of the most popular meditation apps for young people:

Headspace (for kids)

- Headspace is a popular meditation app. It includes a massive library of guided meditations.
- Meditation themes for kids include calm, focus, kindness, sleep, and wake up.
- Guided sessions, breathing exercises, and visualizations are available for multiple age groups other than adults. These age groups include 5 years and under, 6–8 years, and 9–12 years.

Calm

- While Calm is not a kid-specific app, it does contain a variety of resources for young people, including a series of meditations specifically for those under the age of 18 years.
- The “Calm Kids” section of the app has a slew of beginner meditations, some of which are as short as 2 minutes. [The app also features a series of sleep stories to help lull kids to sleep.](#)

Breathe, Think, Do with Sesame

- Children can learn a variety of skills, including calming breathing exercises, with the help of on-screen friends from the television series Sesame Street.
- The bilingual app (English and Spanish) also features a host of resources for parents or caregivers. In addition to mindfulness, the app encourages children to problem-solve, cultivate self-control, and learn planning skills. The Sesame brand app is best for children aged 2–5 years.

Mindful Family

- The Mindful Family app is a free app with a base library of guided meditations for adults, children, and families.
- Additional meditations are also available as in-app purchases. The app’s selection of meditations is suitable for those aged 4 years and older.

Smiling Mind

This app is the product of an Australian nonprofit organization. It features mindfulness and meditation programs for people of all ages.

The app includes a variety of programs, from family-oriented sessions to classroom- and workplace-friendly practices.

There are a few options for children aged 3 years and up, but most of the app’s library is appropriate for those aged 7 years and older.

- **DreamyKid Meditation App Just for Kids**
- The DreamyKid app has various mindfulness categories to choose from, including guided journeys and sleep stories.
- Most of the meditations are suitable for those aged 3–17 years. The app is also free for schools, hospitals, and other institutions or practitioners who work with children.
- **Mindful Powers**
- The Mindful Powers app is specifically for children between the ages of 7 and 10 years. It features guided meditation sessions, a focus timer, and a few other interactive tools.
- The base app, which includes three unlocked sessions, is free. However, unlocking the rest of the sessions costs \$4.99.
- It is currently only available for Apple devices.

DreamyKid Meditation App Just for Kids

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- It is currently only available for Apple devices.

Summary

Meditation is a useful stress reduction tool for both children and adults. Parents and caregivers who wish to introduce children to this type of mindfulness practice can choose from a range of available apps. Meditation apps for kids feature many different types of practice, including guided audio meditations to promote calm and sleep stories to help kids fall asleep.

Three Poems to Introduce Children to Mindfulness YOUTH SPEAK

How can you help a child reap the benefits of mindfulness, especially if they're not old enough to read or sit still for very long?

Breathe and Be: A Book of Mindfulness Poems aims to introduce kids aged 4–8 to mindfulness by connecting them to the natural world through poems and accompanying images.

The poems use a five-line form of Japanese poetry called *tanka*, an early version of haiku.

Below are three poems and illustrations from the collection, which was written by Kate Coombs and illustrated by Anna Emilia Laitinen.



I breathe slowly in,
I breathe slowly out. My breath
is a river of peace.
I am here in the world.
Each moment I can breathe and be.

I watch the stream.
Each thought is a floating leaf.
One leaf is worry,
another leaf is sadness.
The leaves drift softly away.



I breathe slowly in,
I breathe slowly out. My breath
is a pathway of peace
moving softly through me.
Each day I can breathe and be.



Excerpted from Breathe and Be: A Book of Mindfulness Poems by Kate Coombs, illustrated by Anna Emilia Laitinen. Published by Sounds True, 2017.

WAITING TO EXHALE

by Samantha Burton

Breathing in frustration, Waiting to Exhale
Sitting on the bed with one shoulder up and one shoulder down
Feet can't hardly touch the ground

A day late and a dollar short
When it rains it sure does pour

The struggle is real, can't hide the way I feel
People are always telling me it's going to be okay
But those same people wouldn't want to walk in my shoes for a single day

Are my dreams and goals just fading away?
Consumed by guilt and shame, I feel like I'm sitting on the dock of the bay
in pain, wasting time with no more tears left to cry
I fall down on my knees and I say to the Lord my God, I'm ready for help this time

The chains are finally broken, the weight is lifted off my shoulders
No more dark days in my life, through the power of God's love

I can finally see the light
And I realize that I'm going to be just fine
I'm a sinner with a future and I know Hope Never Dies

I WILL DREAM IT! BELIEVE IT! AND ACHIEVE MY GOALS THIS TIME!

