



February Blessings

Lift every voice and sing

Till earth and heaven ring,

Ring with the harmonies of Liberty;

Let our rejoicing rise

High as the listening skies,

Let it resound loud as the rolling sea.

Sing a song full of the faith that the dark past has taught us,

Sing a song full of the hope that the present has brought us,

Facing the rising sun of our new day begun

Let us march on till victory is won.

credits

Director of Operations

Deacon Henry C. Smalls Jr.

Frame Layout

Claudine Mosely

Layout/Design

Kerry Fulton

Photography

Jennifer Bruton

Production Team

Deacon Henry Smalls, Jr.

Editing Team

Deacon Kathy Tabb-Small

Claudine Mosely

Contributors

Pastor Anthony L. Bennett, D. Min.

Jennifer Bruton, RDH, MS

Deacon Kathy Tabb-Small

Deacon Henry C. Smalls, Jr.

Deacon Cynthia Seabrook

Cathy Patton

Samantha Burton

Thomas Butcher

GBAPP

Child Mind Institute

by Langston Hughes

Scholastic

Solutions-eap.com

dhs.gov/see-something-say-something

<https://en.wikipedia.org/wiki/>

Amanda_Gorman

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Deacon Henry C. Smalls, Jr.
Director of Operations,
Production, Photography



Deacon Kathy Tabb-Small
Editing Team,
G.R.A.C.E., Youth Speak



Tom Butcher
Staff Writer
Men's Fellowship



Claudine Mosely
Frame Layout, Editing Team,
Black History



Jennifer Bruton
Recipes



Kerry Fulton
Layout, Design



Audrey Barr
Copy Center



Cathy Patton
Healthy Habits



Deacon Cynthia Seabrook
Financial Freedom

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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,

Wow! Since the last time I've communicated via this medium, we have had the election of the first African American Senator from Georgia, an insurrection attempt at the US Capitol, the second impeachment of the former occupant of the White House and the inauguration of President Joseph Biden and Vice President Kamala Harris. All of this and we are not even 45 days into the new year. So many political, economic and social changes not to mention we are still seeking relief and recovery from COVID 19.

I believe that many of us would have the testimony that if it had not been for the Lord on my side, the enemy would have swallowed us up. We know and continue to hold to our faith to navigate these very choppy and dangerous waters of 2021.

During this month, we will continue to hold fast to our faith, study the word of God and engage in social service and social justice. We will continue to fight for Clean Slate legislation, data that will help us close the health disparities and stand in the midst of the forces seeking our demise. I ask that you also continue to check the website and Facebook page for any updates on events, activities and directives.

Mount Aery, in the words of the great hymn of the church, *we don't know how long it will be nor what the future holds for us, but this we know, if Jesus leads us, we shall be free, thank God, one day.*

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

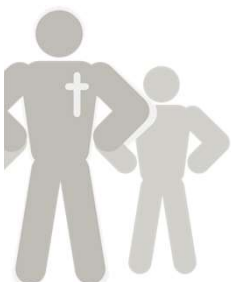


To ensure the church remains
financially sound, please continue
in your giving via PUSHPAY
or

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 Adetona & Failey**

**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
Maria Knight	
Theresa Lazarus	
Cheryl Lewis	
Jordan Alexander Lewis	



Welcome Song

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

Hospitalization & Nursing Home List

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

Mary Ryan

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

Paula Watkins

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

Jena Simmons

Westchester Medical Center, 100 Woods Road, 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

- Eva McLeod and family on the loss of her mother.
- Howard White and the Whitaker family on the loss of his aunt.
- Lily Ragsdale and family on the loss of her cousin, Edgar Daniels of Mt Vernon, NY.
- Deacon April Gist and family on the loss of her cousin, Johnson (John) McPherson.
- Beatrice Thomas and family on the loss of her sister, Vivian Mitchell.
- Gregory Cummings and Annette Blackwell and family on the loss of her cousin, Bonita Johnson.
- Eva Gardner and the Jenkins family on the loss of her cousin, Debbie Jenkins.
- Deacon Williamae Richardson and family on the loss of her niece, Vanessa Joy in Ohio.
- Claudine Mosely and the Pettway family on the loss of her Godfather, Gilbert Pettway.





She's the first person to arrive at The Mount in the morning and the last to leave at night. The epitome of dedication, faith, love and light. *Ramona A. Berry* is the best Church Administrator on Frank Street, we honor and appreciate her on her 25th anniversary! Our staff, church building, ministries and more would not be possible without such a faithful servant of God.

Inauguration Day 2021

GENERAL NEWS 



1.20.21



Artists & Heroes



It's Not Black or White

by Thomas Butcher

In one of my recent Black Ministries Program classes at Hartford Seminary we were given books to read for class. Amazing books, enlightening books and books that whirled up emotions like a kitchen blender. Both of these books I highly recommend for all to read. The first is a National Book Award winner titled Stamped from the Beginning: The Definitive History of Racist Ideas in America by Ibram Kendi and the second is How We Fight White Supremacy: A Field Guide to Black Resistance written and compiled by Akiba Solomon and Kenrya Rankin. How We Fight White Supremacy contains essays, interviews, artwork and poetry from approximately 70 Black writers, activists, pastors and artists and others that represent the diverse spectrum that is the African diaspora in America.

There is an interview with Pastor Michael McBride in the chapter "God Is Good, All the Time..." called "Pastor Michael McBride on the Bastardization of Jesus and Why We all Need to Stop Aspiring to Whiteness if We Are to Be Free". I read this quote from Pastor and it stopped me dead in my tracks, "I believe that this is the greatest task for faith leaders in this season: to help individuals stop reaching for Whiteness. Even White people have to stop reaching for Whiteness because there are a lot of White folks who identify as White now who, in this country's history, used not to be considered White". And there it was, that nugget of truth that was part of my family's history. At the time when the brutally racist silent film "Birth of a Nation" was on the cinema screen throughout the United States (Woodrow Wilson the famously racist President at the time had a private showing in the White House) my immigrant Ukrainian family was being terrorized by the Ku Klux Klan. The Klan came on horseback with blazing torches, cloaked in cowardly hoods mocking the gospel of Christ as they burned the cross of salvation. Others faced the White hate of the KKK as well: the Jews, Catholics, Irish and Italian immigrants who settled in the coal region of Pennsylvania. There were no Black folk there in 1915. *But wait, they were White and they were hated by White people...how is that possible?*

Members of my family are either unaware of that history or deny it.

Even closer to home, as I've relayed before, my mother's parents were White, Protestant and racist. Like the Klan, they hated immigrants and Catholics. A perfect image of my grandparents is any 1950's self-promoted successful ideal Whiteness with Father in his dress shirt and tie at the dinner table surrounded by adoring and well-groomed children (only two though, one girl and one boy) and Mother in her pretty dress and half apron serving a platter of the latest recipe from "The Dutiful Wife" magazine. When my father got mom pregnant when she was 17, the very worst thing to happen to these White people happened. Their only precious White jewel was married off to a White but non-White clan.

