



MOUNT AERY BAPTIST CHURCH

ADVENT PRAYER

# Reflections

## HOPE

Faithful God, whisper into our ears words of hope and expectancy. Deep exhaustion has given way to clouds of doubt, grief, fear, and angst. Hoping is costly. Waiting has been excruciating...and believing in justice has felt as elusive as trying to capture air. Yet, as the sacred time of Advent beacons us once again, remind us O God, that our waiting on YOU is never in vain. Guide us into this season of holy anticipation with confidence that we are not alone. Help us resist soul draining systems and ignite our collective imaginations with endless possibilities. May your grace and mercy follow us daily as we seek the wellspring of Your divine abundance for the strength we need to keep holding on to the light. -Amen



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Squigly's Playhouse.com  
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## *Pastor's Pen*

Namaste My Brothers and Sisters in Christ,

Wow! We have made it to the last month in the year 2021! To God be the glory! So many stories, so many testimonies, so many losses, and so many tales of triumph through the tragedies. Someone said to me the other day, "I can't believe we've come to the end of 2021. My emotions are still somewhere in the spring time." And yet, the reality is that we have now entered the final weeks of 2021. Wherever you find yourself emotionally, spiritually and even physically, remember God is still your refuge. God is still your strength. God is still your ever present help in time of trouble.

For many of us, 2021 has been the year we heard afresh and anew Jesus say to us be still and know that I am God. No matter how anxious we have become, no matter how busy we seek to make ourselves, God has constantly called us into a sacred space of peace and pace.

As I have stated throughout this year, none of us have a definitive map of how we navigate the pandemic of COVID 19 as well as the racial and class unrest. But we do know that as God's Holy Spirit leads us, we will walk and work our way through this.

Let me again thank you Mount Aery for trusting God to work in me, the staff and leaders of Mount Aery. Continue to pray for us as we will continue to pray God's protection and provision for your lives.

*Pastor Anthony Bennett*

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



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

## Welcome Song

Welcome to Mount Aery  
We're so glad you came  
You're welcome to  
Mount Aery  
Where everybody comes to  
give God praise

Welcome to Mount Aery  
Where the spirit  
Of the Lord  
Is moving free  
Right here, at seven three (73)  
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

### Jena Simmons

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

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



## Bereavement

- Donald Day and Edna Day-Johnson on the loss of their brother, Samuel Simon
- Lily Ragsdale and the Daniels & Felder families on the loss of their cousin, John H. (Billy) Daniels in Guttenberg, NJ
- Thomas Butcher and family on the loss of his father, Jack Butcher in Florida

## IMPORTANT DATES ✓

*During this season of prayer,  
call in to the prayer line  
at 7:00am daily at 716-427-1336  
The participant access code is 111933#.  
The calls are recorded so please mute your phone  
to eliminate background noise. There is a new callback #: 716-427-1343  
Please note that long distance charges may apply.*

### Thank you for trusting God with your finances. Ways to give:

- Mail in checks and money orders –  
73 Frank Street, Bpt. CT 06604
- Utilize Pushpay
- Offering baskets  
at the door before  
or after worship



- **Christmas Worship** is December 25<sup>th</sup> at 10am
- **Vesper Service** is December 31<sup>st</sup> at 6pm
- **Watchnight Service** is December 31<sup>st</sup> at 11pm

Here's an exciting way to join in worship with us. Simply visit our website at [mtaerybaptist.org](http://mtaerybaptist.org) and click on 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>



Grief Share is a worldwide, non-denominational network which offers confidential, support to those who have experienced loss. Through trained facilitators, you are guided through your grief journey virtually on Wednesdays. For further information and/or how you can be a part, email [griefshare@mtaerybaptist.org](mailto:griefshare@mtaerybaptist.org).

**Deacons on Call** for the month:  
Deacons Gardner & Mosely



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

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

Send information to  
[mftm@mtaerybaptist.org](mailto:mftm@mtaerybaptist.org)  
by the 15<sup>th</sup> of each month.

#### **Monitors in the Sanctuary**

Send information to  
[media@mtaerybaptist.org](mailto:media@mtaerybaptist.org) by  
Wednesday before the Sunday  
you want the announcement.

Please make sure that your  
announcement is in PowerPoint format.

If announcements are not received by  
the due dates they may be omitted or  
placed in the next edition.