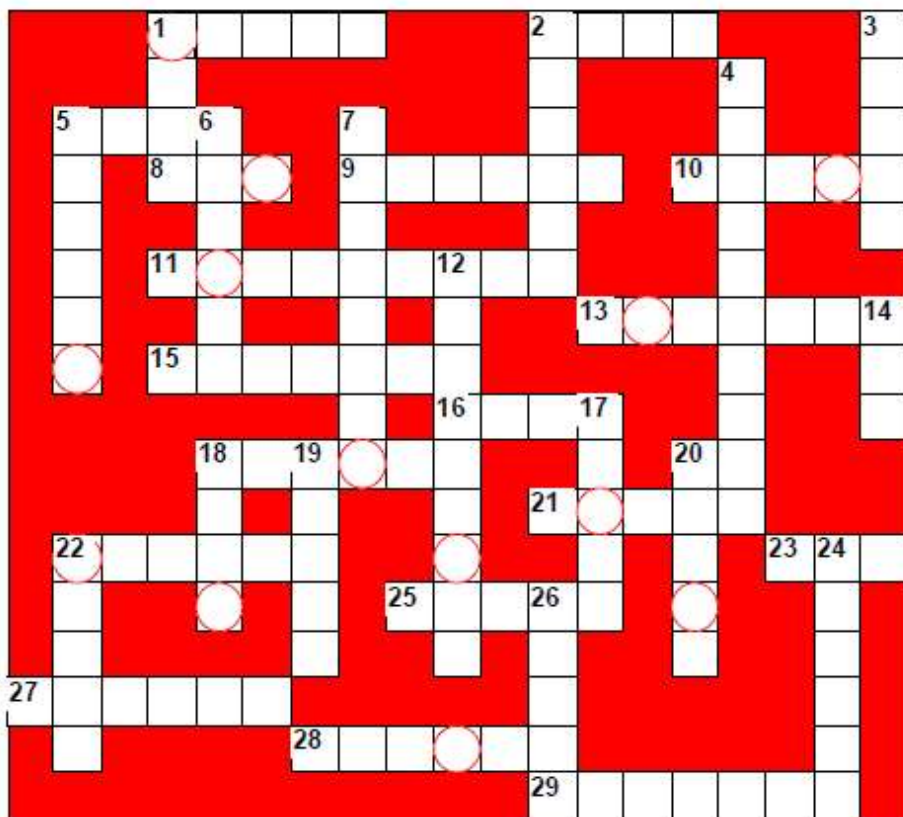
My feet are placed on Solid Ground, my shoulders are raised back
My head is held high

I BREATHE IN GOD'S LOVE AND I EXHALE GOD'S VICTORY OVER MY LIFE!



Squigly's Christmas Crossword

After you have solved the puzzle, rearrange the circled letters to find Squigly's mystery word.
Hint: A decoration.



Across:

- 1. Santa _____
- 2. Holds groceries
- 5. Opposite of cool
- 8. Polka _____
- 9. Tie this around a present
- 10. Heavenly being
- 11. December 25
- 13. Eaten with soup
- 15. Pals, buddies

- 16. Used to fasten gift wrap
- 18. Metallic tree decoration
- 20. Myself
- 21. God's son
- 22. Christmas carol "Away in a _____"
- 23. Santa's helper
- 25. Christmas plant
- 27. _____ the snowman

- 28. Decoration for door
- 29. Journeys

Down:

- 1. Mailed greeting
- 2. Christmas songs
- 3. Santa is this
- 4. Red and white peppermint sticks
- 5. A season
- 6. Mary is this to Jesus

- 7. Gifts
- 12. Christmas kissing plant?
- 14. Christmas colour
- 17. All
- 18. Name cards for gifts
- 19. _____ pole
- 20. Tune, melody
- 22. _____ Christmas
- 24. Giggles
- 26. Outside Christmas decoration

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Christmas Crossword:

- | | |
|--|---|
| Across
1. Claus
2. Cart
5. Warm
8. Dot
9. Ribbon
10. Angel
11. Christmas
13. Cracker
15. Friends
16. Tape
18. Tinsel
20. Me
21. Jesus
22. Manger
23. Elf
25. Holly
27. Frosty
28. Wreath
29. Travels | Down
1. card
2. Carols
3. Jolly
4. Candy Canes
5. Winter
6. Mother
7. Presents
12. Mistletoe
14. Red
17. Every
18. Tags
19. North
20. Music
22. Merry
24. Laughs
26. Light |
|--|---|
- Mystery Word: Christmas Tree

ZOOM

YOUTH SATURDAYS

GENERATION NEXT

MEETING CODE EMAILED WEEKLY



EVERY SATURDAY



11:00 AM

AGES 3 & UP

SEND YOUR EMAIL TO ADMIN@MTAERYBAPTIST.ORG TO GET ON THE LIST

CARING FOR THE CAREGIVER

G.R.A.C.E. 
by Deacon Kathy Tabb-Small

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

ADVOCATE

ATTACHMENT

AU PAIR

BABYSITTER

CAREGIVER

CARETAKER

CLOSENESS

CONCERN

CUSTODIAN

DESIRE

DEVOTION

ENDEARMENT

ESSENTIAL

FATHER

GIVING

GOVERNERS

HEART

HOUSEKEEPER

KINDNESS

LIVE-IN

LOVE

MINISTRY

MOTHER

NANNY

NURSE

PARENT

PASSION

PROVIDER

REGARD

RELIEF

TENDERNESS

WARMTH

FAMILY CAREGIVER DUTIES

G.R.A.C.E. 