Even though I'm White, I am part of a marginalized group sometimes tolerated and often hated by most races, cultures and religions. I have seen and felt the ugly underbelly of white-driven American culture; a culture that created me. I was born White and male and I was born into the privilege and access that both afford. *But am I White?* By genetics and the check off boxes on all sorts of forms I am but I don't feel like the kind of White celebrated by my mother's parents. To their grave, they reminded me of who I really belonged to, the "other" family of Catholic immigrants. No matter the color of my skin, I could never be part of their kind of Whiteness. *This* White man horrifies and betrays the keepers of White cultural purity and sanctity. This man belongs to Mount Aery Baptist Church, is a student in the Black Ministries Program, gets his haircut in a Black Barbershop, attends Black Lives Matter protests, wears BLM clothing and reads books that inform and challenge my understanding. And so, I agree with Pastor Michael and I do not nor ever really did aspire to Whiteness. I aspire for wholeness and equity.

And by the way, I really *have* been called a "race traitor". And you know what? I think that's a great thing to put on a tee shirt!

The Last Shall Be First Our Vote Matters

by Rev. Alicia Tyson-Sherwood

GENERAL NEWS 

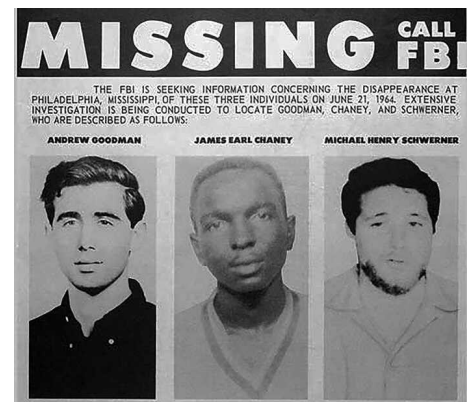


Historically, voter suppression is alive and well in the deep south. In Georgia, Stacey Abrams lost the gubernatorial race and instead of giving up she fought for a recount. She pointed out the ways in which Kemp, the incumbent governor, overseeing his own election was just as egregious as Georgia's secretary of state, purging eligible voters from the rolls. "More than a million citizens found their names stripped from the rolls by the Secretary of State, including a 92-year-old civil rights activist," she[Abrams] said, adding that "democracy failed Georgia" (Bassett, 2018) .

By building the infrastructure and voter registration education, Ms. Abrams set the stage for the state of Georgia turning blue (Traister, 2020) . As a result of organized efforts, primarily led by Stacey Abram, the victory of Reverend Raphael Warnock and Jon Ossoff in the Georgia election for U.S. Senate was secured (Milton, 2021) . However, what happened in Georgia is a first for the nation and a reminder that lives were lost in the fight to register to vote and to build an infrastructure in Mississippi.

On June 14, 1964, Michael Schwerner and Andrew Goodman, two Jewish volunteers from New York and James Chaney, a local black activist were murdered at the hands of the Klu Klux Klan, a hate group formed at the end of the Civil War (Southern Poverty Law Center, 2011) .. Just like Stacey Abrams, strategized to get out the vote for Georgia, Chaney, Schwerner, and Goodman were preparing Blacks to register to vote in Mississippi (Kaleem, 2016) . During a radio show John Lewis, a democratic Congressman reflected on the 45th anniversary of Bloody Sunday, on the efforts of men and women who counted jellybeans, walked miles only to be turned away at the voting polls , and lost their lives like the heroic efforts of these three men and countless others who stories will never be told (NPR, 2010) .

John Lewis is a part of the great cloud of witnesses (Hebrews 12:1) that cheering us on in our fight for voter equality. The baton has passed through the hands of Michael Schwerner, Andrew Goodman, and James Chaney to Stacey Abrams, Raphael Warnock, Jon Ossoff, to reminds us that we all can play a role in the journey for justice. The people of Georgia and the memory of three freedom riders is a holy example that when we know better, we can do better (Angelou,n.d.) now that we know our vote MATTERS!



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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.*



Connecticut Health
FOUNDATION
Changing Systems. Improving Lives.



GBAPP



The Cold Weather is Upon Us

GENERAL NEWS 

RRBRRRRBRRRRBRRRRBRRRRBRRRRBRRRRBRRRRBRRRRBRRRRBRRRR



Have you applied for energy assistance yet? If not now is the time. Call your local agency today. Alliance for Community Empowerment (formerly ABCD) 203 366-8241. TEAM 203 736-5420, and Community Action Agency 203 387-7700. If you're not sure which is your local agency call 211 from a landline phone or 1 800-203-1234 from your cellphone.





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

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

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

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/freepeersupport



Zoom Fatigue: Is it Real?

HEALTHY HABITS 
by Cathy Patton

In The Beginning

Remember when COVID first began, businesses and schools closed, friends and families we told to avoid all in person contact, and everyone sat aimlessly as we tried to figure out what the next steps would be.

In the meantime human contact suffered and the lack of interaction began to take a toll on people needing to see and be with others. Meet Zoom...the leader in modern enterprise video communications, with an easy, reliable cloud platform for video and audio conferencing, chat, and webinars.

It allowed companies to meet with their employees and customers. Families and friends now could feel comforted by hearing and seeing each other, in a way we could only imagine. Zoom became the in-way to meet, talk, hang-out. Those in the work-world, had their weekly in-person meetings replaced with video conferences as most exchanged their work cubicle for space at their dining room table. The balance between work and home became even more difficult as parents struggled to be at-home teachers while still trying to complete their assigned tasks from work.

We hosted movie and game nights across states to maintain contact with our family and friends. Civic organizations transitioned community events to virtual affairs. Zoom was fun and different as it served to be the catalyst for human connection.

Now.... Raise your hand if you are Zoomed out!

You are not alone. Zoom Fatigue describes the tiredness, worry, or burnout associated with overusing virtual platforms of communication. Like other experiences associated with the coronavirus (COVID-19) pandemic, Zoom fatigue is widely prevalent, and can be intense.

Here are some signs that you may be experiencing signs of Zoom Fatigue.