When seniors want to keep living at home, unpaid family members are the most common care providers who help them out. Providing care to a loved one can be challenging and demanding at times, but it's also highly rewarding. Family caregivers are often responsible for many of the same tasks as professional caregivers, but only one or two family members may be taking on those responsibilities for a particular senior.

A survey by [Pew Research Center](#) found that the most common responsibilities of family caregivers include activities like running errands and completing housework and home repairs. In fact, 58 percent of the caregivers who were surveyed indicated that those were the main tasks they helped their loved ones with around home. However, a growing number of family caregivers are taking on medical and nursing tasks. The AARP study found that 57 percent of unpaid caregivers of adults were taking care of tasks like giving injections, administering tube feedings, and caring for catheters.



So the types of care that family caregivers provide are just as diverse as those of professional caregivers. It all depends on a senior's needs and the capabilities of his or her family members and friends. Here are some caregiver responsibilities that may be relevant to your own situation:

- **Establishing a care plan:** Just like professional caregivers, family caregivers need to create care plans. It's especially important when more than one family member is helping because everybody needs to have access to the same information. As a family caregiver, you may need to meet with your loved one's doctor and any other medical professionals to ensure that all medical conditions, treatments, and medications are understood and properly administered.
- **Taking care of transportation:** Family caretakers often provide transportation for their loved ones. You may need to be responsible for driving your loved one wherever he or she needs to go, including to doctors' appointments and the grocery store.
- **Managing finances:** The loved one you're caring for may have trouble keeping his or her finances straight. If bills start going unpaid or checks are bouncing, then you may need to step in and help your family member manage the finances.
- **Providing companionship:** Your loved one may become lonely and require emotional support. In fact, Pew Research Center found that 68 percent of adults give some level of emotional support to their aging family members. So just being there to make your loved one feel connected is important.
- **Scheduling:** Family caregivers often need to help their loved ones make appointments and arrange proper transportation for getting to and from them.
- **Arranging in-home care services:** Family caregivers are not always able to take care of everything themselves. If that's the case for you, then you may need to arrange professional services like housecleaning and meal deliveries.
- **Ensuring home safety:** Loved ones staying at home need to be kept safe. So family caregivers need to assess and address safety risks, make sure that smoke alarms have batteries, install handrails, and take care of any other safety measures that can help reduce the risk of accidents and injuries.
- **Creating emergency plans:** Family caregivers cannot usually be present with their loved ones at all times. So it's important to develop an emergency plan that your family member can easily follow if an accident happens when he or she is home alone.

TIPS FOR FAMILY CAREGIVERS

A caregiver job—especially one that is unpaid—comes with great responsibility. But it can also provide a lot of personal fulfillment. In fact, Pew Research Center found that 88 percent of adults who help care for their aging family members say that it's rewarding. However, almost 60 percent of unpaid adult caregivers consider providing care to be a medium to high burden to carry, according to the AARP report. However, almost 60 percent of unpaid adult caregivers consider providing care to be a medium to high burden to carry. So it's clear that caring for a loved one comes with its fair share of challenges and rewards.

That said, family caregivers can take steps to help minimize the challenges that come with caring for aging loved ones. The 10 tips below can help you feel successful in your role as a family caregiver.

1. Take care of your mental and physical health. Make sure that you're taking time for yourself in order to reduce the chances of burning out. Get exercise, attend yoga classes, make time to visit with your friends, and take part in other activities that you enjoy. Also, make sure you're getting enough rest and sleep.

2. Develop stress-management techniques. The AARP study found that more than 40 percent of unpaid adult caregivers wanted more information about how to handle their stress. Doing simple things like coloring in an adult coloring book, getting fresh air, or meditating for 20 minutes a day may be enough to keep your stress level low.

3. Educate yourself. It's important to become familiar with your loved one's condition, as well as with basic caregiving principles. After all, the more you understand about caregiving and your loved one's specific needs, the easier it will be to care for him or her. According to the AARP study, 85 percent of unpaid adult caregivers said that they would like more information about caregiving topics, especially information about how to keep their loved ones safe at home.

4. Create a schedule. Even if you're the only family member who is providing care, it's important to have a schedule. You should include your scheduled care times, personal time, and loved one's appointments, along with the schedule details of any other family members who are also helping.

5. Stay organized. Use file folders or binders to hold all of the important information related to your loved one's care. Include phone numbers, lists of current and past medications, medical documents, and test results.

6. Make sure all legal documents are in order. While your loved one is in a clear mental state, it's important to update all legal and insurance documents. Specifically, you'll want to ensure that his or her will is accurate, that he or she has a power of attorney named, and that the beneficiaries on insurance plans and investment accounts reflect your loved one's current wishes.