1. You leave a call feeling more tired than energized
2. You don't get the same social high that you feel when being around people in-person
3. Constant interruptions give you feelings of lack of communication
4. Technical or internet problems leaving you feeling angry
5. You often feel confused or awkward during the meeting
6. You constantly think about work, even at home
7. You begin to turn down invites even to social Zoom events
8. You leave your camera off more often than you have it on during work/social meetings

In an article published on December 28, 2020 in Prevention, Dr. Paula Durlinsky, psychologist in Mryn Mawr, PA says Zoom Fatigue happens because our brain processes conversation. "In in-person interactions that happen in real time, our brains do this very natural dance and are able to easily and naturally pick up on nonverbal cues, such as a person's facial expression, and see their full body in 3D,". The article goes on to share that when you run into a friend at the grocery store, unconscious parts of your brain seamlessly take in their body language and what's going on around both of you in the store to help you figure out what to say. But on Zoom, you have no idea if a friend is fidgeting and itching to get away, directing their attention to their off-camera child, or if that pause in conversation is a glitch in the Internet connection. Your brain is in a continuous state of uncertainty about what's going on.

Zoom Fatigue: Is it Real?

(continued)

HEALTHY HABITS 

by Cathy Patton

Asha Tarry, LMSW, psychotherapist and certified life coach states that with Zoom the “challenge of focusing on one person at a time when a ton of Brady Bunch-like squares are staring at you. When we’re in person with each other, we can look at one person at a time as we’re talking to that individual, but when we’re looking into a screen and we’re seeing lots of people at once, it’s hard to really concentrate and what people tend to do is either look away or build up tension in their bodies as they try not to look away so as not to appear distracted or uninterested.”

The article also goes on to explain that other factors that make Zoom calls so difficult for us are the added challenges of worrying about internet connections, how we look in the zoom call, and not knowing how to work the mechanics of the technology.

So to answer my initial question posed by this article is Zoom Fatigue real? Yes it, but here are some ways offered in the article as to how we can combat our fatigue:

- 1. Recognize your feelings**

Acknowledge feeling frustrated, overwhelmed and anxious. By doing so it helps our ability to come up with skillful solutions.

- 2. Say no when you can**

Before the pandemic started, there were likely times when you had to tell someone. It is hard to say no to business meeting, but perhaps you can suggest that the meeting be in another format, such as a call. For social events perhaps limit them to the ones you really want to do.

- 3. Resist the urge to multitask**

When you’re not the one sharing your computer screen on a call, it can be really tempting to check email and take care of other seemingly mindless tasks. The problem is that multitasking overloads your already-stressed brain, making it harder to keep up with what’s going on in your Zoom and exacerbating the fatigue you feel afterward.

- 4. Give yourself time to breathe and move**

Try to give yourself time in-between calls. Get up and stretch and walk around. It gives you time to relax and prepare your body and mind before the next call

- 5. Get a good night’s rest**

Just as when we were in person, we would prep ourselves the night prior. This included laying out our clothes, reading our homes for our absence, and getting a proper nights rest. These practices should not change, just because we are working from home.

Lastly, I want to share that while Zoom Fatigue is real and another way to help us through that next meeting is to remember what this technology has allowed us to do. Many businesses were able to maintain their workforces. Outside of work hours we were able to attend Baby showers, weddings, family get gatherings we would otherwise have had to miss or cancel. Learn to recognize the signs of Zoom fatigue and always remember to practice self-care.

If you are feeling concern that this condition is impacting you please speak with your physician or another medical professional.

Enchiladas

Ingredients

1. 1 Lb. of ground turkey, chicken or beef
2. 3 ten-ounce cans of red enchilada sauce
3. 2 tablespoons of olive oil
4. 1 small yellow onion (chopped)
5. 4 cups of shredded cheese (I use a combination of sharp cheddar and monterey jack cheeses)
6. 8 flour tortillas
7. 1 packet of taco seasoning mix
8. Salt and pepper to taste
9. ¼ teaspoon cayenne pepper (optional)

Directions

Preheat oven to 350 degrees

In a large pan on medium/ high heat add the oil and cook the onion until soft (approximately 4 to 5 minutes). Add the ground meat, salt pepper, and cook until the meat is no longer pink. Drain off excess fat. Add the taco seasoning packet, 1 ½ cans of enchilada sauce and the cayenne pepper to the ground meat and onion mixture. On medium heat stir until all ingredients are well combined. Add two cups of cheese and mix until the cheese is melted, Place ½ can of the enchilada sauce on the bottom of a 9x13 baking dish. Place a spoonful of the meat mixture on the end of the tortilla and roll up, fold in the sides of the tortilla and place seam side down in the baking dish. Do this seven more times, placing the tortillas next to each other in the baking dish.

Pour the remaining can of enchilada sauce over the rolled enchiladas. Top with the remaining 2 cups of cheese. Cover tightly with foil and place in the oven for 30 minutes. Remove foil and bake for an additional 10 minutes. Can be served with sour cream, avocado or salsa.



A Slave's Song

by Samantha Burton

YOUTH SPEAK 

Where am I?
I'm so far away from home

Who am I?
My identity is stolen

These shackles around me are swallowing me into a deep dark hole

I cry out but I get 30 lashes to my skin
I cry out, "What did I do wrong?" "Will this ever end?"

My family and I are so far apart, but the love that we have for each other will always be in our hearts

I work hard day and night, but I'm still not treated right
Enough is Enough, it's time for my freedom to come!

And then I start to run, I run for my family members that ran before me, I run for my African roots that will never leave me, I run in the darkness with a light full of Hope, I run far away from the dog hounds that try to hunt me down, I run through the rickety branches on the trees, I run on top of the rocks that hurt the soles of my feet, I run in the deep water hoping that it won't drown me,

I run! I run! I run!
Freedom here I come!

Freedom is finally here and my new life has just begun
I came a mighty long way and I still have a long ways to go
But Freedom, here I stand

With my reflection shining in Gods Beautiful Sun!



Keeping Kids Engaged in Remote Learning

by Hannah Sheldon-Dean



YOUTH SPEAK 

Tips for coping with the challenges of virtual school

At this point, many kids have been doing remote or hybrid learning for the better part of a year. As parents, it's easy to feel like we should have this down by now. But if your child is refusing to log into online classes or blowing up over constant schedule changes, you're not alone. Lots of kids are struggling to feel invested in school.

Still, with classes resuming in the new year, families have an opportunity to start fresh. With a few new strategies in your back pocket, you can help your child get the most out of a difficult experience — and keep conflict at home to a minimum.

•Get to the root of the issue

Even if your child is making their negative feelings quite clear — say, by running into the other room and slamming the door when it's time for online class — the causes may not be obvious.

"There are lots of reasons why kids might not be engaged with school," says Daryaneh Badaly, PhD, a clinical neuropsychologist at the Child Mind Institute. For instance, some kids might be struggling because they're being asked to do more remote work than they're able to handle. Others might have attention issues that are exacerbated in online school, or they might be experiencing anxiety that's holding them back. The best way to start sorting out the possible source of the problem is simple: talk to your child. "The person who knows the most — and who might not know how to say it — is the child," Dr. Badaly says. Here are her tips for having a productive conversation about this tricky topic:

•Pick the right moment.

"Don't talk to the child when things are really bad," says Dr. Badaly. "If they're throwing a tantrum and saying, 'I'm not going to do this,' that's not the right time to talk. Give them the time to cool down and feel a little bit better, and then come back to it."

•**Validate their experience.** Letting kids know they're not alone can help them confide in you about what they're going through. You might share some of your own challenges with remote work, or model language they can use to articulate the problem: "I've missed my coworkers so much these last few months. It was easier for me to focus when I worked with other people."

•**Ask open-ended questions.** "They give the child more space to say what they want to say, rather than focusing the conversation for them," Dr. Badaly says. For instance, you might ask: What would you like to get out of the rest of the school year? What do you think would make school feel more interesting to you? Dr. Badaly notes that it's important to frame the issue as something that's going wrong *for* your child, rather than something that's wrong *with* your child. The goal is to emphasize that you and your child are on the same team, and that you're there to help them — not to blame them.

And if your child does seem to be dealing with a mental health challenge like anxiety or depression, this conversation can clue you in that getting professional support from a pediatrician, therapist, or school counselor might be helpful.

•Rethink motivation

Of course we want our kids to care about school. But right now, that kind of internal motivation might be unrealistic — and that's okay! Letting go of the idea that your child should *want* to engage with school can actually make it easier to keep them involved. While your goal might be for your child to do their schoolwork, they might have a different goal altogether. Maybe they want to earn more screen time or pick what's for dinner — or just get you to quit bugging them about schoolwork. Figure out what your child really wants, then make a contract to match. For example, you could agree that for each online class they participate in, they'll earn points toward a reward. "Yes, it's wonderful to be educated," says Dr. Badaly. "But sometimes it's fine for a kid to just say: 'This is eventually going to get me that PlayStation. So I'm going to do it.'"

This approach is better for kids who are simply fed up and acting out, rather than those dealing with more persistent mental health or learning challenges. However, Dr. Badaly notes that this kind of incentive can also help kids cope with milder cases of anxiety and depression. The extra motivation can create a positive feedback loop: once kids get into class, the social engagement and sense of accomplishment can boost their mood, which makes them feel more motivated to do it again tomorrow.

Keeping Kids Engaged in Remote Learning

by Hannah Sheldon-Dean

YOUTH SPEAK 

(continued)

•Collaborate with teachers

In some cases, a little more communication with your child's teachers can go a long way toward improving engagement.

One common scenario right now is that some kids just aren't keeping up with the amount of work that's expected. "The burden placed on the child might be too much, or the family might misunderstand what the teacher's expectations really are," Dr. Badaly notes.

Try checking in with the teacher about their expectations and whether it's possible to adjust them. For instance, if your child struggles to complete a worksheet of ten math problems, their teacher might give them permission to complete just two or three. That way, the teacher still gets a sense of the child's progress, while the child gets a more achievable goal.

Talking to the teacher is also crucial if anxiety, depression, or another mental health challenge might be interfering with your child's school experience. Fill the teacher in and let them know what they can do to help. For instance, you might ask a teacher to actively praise a child who's dealing with low self-esteem, or you could ask for permission to keep your child's camera off if they experience social anxiety. Small adjustments like these can make school feel more manageable for kids who are struggling.

•Adjust your expectations

There's a lot of talk right now about this school year as "lost," but Dr. Badaly encourages parents to be a bit more optimistic. "It's a difficult year, it's a year where students might need a lot of help," she says, "but it's not a completely lost year."

The key to reframing this school year in a more positive light — and helping your kids stay motivated along the way — is setting realistic goals. Dr. Badaly recommends picking a few top priorities that are most essential for your child this year, like building math skills and reading more independently. "Work toward those core components," she says. "And the rest? If you can get there, awesome. If you can't, maybe acknowledge that the situation is just really tough on everyone."

By focusing on a couple of important things and easing up on the rest, you'll decrease pressure on yourself and your child. The idea is to help kids get the positive experience of achieving a smaller goal (like finishing a book on their own) instead of feeling overwhelmed by the idea of finishing a book *and* acing a science test *and* writing a social studies paper. Even small wins can interrupt bigger patterns of feeling discouraged and unmotivated, and they can help kids build up to more ambitious goals over time.

Lowering your expectations might feel counterintuitive, but Dr. Badaly notes that many kids thrive when they don't feel as much pressure from parents. She recently worked with a child who had a hard time engaging in remote learning in the kitchen, with her parents nearby. "The parents would check in in a friendly way," Dr. Badaly says, "but to the child, it didn't seem friendly. It seemed like they had huge expectations." By simply moving her work set-up to the basement, away from her parents, the child had a much easier time focusing.

•Give yourself a break

It's natural to feel overwhelmed by managing kids' schoolwork on top of all the other burdens of daily life during a pandemic. And the truth is that there's no easy fix for many of the challenges that families are facing.

That's why it's so important to cut yourself plenty of slack. "You probably cannot be a full-time worker and a full-time teacher who is also an amazing parent," notes Dr. Badaly. "It's too many things all at the same time." Instead of getting caught up in all the things you can't do, try to reward yourself for the things you *are* managing to do. Remember that essentials like feeding everyone or keeping your job are huge accomplishments right now, whether or not your child finishes their math homework.

What's more, giving yourself a break sets a good example for your kids. When you take time to rest and relax, you show them that work isn't everything, and that it's okay to be less than perfect. "Have some fun time with your child to keep that positive relationship," Dr. Badaly says. Even if that's all you and your child get done that day, it's still time well spent.

ZOOM

YOUTH SATURDAYS

GENERATION NEXT

MEETING CODE EMAILED WEEKLY

WANT TO JOIN US?



EVERY SATURDAY



11:00 AM

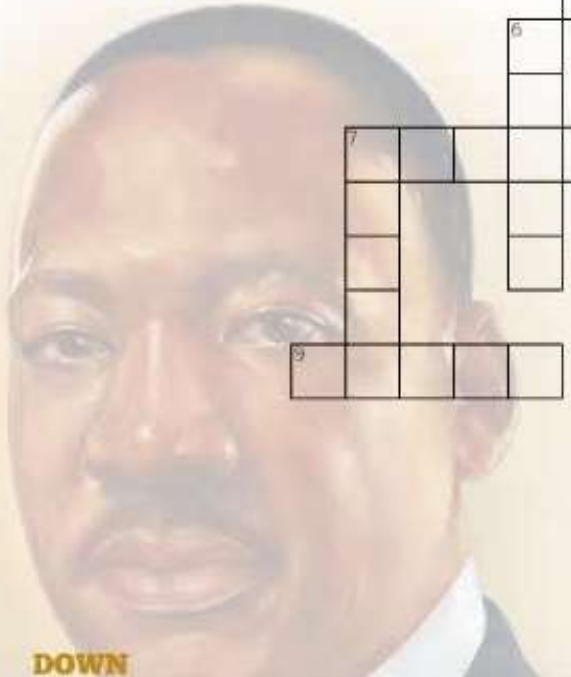
AGES 3 & UP

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Black History Month Inspiring Quotes Crossword

Find the missing word from each inspiring quote to complete the crossword puzzle.