7. Don't let problems pile up. Be sure to deal with any challenges as they come up so that your to-do list remains manageable. Communicate with your loved one if you feel the relationship is becoming strained or tense. (Not communicating your expectations clearly can lead to estranged relationships between family members.)

8. Be realistic about your capabilities. Assess your own life situation in order to determine the level of care that you can offer to your loved one. If you're working a demanding, full-time job and have a young family at home, then assisting your family member 20 or more hours per week may not be realistic.

9. Connect with other caregivers in your community. It can be helpful to make connections with other people who are going through similar experiences. You may be able to find and join caregiver support groups. It's important to feel connected and supported while caring for your loved one.

10. Seek professional help if it's needed. If you find that caring for your loved one is too much to manage on your own, then be sure to ask for help. Talk to other family members and close friends to see who may be able to offer a hand. Additionally, look into the support services that are available in your community, such as in-home care, meal delivery, and medical assistance services.

A Prayer for the Caregiver

by Bruce McIntyre

Unknown and often unnoticed, you are a hero nonetheless.
For your love, sacrificial, is God at his best.
You walk by faith in the darkness of the great unknown,
And your courage, even in weakness, gives life to your beloved.
You hold shaking hands and provide the ultimate care:
Your presence, the knowing, that you are simply there.
You rise to face the giant of disease and despair,
It is your finest hour, though you may be unaware.
You are resilient, amazing and beauty unexcelled,
You are the caregiver and you have done well!



ΛΟΠ ΘΙΓ ΕΡΕ ΕΣΙΓΒΙΛΕΙ ΘΥΡ ΛΟΠ ΜΥΛΕ ΘΟΥΕ ΜΕΠΠΙ

ΛΟΠ ΘΙΓ ΛΕΥΗΕΠΠΙ ΘΥΡΑΠΠΙΘ ΜΠΑ ΕΛΑΠΠΙ-ΑΠΕΛΕΥΗΕΠΠΙ

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,

SECURITY CORNER

by Deacon Henry Smalls, Jr.

Robocalls, Texts and Emails Promising COVID-19 Cures or Stimulus Payments



Coronavirus scams are spreading nearly as fast as the virus itself. As of Nov. 12, the Federal Trade Commission (FTC) had logged more than 249,000 consumer complaints related to COVID-19 and stimulus payments, two-thirds of them involving fraud or identity theft. Victims have reported losing nearly \$183 million, with a median loss of \$320.

Fraudsters are using the full suite of scam tools — phishing emails and texts, bogus social media posts, robocalls, impostor schemes and more — and closely following the headlines, adapting their messages and tactics as new medical and economic issues arise.

For example, with recent reports of significant progress in the race for a vaccine, crooks have stepped up malicious email campaigns with subject lines like "Urgent information: COVID-19 new approved vaccines," according to software security firm Check Point. The FBI warns that scammers are posing as charity fundraisers, soliciting donations to supposedly help individuals, organizations and areas affected by the virus.

Here are some other types of coronavirus scams to look out for:

In-demand products and bogus cures:

No vaccines or drugs have been approved specifically to treat or prevent COVID-19, the disease caused by the novel coronavirus. That hasn't stopped fraudsters from flooding consumers with pitches for phony remedies.

The FTC and the U.S. Food and Drug Administration (FDA) have sent more than 40 warnings to companies selling unapproved products they claim can cure or prevent COVID-19 and shut down a website that was promoting a nonexistent vaccine.

Teas, essential oils, cannabinoil, colloidal silver and intravenous vitamin-C therapies are among supposed antiviral treatments hawked in clinics and on websites, social media and television shows as defenses against the pandemic.

The FBI says con artists are advertising fake COVID-19 antibody tests in hopes of harvesting personal information they can use in identity theft or health insurance scams.

Other scammers claim to be selling or offering in-demand supplies such as masks, test kits and household cleaners, often in robocalls, texts or social media ads. The FTC has issued warnings to companies suspected of abetting coronavirus robocalls, and the Federal Communications Commission (FCC) set up a dedicated website with information on COVID-19 phone scams.

Travel: what you should know

With most Americans having received stimulus checks under the federal CARES Act and tens of millions of people newly unemployed, federal agencies are warning of a wave of schemes to steal government payments. A May survey of jobless Americans by Credit Karma found that more than 1 in 5 had been contacted by scammers about stimulus payments or unemployment benefits.

Watch out for calls or emails, purportedly from government agencies, that use the term "stimulus" (the official term is "economic-impact payment") and ask you to sign over a check or provide personal information like your Social Security number. Another common stimulus con comes via social media, in scam Facebook messages promising to get you "COVID-19 relief grants."

With economic anxiety rising, crooks are also impersonating banks and lenders, offering bogus help with bills, credit card debt or student loan forgiveness. Small businesses are being targeted, too, with scammers reaching out to owners with phony promises to help them secure federal disaster loans or improve Google search results.