Illustration: Michael J. Cooper



WORD BANK	
climb	
courage	
crawl	
difference	
dreamer	
fearful	
imaginations	
struggle	
work	
world	

DOWN

1. "You must never be _____ about what you are doing when it's right." – Rosa Parks, civil rights activist
2. "Where there is no _____, there is no strength." – Oprah Winfrey, media mogul
3. "Every great dream begins with a _____. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." – Harriet Tubman, abolitionist
5. "Never be limited by other people's limited _____." – Mae Jemison, first African American female astronaut
6. "You really can change the _____ if you care enough." – Marian Wright Edelman, activist
7. "If you can't fly then run, if you can't run then walk, if you can't walk then _____, but whatever you do keep moving forward." – Martin Luther King Jr, civil rights leader

ACROSS

4. "Success isn't about how much money you make, it's about the _____ you make in people's lives." – Michelle Obama, former First Lady
2. "The kind of beauty I want most is the hard-to-get kind that comes from within — strength, _____, dignity." – Ruby Dee, actress and civil rights activist
3. "Nothing will _____ unless you do." – Maya Angelou, poet and civil rights activist
8. "Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to _____ it, go through it, or work around it." – Michael Jordan, retired professional basketball player

 SCHOLASTIC

Find more printables for children at scholastic.com/parents/activities-and-printables



How to be Happy – 10 Tips from the Science of Happiness

Behavioral scientists have done a lot of research into what makes people happy and what doesn't. It turns out that most people are quite bad at predicting what will make them happy. Wealth and possessions, for example, have far less impact on happiness than is commonly believed. For deeper, longer-term happiness, scientists have found that other things are far more important. These include some habits for living that can be learned and practiced. Most cost nothing and are available to virtually everyone.

Here are some lessons from the science of happiness that you can apply to your life. (One caveat: For people with clinical depression, anxiety disorder, or other mental health issues, these practices aren't a substitute for therapy, medication, and other professional support. They may be helpful as supplements to those treatments.)

1. Make time for friends and family.

Multiple studies have found that long-term, caring social connections are the biggest factor driving personal happiness. Friends and family support you when you need a lift, act as a sounding board when you need to process your feelings, and celebrate with you when things are good. And it can feel good to provide that support and emotional uplift in return. This isn't about how many social media friends you have. It's about that core set of meaningful relationships—maybe just one or two people—who love you for who you are and make you feel good. Think about the people who make you laugh and smile and who have been there for you when you've felt down. Make time for them, no matter how busy you are. Show them that you appreciate and care about them.

The flip side of this advice is to let go of grudges. Even the best relationships can hit rocky spots. Don't get stuck there. Harboring resentment takes energy and saps happiness. Reach out to forgive and move on.

2. Be kind and generous.

You've probably seen the bumper sticker: "Perform random acts of kindness." It sounds sweet and maybe a little sentimental, but happiness studies have found that it works—in an oddly selfish way. By being kind and helping others, you actually help yourself. Bring a smile to someone's face by giving a compliment, doing a favor, offering help, or just being kind. You'll make someone else's day brighter, and you'll be happier yourself.

In the same way, spending money on someone else is a surer path to happiness than spending it on yourself. And volunteering in ways that help others has been found to boost the volunteers' psychological health.

3. Curb excessive self-criticism.

Self-talk is the feedback people give themselves, and it's often critical, undermining your happiness. Be kind to yourself in reviewing your own actions and behavior. Learn from the setbacks and move on from them, rather than blaming yourself and digging yourself into an emotional hole. If you find yourself being overly self-critical, imagine how a caring friend would talk to you, or how you would talk to that friend. Retune your inner voice to be as kind.

If you need a nudge to shift to more positive thinking, make a list of your good qualities—the reasons people like to be with you and choose to have you as a friend, your skills and talents, your most



important strengths. Just the act of writing those qualities down is often enough to break a cycle of self-criticism.

4. Pay attention to the good.

Another key happiness habit is optimism—not the blind optimism of people who can't see both sides of something, but realistic optimism that accounts for the downside while looking for the upside and working toward that better outcome. There's truth in the adage, "Every cloud has a silver lining." When you find yourself having a knee-jerk negative reaction to something—an event, a change at work, or another person—step back and look for the positive. What good might come of the event or change? What might you learn from this that could help you in the future? How might you reinterpret another person's behavior in more positive ways?

Once you find the good in a situation, even if it's just a faint glimmer of hope, that gives you something to work toward. Optimism is the habit of finding the good in life, even in what may seem like negative circumstances. And cultivating an optimism habit can make you happier.

5. Practice gratitude.

Contented people take time to think about what they're grateful for. It's a simple exercise, and it can work wonders to boost your mood and your outlook on life. By thinking about what you're grateful for—what you appreciate in other people, small and large things that give you pleasure, and what's going well in your life—you can pull yourself out of negative thought cycles. It's easy to focus on what's hard and what's going wrong, and that can make you miserable. Practicing gratitude pushes you to step back and consider what's good and going right.

To get started on the habit of practicing gratitude, you might write down three things you're grateful for at the end of every day. Go to sleep with those positive thoughts and remind yourself of them when you wake up. Over time, this can become your gratitude journal. You'll get better at seeing the good in life with practice, and reviewing what you've written can give you a lift when you're feeling down.

6. Focus on the present.

Dwelling on the past and worrying about the future can make you anxious and unhappy. When you make an effort to focus on the present moment, you can pull yourself out of those unhealthy thought patterns. Being present is at the core of mindfulness and meditation, practices that have been found to reduce feelings of depression and anxiety. You can find an app or take a class in mindfulness or meditation, or simply carve out a quiet time in your day to spend a few minutes contemplating the here and now.

The goal of being in the present moment isn't to force yourself to be happy. This moment may not be a happy one. Instead, the objective is to recognize and accept your emotions, whatever they are. That acceptance is what calms you and can bring you a more positive outlook.

7. Find your purpose.

Another ingredient in the happiness formula is to find your purpose—to be true to yourself and engage in activities that are meaningful to you. Think about what excites and energizes you, what acts or accomplishments you're most proud of, and how you want others to remember you. These priorities are sometimes called eulogy values as opposed to résumé values.



Once you've given some thought to these deeper priorities, find ways to make more time for them. That might be by doing more for the people you love, volunteering to help those in need in your community, working on a creative talent, spending more time in nature, cultivating a passion for gardening or woodworking, or anything else that has significant meaning for you.

8. Get moving.

Regular physical activity is good for your body and mind. Whether it's a casual walk outside or a rigorous workout at the gym, getting your body moving can lift your mood and sharpen your thinking. Exercise triggers the release of chemicals known as endorphins that make you feel calmer and happier. It reduces stress hormones, and it improves blood circulation throughout your body, including your brain. So, making a habit of regular physical activity can also be a happiness habit.

9. Resist the urge to compare yourself to others.

You can make yourself miserable by comparing yourself unfavorably to others—to their achievements, possessions, social ease, or beauty. It's a natural tendency, but taken too far it can be damaging to your self-esteem and mental health. As the Dalai Lama put it, "We need to learn to want what we have, not to have what we want, in order to get stable and steady happiness." Many of the ideas offered here can help you get past unhelpful comparisons with others. Practicing gratitude is a wonderful way to focus on the good in your life, for example.

Be careful in your use of social media, too. Recognize that people don't present their whole selves—with all of their ups and downs—on these platforms. They tend to show an artificially sunny view of their lives by choosing only the happiest moments and pictures for their posts. You'll always come out the loser if you compare yourself to those carefully curated presentations.

10. Spend time in nature.

Studies have found that spending time in nature—even as little as 30 minutes a week—can reduce stress hormones and lower blood pressure. Other studies have linked the experience of awe—the feeling you might get from looking at the stars or noticing the beauty of a forest path—to more positive emotions. As you work more physical activity into your life, consider doing some of it in nature, giving yourself the flexibility to slow down and savor the natural environment.

As you can see from this list, greater happiness is within your reach. You don't have to be born with a sunny disposition or an optimistic personality. You can practice habits of thinking and being to make yourself happier. The goal isn't to be bright and cheerful every hour of every day. That would be exhausting, and life doesn't work like that. Everyone experiences setbacks and losses. It's human to be sad at times, even deeply unhappy. But the habits offered here can help you accept and cope with those negative emotions and, in time and on average, enjoy a happier life.



"The Last Shall Be First"

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

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UPFRONT

Let America Be America Again

★ ★
Let America be America again.
Let it be the dream it used to be.
Let it be the pioneer on the plain
Seeking a home where he himself is free.

(America never was America to me.)

Let America be the dream the dreamers dreamed--
Let it be that great strong land of love
Where never kings connive nor tyrants scheme
That any man be crushed by one above.

(It never was America to me.)

O, let my land be a land where Liberty
Is crowned with no false patriotic wreath,
But opportunity is real, and life is free,
Equality is in the air we breathe.

(There's never been equality for me,
Nor freedom in this "homeland of the free.")

★ ★
Excerpt from "Let America Be America Again" by Langston Hughes

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.

Being Vigilant... Recognizing the signs of Terrorism-Related Suspicious Activity



As a veteran/USAF Retiree and a Black Man of these United States, I was saddened to witness all the events that occurred on January 6, 2021 (the insurrection of our nation's Capitol). Remembering what we all gave defending this country, just to have people disrespect the very core of our democracy, not to mention to have the very important, history-making day for Reverend Raphael Warnock and Jon Ossoff being the first African American and Jewish Senators from the south (Georgia) be overshadowed by this violence. We all know that peaceful Black Lives Matters protestors would not have gotten pass the steel rails at the bottom of the Capitol building without weapons drawn by those in charge of securing the building... sad. We all need to keep an eye on our surroundings immediately, but especially beginning January 20, 2021 and beyond... the next four years. See Something, Say Something. Contact your local Police Department. Please see the chart on the next page from Homeland Security for guidance on how to watch your surroundings and how to be on the lookout for suspicious activity.

Be Safe and Be Well!



Being Vigilant... Recognizing the signs of Terrorism-Related Suspicious Activity

(continued)

SECURITY CORNER 
by Deacon Henry Smalls, Jr.

Protect your every day.

RECOGNIZE THE SIGNS OF TERRORISM-RELATED SUSPICIOUS ACTIVITY



 EXPRESSED OR IMPLIED THREAT Threatening to commit a crime that could harm or kill people or damage a facility, infrastructure, or secured site	 SURVEILLANCE A prolonged interest in or taking pictures/videos of personnel, facilities, security features, or infrastructure in an unusual or covert manner	 THEFT/LOSS/DIVERSION Stealing or diverting items—such as equipment, uniforms, or badges—that belong to a facility or secured site	 TESTING OR PROBING OF SECURITY Investigating or testing a facility's security or IT systems to assess the strength or weakness of the target	 AVIATION ACTIVITY Operating or interfering with the operation of an aircraft that poses a threat of harm to people and property
 BREACH/ATTEMPTED INTRUSION Unauthorized people trying to enter a restricted area or impersonating authorized personnel	 ACQUISITION OF EXPERTISE Gaining skills or knowledge on a specific topic, such as facility security, military tactics, or flying an aircraft	 ELICITING INFORMATION Questioning personnel beyond mere curiosity about an event, facility, or operations	 MISREPRESENTATION Presenting false information or misusing documents to conceal possible illegal activity	 CYBERATTACK Disrupting or compromising an organization's information technology systems
 RECRUITING/FINANCING Funding suspicious or criminal activity or recruiting people to participate in criminal or terrorist activity	 SABOTAGE/TAMPERING/VANDALISM Damaging or destroying part of a facility, infrastructure, or secured site	 MATERIALS ACQUISITION/STORAGE Acquisition and/or storage of unusual materials such as cell phones, radio controllers, or toxic materials	 WEAPONS COLLECTION/STORAGE Collection or discovery of unusual amounts of weapons including explosives, chemicals, or other destructive materials	 SECTOR-SPECIFIC INCIDENT Actions which raise concern to specific sectors, (e.g., power plant) with regard to their personnel, facilities, systems, or functions

If you **see** something, **say** something®
REPORT SUSPICIOUS ACTIVITY TO LOCAL AUTHORITIES OR CALL 911 IN CASE OF EMERGENCY

dhs.gov/see-something-say-something

Can You Handle it!

The month of January 2021 is about to come to an end. You have prioritized all that will happen during the rest of the year. The "Pandemic" occupies a great deal of everyone's mind these days, along with the Inauguration of a new President. In other words, making room for finances could take a back burner.

You have good intentions when it comes to saving money, but something always comes up. The car needs new tires, the kids need braces, the house needs a new roof and just like that, saving money takes a back seat to life stuff. So you put it off. You tell yourself you'll find ways to save the money once you reach a certain milestone and have cleaned some of life's situations off your book.

In reality you will only start saving when and as you learn healthy money habits. Saving and conserving needs to be a priority. There are plenty of ways to save money and breathe fresh air into your budget. With a few tweaks to your spending you will be back on the fast track to saving money in no time.