The outbreak has also spawned stock scams. The U.S. Securities and Exchange Commission is warning investors about fraudsters touting investments in companies with products that supposedly can prevent, detect or cure COVID-19. Buy those stocks now, the tipsters say, and they will soar in price.

Sources: FTC, FCC, FBI, SEC, AARP



Robocalls, Texts and Emails Promising COVID-19 Cures or Stimulus Payments

It's a classic penny-stock fraud called "pump and dump." The con artists have already bought the stocks, typically for a dollar or less. As the hype grows and the stock price increases, they dump the stock, saddling other investors with big losses.

Phishing scams:

The pandemic has brought about "significant increases in broad-based and targeted phishing campaigns," according to a July 30 alert from the Treasury Department's Financial Crimes Enforcement Network (FinCEN). Since January, tens of thousands of new website domains have been registered with terms related to COVID-19 and the response to it, such as "quarantine," "vaccine" and "CDC," FinCEN says. The Justice Department has shut down hundreds of these suspect sites, which promise vaccines and other aid, often in the guise of government agencies or humanitarian organizations.

If you contact one of those malicious domains, you could start getting phishing emails from fraudsters in an attempt either to plant malware on your computer or to get your personal information. Google reported in April that its Gmail platform was blocking 18 million such messages a day.

The FTC and the Justice Department issued an alert about phishing texts and phone calls that are supposedly from contact tracers, warning you that you've been exposed to someone with COVID-19. The scam texts include a link that, if clicked, downloads malware to your device. (Messages from actual contact tracers working for public health agencies will not include a link or ask you for money or personal data.)

These communications often appear to be from real businesses or government agencies and clicking on links or downloading attached files could import a program that uses your internet connection to spread more malware or digs into your personal files looking for passwords and other information for purposes of identity theft.

Be careful when you browse for information about coronavirus. Developing and testing vaccines for viruses takes a long time, and you'll hear about them first from a legitimate source, such as the U.S. Centers for Disease Control and Prevention (CDC) or the World Health Organization (WHO).

And make sure you are going to the genuine CDC and WHO websites: Scammers are impersonating them, too.

Tips to avoid coronavirus scams:

- Avoid online offers for coronavirus-related vaccines or cures; they aren't legitimate.
- Be wary of emails, calls and social media posts advertising "free" or government-ordered COVID-19 tests. Check the FDA website for a list of approved tests and testing companies.
- Don't click on links or download files from unexpected emails, even if the email address looks like a company or person you recognize. Ditto for text messages and unfamiliar websites.
- Don't share personal information such as Social Security, Medicare and credit card numbers in response to an unsolicited call, text or email.
- Be skeptical of fundraising calls or emails for COVID-19 victims or virus research, especially if they pressure you to act fast and request payment by prepaid debit cards or gift cards.
- Ignore phone calls or emails from strangers urging you to invest in a hot new coronavirus stock.



Budgeting When Your Income Has Decreased

Creating a budget and adhering to it is hard enough when you have the money to cover your expense. Add global pandemic, including the loss or reduction of income and budgeting becomes even more difficult. When you factor in the stress of remote work struggles, home schooling and childcare, close quarters, and isolation, money management and financial wellness can seem like a low priority.

It is normal to be worried about your finances during these uncertain times. One of the top questions for many is, “how long can I make the money that I have coming in especially if it is less than my typical income?” What happens if I can’t pay my utilities? Will I have enough for groceries? The understanding is that you will have to make difficult decisions about where to cut expenses to make ends meet.

The budgeting principles are important to keep in mind even when you are experiencing decreased income.

- Understand your spending habits
- Separate needs from wants
- Take advantage of free or low-cost activities
- Involve family in the budgeting process
- Earn less spend less



Limit spending to the bare minimum and deal only with necessities until you are earning more, or are back to work, or have extra income. This global pandemic as well as a financial shortage is always a foundation for future goals towards saving and investing, should lightning strike twice in the same place.

If you have never made a budget, now is the perfect time. A budget will provide you with a helpful structure going forward.

Bountiful Blessings spiritually, mentally, physically and financially...

Deacon Cynthia Seabrook

MABB Financial Services Newsletter Fall 2020

Ruby Nell Bridges Hall (born September 8, 1954) is an American civil rights activist. She was the first African-American child to desegregate the all-white William Frantz Elementary School in Louisiana during the New Orleans school desegregation crisis on November 14, 1960.^{[1][2]} She is the subject of a 1964 painting, *The Problem We All Live With* by Norman Rockwell.