1. As always, start with a budget you can live with. If you over do the budget or under do the budget, you will be cutting it short from time to time.
2. During this Pandemic time, staying home can save in several areas. You can save on gas and eating out.
3. Also during this stay-at-home time people have to be careful... going overboard on utilities can kill a budget. People tend to burn lights during daylight hours, turn heat on and off to accommodate their comfort level, and cook/bake uncontrollably.

As long as people can separate their wants from their needs, a budget and saving would be easier to accomplish.

Let's start the New Year 2021 off with structure in our life. This way saving money as well as handling life's situations can be handled smoothly. You want to know that it will not hurt you financially to fix, repair or purchase anything that is an absolute necessity.



Bountiful blessings to
all, and happy budgeting
for a healthy and wealthy
2021 year!

Amanda S. C. Gorman (b. 1998) is an American poet and activist from Los Angeles. Her work focuses on issues of oppression, feminism, race, and marginalization, as well as the African diaspora. Gorman was the first person to be named National Youth Poet Laureate. She published the poetry book *The One for Whom Food Is Not Enough* in 2015. In 2021, she delivered her poem "The Hill We Climb" at the inauguration of Joe Biden.



Gorman was born in Los Angeles in 1998 and was raised by her mother, a teacher named Joan Wicks, with her two siblings.^{[2][3][4][5]} She has a twin sister, Gabrielle, who is an activist.^{[5][6]} Gorman has said she grew up in an environment with limited television access.^[7] She has described her young self as a "weird child" who enjoyed reading and writing and was encouraged by her mother.^[2]

Gorman has an auditory processing disorder and is hypersensitive to sound.^[2] Gorman also had a speech impediment during childhood.^{[8][9]} Gorman participated in speech therapy during her childhood and Elida Kocharian of *The Harvard Crimson* writes in 2018, "Gorman doesn't view her speech impediment as a crutch—rather, she sees it as a gift and a strength."^[10]

Gorman attended New Roads, a private school in Santa Monica, for grades K–12.^[11] As a senior, Gorman received a Milken Family Foundation college scholarship.^[12] She studied sociology at Harvard College,^[13] and graduated cum laude^{[14][15]} as a member of Phi Beta Kappa.^{[16][17]}

While at Harvard, Gorman became the first person to be named National Youth Poet Laureate in April 2017.^{[2][18][19]} She was chosen from five finalists.^[20] In 2017, Gorman won a \$10,000 grant from media company OZY as part of the *OZY Genius Awards*.^[21]

Gorman's art and activism focus on issues of oppression, feminism, race, and marginalization, as well as the African diaspora.^{[18][22]} Gorman said she was inspired to become a youth delegate for the United Nations in 2013 after watching a speech by Pakistani Nobel Prize laureate Malala Yousafzai.^[23] Gorman was chosen as the youth poet laureate of Los Angeles in 2014.^[24] She published the poetry book *The One for Whom Food Is Not Enough* in 2015.^[25]

In 2016, Gorman founded the nonprofit organization One Pen One Page, a youth writing and leadership program.^{[26][27]} In 2017, Gorman became the first author to be featured on XQ Institute's Book of the Month, a monthly giveaway to share inspiring Gen Z's favorite books. She wrote a tribute for black athletes for Nike.^[28] and has a book deal with Viking Children's Books to write two children's picture books.^{[29][30]}

In 2017, Gorman became the first youth poet to open the literary season for the Library of Congress, and she has read her poetry on MTV.^{[7][19]} Gorman wrote "In This Place: An American Lyric" for her September 2017 performance at the Library of Congress, which commemorated the inauguration of Tracy K. Smith as Poet Laureate of the United States.^[10] The Morgan Library and Museum acquired her poem "In This Place (An American Lyric)" and displayed it in 2018 near works by Elizabeth Bishop.^[7]

In 2017, Gorman said she wants to run for president in 2036,^{[31][32]} and she has subsequently often repeated this hope.^[33] After she read her poem "The Hill We Climb" at President Joe Biden's Inauguration in 2021, unsuccessful 2016 presidential candidate Hillary Clinton tweeted her support for this 2036 aspiration.^[34]

In May 2020, Gorman appeared in an episode of the web series *Some Good News* hosted by John Krasinski, where she had the opportunity to virtually meet Oprah Winfrey and issued a virtual commencement speech to those who could not attend physical commencements due to the COVID-19 pandemic in the U.S..^[35]

In 2020, Gorman presented "Earthrise" a poem focused on the climate crisis.^{[36][37]}

Gorman read her poem "The Hill We Climb" at President Joe Biden's inauguration on January 20, 2021, and is the youngest poet to read at a presidential inauguration in United States history.^{[38][39][40]} Jill Biden recommended Gorman for the inauguration.^{[41][42]} After January 6, 2021, Gorman amended her poem's wording to address the storming of the United States Capitol.^[43] During the week before the inauguration, Gorman told *The Washington Post* book critic Ron Charles, "My hope is that my poem will represent a moment of unity for our country," and that "with my words, I'll be able to speak to a new chapter and era for our nation."^[44]

Soon after Gorman's performance at the inauguration of President Joe Biden and Vice President Kamala Harris, her two upcoming books, a poetry collection titled *The Hill We Climb* and a project for youth titled *Change Sings: A Children's Anthem*, were at the top of Amazon's bestseller list.^[45] Both books are scheduled to be released in September 2021.^[45]



BIRTHDAYS February

Feb 1st

Bradley III, Alfonso
Henderson, Mary
Marshall, Robert
Nesmith, Tasha
White, Frank

February 2nd

Hayward, David A.
Thomas, Bessie

February 3rd

Young, Ambrose
Diaz, Frances
Jones, Shanice
Myrie, Brian
Nichols, Gregory
Smith, Valerie
Tomlinson, Armani

February 4th

Black, Kerry-Ann
Bristow, Sadie
Brooks, Evelette
Gardner, Laura
Laing, Roslyn

Mack, Kynesha
McKnight, Eugene
Oaks, Sherlawn
Smallwood, Sonja
Velasquez, Adam
Walker, Delores

February 5th

Commodore Jr., Josh
Dixon, Valerie
Holmes, Lucille
Johnson, Anne
Torres, Marcos
Wallace, Ameenah

February 6th

Boston, Felicia
Bullock, Mykelle
Haggans, Ollie

February 7th

Arrington, Keith
Barnes, Tyshon
Bass, Nichelle
Bevel, Wenyatta
Milton, Genester
Norris, Lakena
Rankin, Vestina
Torti, Brandon

February 8th

Bowens, Beverly
Gary, James
Goggins, Reginal
Lawrence, Malinda

February 9th

Alexander, Rodney
Edwards-DaRosa, Daphne
Gee, Mary

February 10th

Henderson, Troy
Johnson, LaBriah
Lyles, Brianna
McKnight, Mildred
Parker, Timajh
Pettway, Anniemaxine
Roebuck, Carol
Slade, Alanna
Wade, Anthony

February 11th

Brown, Maria
Doss, Iman
Howard, LaShonda
Jefferson, Shane
Reid, Thashea
Taylor, Ronald
Barge, Shanek
Davis, Corey
Dicks, Justina
Easley, George
Jones, Terry
Langston, Unique
Maye-Hazel, Shantana
Romero, Juan

February 12th

Bass-Farrell, Dawn
Billings, Tiquan
Dorsey, Ashley
Hobbs, Robert
Norwood, Levina
Rawls, Robin
Smith, Tracy
Williams, Veronica

February 13th

Bendolph, Carrie
Booker, Eugene
Diaz, Devin
Foxworth, Johnnie
Jordan, Calvin
Lee, Sandra
Nash, Alvin
Ortiz, Carina
Simmons, Jermaine
Wade, Wendy

February 14th

Baldwin, Barbara
Brown, Karen
Coleman, Marquess
Davis, Victoria
Davis- Green, Leslie
Dennis, Darius
Gary, Shermont
Nelson, Kimberly
Pettway, Lena
Salahuddin, Aneesa
Spears, Davida

February 15th

Glenn, Assan
Griggs, Leonard
Harris, Curtis
Jacobs, Koshayna
Johnson, Percy
Manns, Joe

February 16th

Bethune, Annie
Diu Dlu, Delta
Epps, Sakia
Garner, Wayne
Gee, Imani
James, Eric
Lozada, Tina
Reed, Keiya

February 17th

Clarke, Colin
Council, Ralph
Ebron, Semager
Gallimore, Ricky
Jimason, Erika
Lewis, Kenney
Miller, Colby
Mincey, Shirelle
Munford, Elizabeth
Thigpen, Alicia
Thompson, Ida
Thompson, Danielle
Venable, Donna

February 18th

Burton, Annette
Ellington, Monique
Gaines, Earnest
Walker, Lashonda

February 19th

Walker, Nelson
Bradley, Lee
Caviness, Deva
Comer, Andrea
Gary, De'Gene
Hawkins, Kendal
Henry, Bobby
Jowers, Michael
Lazaro, Zuri
Leger, Leanne V.
Lewis, Nicole L.

February 20th

Henderson, Kelley
Jackson, Jr., Walter
Langston, Cymande
Robinson, Nathaniel
Shelton, Anthony
Stevens, Tyrone
Stewart, Tymisha
Wilson, Carey

February 21st

Byrd, Mozetta
Marshall, Ashley
Newton II, Ernest
Pettway, Irene

February 22nd

Davis, Jamura
Dunham, Terrell
Murray, Anthony
Smith, Troy
Williams, Stephanie
Williams, David

February 23rd

Alfred, Getha
DeWitt, Kizzy
Thomas, Dean
Williams, Tyese
Winston, Elizabeth
Woods, Sharon

February 24th

Boston-Randolph, Farrah
Codrington, Dametria
Codrington, Ladale

February 25th

Garrett, Robert
Hudson, Tomeka
Jenkins, Russell
Johnson, Brenda
McMillan, Lorissa
Paris-Cooper, Stephanie
Potts, Ja'qhan

February 26th

Everett, Sandra
Rogers, Ronald
Sloan, Alicia

February 27th

Cheatham, Theyonda
Murray, Deshonna
Revis, William
Swinton, Jahquashia
Tucker, Portia
Watkins, Paula

February 28th

Barge, Andrea
Fleming, Ashle'
Frye, Henry
Pierre, Richard
Rodriquez, Evelyn

February 29th

Davis, Bryan
Harper, Rufina
Jones Jr., Michael
Jones-Buchanan, Karen
Pettway, Jolisa
Taylor, Felicia
Bowens, Laguanda
Hooper, Patricia

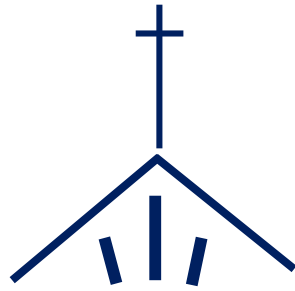


FEBRUARY 2021 - JESUS AND THE DISINHERITED

Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 2/1/2021 through 2/28/2021. Conference Dial-in Number: 319-527-3510. Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. To playback prayer: 319-527-3518, access code is 111933#. This is not a toll free call. Long Distance Charges May Apply. Note: Do not announce yourself if you call after 6:58am. Please mute your phone so that prayer will not be disturbed. Habakkuk 2:2-3 NIV. Reference number for February 1, 2021 is 3327#

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Isaiah 1:17 Pastor Bennett	2 Proverbs 31:9 Sis. Barnes	3 Matthew 22:39 Sis. G. Williams	4 James 1:27 Sis. Alston	5 Matthew 25:40 Sis. Thompson-Bennett	6 Zechariah 7:9-10 Rev. Sherwood
7 Jeremiah 22:3 Deacon Gardner	8 Romans 12:15-18 Sis. Smith	9 Micah 6:8 Sis. Simmons	10 Deut. 10:18 Pastor Williamson	11 Deut. 24:17 Deacon Paul	12 Deut. 27:19 Deacon Gist	13 Matthew 7:12 Bro. Cummings
14 Psalm 82:3 Deacon Smith	15 Proverbs 22:16 Rev. Sherwood	16 Proverbs 14:31 Min. Langley	17 Proverbs 29:7 Sis. Alston	18 Proverbs 28:27 Pastor Kingwood-Small	19 Luke 10:30-37 Pastor Boissiere	20 Proverbs 31:9 Deacon P. Jackson
21 Luke 11:42 Bro. Easley	22 Jeremiah 22:3 Deacon Vermont	23 Matthew 23:13-36 Bro. White	24 Isaiah 58:6 Sis. Ellis	25 Jeremiah 22:13 Rev. Walton	26 Amos 5:12, 24 Deacon Hurst	27 Luke 4:18 Bro. Newton
28 1 John 3:17-18 Min. Langley			GOD'S ECONOMY			
			JESUS FIGHTS FOR SOCIAL JUSTICE			
			GOD'S HEART TOWARDS SOCIAL JUSTICE			
			THE SOCIAL JUSTICE MINISTRY OF JESUS			
			APPLYING JESUS' TEACHINGS FOR SOCIAL JUSTICE			



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!



God of our weary years,

God of our silent tears,

Thou who has brought us thus far on the way;

Thou who has by Thy might Led us into the light,

Keep us forever in the path, we pray.

Lest our feet stray from the places, our God, where we met Thee,

Lest, our hearts drunk with the wine of the world, we forget Thee;

Shadowed beneath Thy hand,

May we forever stand.

True to our God,

True to our native land.