Bridges was the eldest of five children born to Abon and Lucille Bridges.^[3] As a child, she spent much time taking care of her younger siblings,^[4] though she also enjoyed playing jump rope, softball and climbing trees.^[5] When she was four years old, the family relocated from Tylertown, Mississippi, where Bridges was born, to New Orleans, Louisiana. In 1960, when she was six years old, her parents responded to a request from the National Association for the Advancement of Colored People (NAACP) and volunteered her to participate in the integration of the New Orleans school system, even though her father was hesitant.^[6] Bridges was born during the middle of the Civil Rights Movement. *Brown v. Board of Education* was decided three months and twenty-two days before Bridges' birth.^[7] The court ruling declared the process of separating schools for black children and white children unconstitutional. Though the *Brown v. Board of Education* decision was finalized in 1954, southern states were extremely resistant to the decision that they must integrate for the six following years.^[8] Many white people did not want schools to be integrated and, though it was a federal ruling, state governments were not doing their part in enforcing the new laws. In 1957, federal troops were ordered to Little Rock, Arkansas to escort the Little Rock Nine students in combating violence that occurred as a result of the decision.^[9] Under significant pressure from the federal government, the Orleans Parish School Board administered an entrance exam to students at Bridges' school with the intention of keeping black people out of white schools. Bridges attended a segregated kindergarten in 1959.^[3] In early 1960, Bridges was one of six black children in New Orleans to pass the test that determined whether they could go to the all-white William Frantz Elementary School. Two of the six decided to stay at their old school, Bridges went to Frantz by herself, and three children were transferred to McDonogh No. 19 and became known as the McDonogh Three. Bridges and her mother were escorted to school by four federal marshals during the first day that Bridges attended William Frantz Elementary. In the following days of that year, federal marshals continued to escort Bridges, though her mom stayed behind to take care of her younger siblings.^[3]



William Frantz Elementary School building in 2010

Bridges' father was initially reluctant, but her mother felt strongly that the move was needed not only to give her own daughter a better education, but to "take this step forward [...] for all African-American children". Her mother finally convinced her father to let her go to the school.^[8]

Judge J. Skelly Wright's court order for the first day of integrated schools in New Orleans on Monday, November 14, 1960, was commemorated by Norman Rockwell in the painting, *The Problem We All Live With* (published in Look magazine on January 14, 1964).^[9] As Bridges describes it, "Driving up I could see the crowd, but living in New Orleans, I actually thought it was Mardi Gras. There was a large crowd of people outside of the school. They were throwing things and shouting, and that sort of goes on in New Orleans at Mardi Gras."^[9] Former United States Deputy Marshal Charles Burks later recalled, "She showed a lot of courage. She never cried. She didn't whimper. She just marched along like a little soldier, and we're all very very proud of her."^[10]

U.S. Marshals escorted Bridges to and from school.

As soon as Bridges entered the school, white parents pulled their own children out; all the teachers except for one refused to teach while a black child was enrolled. Only one person agreed to teach Bridges and that was Barbara Henry, from Boston, Massachusetts, and for over a year Henry taught her alone, "as if she were teaching a whole class."

That first day, Bridges and her mother spent the entire day in the principal's office; the chaos of the school prevented their moving to the classroom until the second day. On the second day, however, a white student broke the boycott and entered the school when a 34-year-old Methodist minister, Lloyd Anderson Foreman, walked his five-year-old daughter Pam through the angry mob, saying, "I simply want the privilege of taking my child to school ..." A few days later, other white parents began bringing their children, and the protests began to subside.^{[2][11]} Yet, still, Bridges remained the only child in her class, as she would until the following year. Every morning, as Bridges walked to school, one woman would threaten to poison her, while another held up a black baby doll in a coffin;^[12] because of this, the U.S. Marshals dispatched by President Eisenhower, who were overseeing her safety, allowed Bridges to eat only the food that she brought from home.^[13]



(continued)

Child psychiatrist [Robert Coles](#) volunteered to provide counseling to Bridges during her first year at Frantz. He met with her weekly in the Bridges home, later writing a children's book, *The Story of Ruby Bridges*, to acquaint other children with Bridges' story.^[14] Coles donated the royalties from the sale of that book to the Ruby Bridges Foundation, to provide money for school supplies or other educational needs for impoverished New Orleans school children.^[15]

The Bridges family suffered for their decision to send her to William Frantz Elementary: her father lost his job as a gas station attendant;^[16] the grocery store the family shopped at would no longer let them shop there; her grandparents, who were [sharecroppers](#) in Mississippi, were turned off their land; and Abon and Lucille Bridges separated.^[15] Bridges has noted that many others in the community, both black and white, showed support in a variety of ways. Some white families continued to send their children to Frantz despite the protests, a neighbor provided her father with a new job, and local people babysat, watched the house as protectors, and walked behind the federal marshals' car on the trips to school.^{[9][17]} It was not until Bridges was an adult that she learned that the immaculate clothing she wore to school in those first weeks at Frantz was sent to her family by a relative of Dr. Coles. Bridges says her family could never have afforded the dresses, socks, and shoes that are documented in photographs of her escort by U.S. Marshals to and from the school.^[14]

es, now Ruby Bridges Hall, still lives in New Orleans with her husband, Malcolm Hall, and their four sons.^[16] After graduating from a desegregated high school, she worked as a travel agent for 15 years and later became a full-time parent.^[3] She is now chair of the Ruby Bridges Foundation, which she formed in 1999 to promote "the values of tolerance, respect, and appreciation of all differences". Describing the mission of the group, she says, "racism is a grown-up disease and we must stop using our children to spread it."^[18]

Bridges is the subject of the [Lori McKenna](#) song "Ruby's Shoes".^[19] Her childhood struggle at William Frantz Elementary School was portrayed in the 1998 made-for-TV movie *Ruby Bridges*. The young Bridges was portrayed by actress Chaz Monet, and the movie also featured [Lela Rochon](#) as Bridges' mother, Lucille "Lucy" Bridges; [Michael Beach](#) as Bridges' father, Abon Bridges; [Penelope Ann Miller](#) as Bridges' teacher, Mrs. Henry; and [Kevin Pollak](#) as Dr. Robert Coles.^[20]

Like hundreds of thousands of others in the greater New Orleans area, Bridges lost her home (in [Eastern New Orleans](#)) to catastrophic flooding from the [failure of the levee system during Hurricane Katrina](#) in 2005. Hurricane Katrina also greatly damaged [William Frantz Elementary School](#), and Bridges played a significant role in fighting for the school to remain open.^[21]

In November 2007, the [Children's Museum of Indianapolis](#) unveiled a new permanent exhibit documenting her life, along with the lives of [Anne Frank](#) and [Ryan White](#). The exhibit, called "The Power of Children: Making a Difference", cost \$6 million to install and includes an authentic re-creation of Bridges' first grade classroom.^[22]

In 2010, Bridges had a 50th-year reunion at William Frantz Elementary with Pam Foreman Testroet, who had been, at the age of five, the first white child to break the boycott that ensued from Bridges' attendance at that school.^[2]

On July 15, 2011, Bridges met with President [Barack Obama](#) at the [White House](#), and while viewing the Norman Rockwell painting of her on display he told her, "I think it's fair to say that if it hadn't been for you guys, I might not be here and we wouldn't be looking at this together".^[23] The Rockwell painting was displayed in the [West Wing](#) of the White House, just outside the [Oval Office](#), from June through October 2011.^[24]

In September 1995, Bridges and Robert Coles were awarded honorary degrees from [Connecticut College](#) and appeared together in public for the first time to accept the awards.^[15]

Bridges' *Through My Eyes* won the [Carter G. Woodson Book Award](#) in 2000.^[25]

On January 8, 2001, Bridges was awarded the [Presidential Citizens Medal](#) by President [Bill Clinton](#).^[26]

In November 2006, Bridges was honored as a "Hero Against Racism" at the 12th annual [Anti-Defamation League](#) "Concert Against Hate" with the [National Symphony Orchestra](#), held at the [Kennedy Center](#) in [Washington, DC](#).^[27]

On May 19, 2012, Bridges received an [Honorary Degree](#) from [Tulane University](#) at the annual graduation ceremony at the [Superdome](#).^[28]

Two elementary schools are named after Bridges: one in [Alameda, California](#) and another in [Woodinville, Washington](#).^{[29][30]} A statue of Bridges stands in the courtyard of William Frantz Elementary School.^[31]



BIRTHDAYS

December

December 1st

Bember, Porter
Bradley, Keith
Brassell, Diane
Caesar, Gloria
Coplon, Latosha
DeJesus, Marta
Febres, Annette
Foremar, Nyenyelle
Kenyattaia, Dorothy
King, Tameka
Matthews, Ronald
Reyes, Luis
Scales, Reginald
Storms, Stephanie
Williams, Brittany

December 2nd

Cato, Elijah
McDuffie, William
Moye-Sprangle, Yvonne
Pasha, Hope
Rogers, Dawn
Williams, Donell
Williams, N'Gai

December 3rd

Bernard, Michelle
Eagleton, Tonia
Smith, Karin
Wright, Lavanda

December 4th

Barreiro, Elizabeth
Penix, Elizabeth
Reed, Lakeya
Skeeter, Sharron
Wilson, Lamar

December 5th

Buford, Carlton
Cauthen, Adrian
Ess, Darin
Hunter-Faison, Jeanette
James, Jesse
McKenzie, Roger
McKnight, Quincy
Travis, Lisa

December 6th

Brown, Jr, George
Dunn, Sandra
Fleming, Brianna
Joyner, Bennie
Lyles, Starsheenma
Simpson, Sheila
Wedda, Elizabeth

December 7th

Brown-Palmer, Bernadette
Gray, Donna
Harris, Artrena
Marsh, Mary
McIntyre, Keneisha
Mendes, Anthony
Reese, George
Walls, Kecia

December 8th

Gallimore, Cirell
Geter, Frederick
Hargrove, Ebony
Holmes, Kimberly
Lee, Kevin
Penix, Avery
Phaire, Claudine
Porter, Michael
Reed, Valerie
Robinson, Wesley
Walden, Chimere

December 9th

Housey, Angela
Marshall, Leola
Perry, Vanessa
Satchwell, Sharon
Sims, Bonita
Thompson, Terry
Watley, Andrea

December 10th

Boyd, Sean
Burks, Cecelia
Frederick, Monique
Galberth, Tory
Gay, Kenyon
Jackson, NaQuasha
Johnson, Rhoshenae

December 11th

Lee, Brittany
Mack, Barren
Pollard, LaJeune
Risher, Vanessa
Sanders, Rodney
Walton, Catherine

December 12th

Hill, Betty
Rollins, Quintin
Simmons, Denetris
Wortham, Terrance

December 13th

Bradley, Rubin
Burres, Betty
Dicks, Carl
Foster, Telazia
Hardison, Shawn
Haskins, Marian
Hendrickson, Jhakiema
Ingram, Philip
Mitchell, Justan

December 14th

Darden, Mamie
Hudson, Armoni
Jordan, Nhrari
Joseph, Veronique
Lee, Charlene
Lewis, John
Mendez, Tykeisha
Mercer, Rhonda
Pettway, Robert
Stephenson, Kathy
Whittington, Za'nai

December 15th

Bennett, Anthony
Cooper, James
Freeman, Lawrance
Gathers, Quadir
Horton, Horace
Seawright, Dwayne
Thomas, Alisha
Thomas, Felisha
Womack, Crystal

December 16th

Ben, Joe
Failey, Felicia
Garner, Katrina
Jones, Shanda
Lanham, Roosevelt
Samuel, Shaniyah

December 17th

Day, Terrell
Gore, Tyrell
Johnson, Jeannette
Maye, Tamika
Mincey, Loletha
Moorer, Mazie
Nichols, Sean
Pettway, Lee
Small, Trevon
Stokes, Alan
Taylor, Shayna
Walker, Virginia

December 18th

Butler, Whilamenia
Cook, Talyn
Dennis, Monica
Hill, Lakisha
Holmes-Cobb, LaNeesa
Narcisse, Paul
Pettway, Lenora
Seldon, Christina
Slade, Rosie
Thornton, Marion
Worsley, Irene

December 19th

Eason, Reginald
Gordon, Calbert
Ploughman-Hamm, Jeanine N.
Rosino, Cianela
Sundar, Keisha

December 20th

Bush-Hanks, Denise
Clark, Rhonda M
Dewitt, Janell
Domond, Ellen
Eldridge, Mary
Gary, Blair
Thompson, Leona
Thornton, Barbara
Williams, Aleen

December 21st

Boyd, Melanie
Gist, April
Holmes, Anthony
Shakur, Alquan



December 22nd

Hill, Shirley
Jones, Cynthia
Richards, Jasmine
Rowe, Charmaine
Strode, Seonique

December 23rd

Daniels, Rhozharia
Gary, Marquet
Gray, Christie
Hendrickson, Simon
Sapp, Michelle
Walker, Vickie

December 24th

Lazaro, Madison

December 25th

Buford, Mary
Carter-Mims, Carol
Duharte, Tiffany
Lesperance, Esther
Reed, Shirley
Scudder, Janis
White, Andrea

December 26th

Ellis, Chyna
Manns, Melissa
McFadden, Lori
Simpson, Shakira
VanNorden, Gregory

December 27th

Carr, Thelma
Edwards, Bernardine
Kearney, Chyron
Kearney, Yolanda
Simpson, Sandra
Williams, Melissa



December 28th

Bennett, Angelope
Collier, Vernon
Ely, Clara
Fields, Audrey
Gardner, Joy
Gerald, F.
Jackson-DeYounge,
Gladys
Langs-Johnson, Selaja
Tawney, Millicent

December 29th

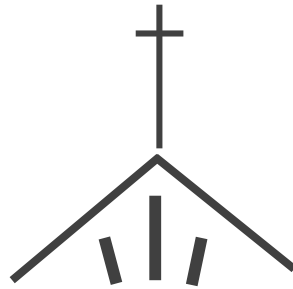
Burton-Seldon, Brenda
Chandler, Martin
Clemons, Charles
Curtis, Anderson
Evans, Toni
Geer, Connie
LaFountain, Sadara
Pettway, Barnetta
Rochr, Djuly
White, Gloria

December 30th

Bass, Santoni
Bowens, Debbie
Givan, Jayvon
Grey, Tawanda
James, Robin
Kearse, Serverina
Mitchell, Cheryl
Pettway, Randy
Rainey, Juanita
Smith, Geronald

December 31st

Brown, Vendance
Lesperance, Bernadette
Seawright, Jacqueline
Simmons, Darlene



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!

MOUNT AERY BAPTIST CHURCH



ADVENT PRAYER Reflections

10:00 AM

NOVEMBER 28	HOPE Psalm 33: 16-20
DECEMBER 05	LOVE 1 John 4:6-8
DECEMBER 12	JOY Romans 5:1-5
DECEMBER 19	PEACE 2 Corinthians 13:11-12



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(319) 527-3510
Add Number

PRAYER
7AM & 7PM
UNTIL INAUGURATION DAY

319.527.3510
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11933#

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