MOUNT AERY BAPTIST CHURCH

*Welcome Back  
in the Sanctuary!*

9:30 AM



MASKS MANDATORY  
73 FRANK STREET | BRIDGEPORT, CT

WWW.MTAERYBAPTIST.ORG

# Saturday INSTITUTE



**SATURDAY @ 10 AM**



**MEETING ID: 856 1585 5751**

**PASSCODE: 667489**

**PHONE IN: 646 876 9923**

**WWW.MTAERYBAPTIST.ORG**



### 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 ΣΙΕ ΕΠΕ ΣΤΙΕΒΙΛΕΙ ΣΥΡ ΛΟΠ ΡΥΛΕ ΡΟΥΕ ΜΕΠΠΙ

ΛΟΠ ΣΙΕ ΕΣΙΝΕΙΛ ΣΙΝΕΙΛ ΣΙΝΕΙΛ ΣΙΝΕΙΛ ΣΙΝΕΙΛ

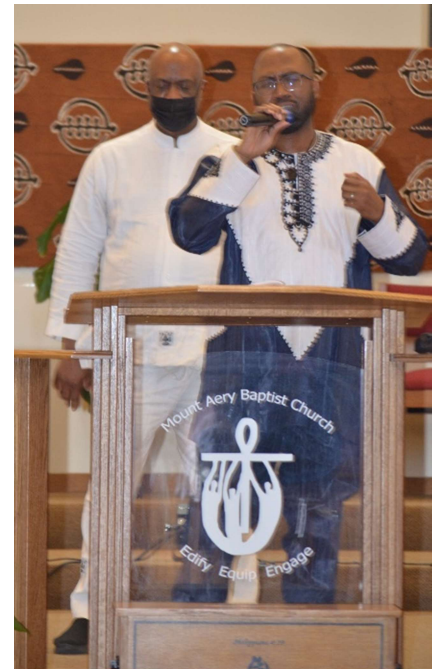






# MAAFA 2021

## MAAFA Sunday



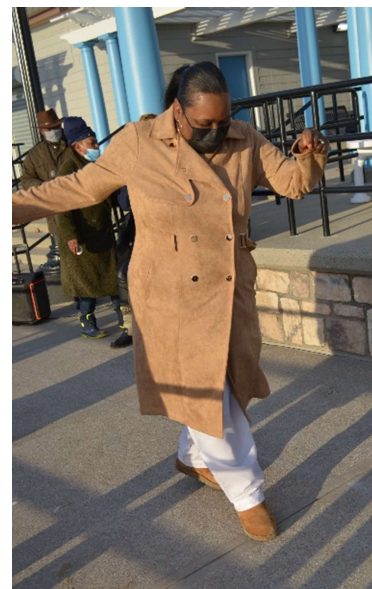
## Baby Dedication







## Seaside Send-Off





# BPT MOMS

## Partnership Program

# MOMS

## PARTNERSHIP

Every Mother Matters

Bpt MOMS Partnership is a new program offered to mothers. The program is provided by the Department of Human Services (DHS), which is collaborating with Yale University where the MOMS Partnership® program was developed. The purpose of MOMS is to support mothers with life stress. MOMS literally meets mothers where they are, providing services in places like grocery stores and libraries.

### WHAT YOU CAN GET OUT OF BPT MOMS

- Skills to help you manage the stress you deal with
- Steps for problem-solving
- Communication styles
- Referrals to community resources
- Balancing stress and fun



Are you experiencing emotional struggles, constant worry, or feeling overwhelmed? You may be eligible to participate.

### You will receive

- 8 weeks of counseling and skill building in a virtual group setting
- Cash incentives for participating
- Referrals to community resources



Please contact

**Aisha Thomas**

Community Mental Health Ambassador

Office phone: 475-476-7517

Email: athomas@alliancect.org

**Dajauna Delvalle**

Clinician

Office phone: 203-366-8255 ext. 111

Email: ddelvalle@gbapp.org



# PRAYER LINE

DAILY CONFERENCE CALL  
AT 7AM EST

716.427.1336

ACCESS CODE  
111933#



WWW.MTAERYBAPTIST.ORG

## Sugar Cookies

### Ingredients

1. 5 cups of flour
2. 2 tsp. baking powder
3. 1 tsp. salt
4. 3/4 cup (1 1/2 sticks) softened unsalted butter
5. 2 cups granulated sugar
6. 4 eggs (room temperature)
7. 2 tsp. vanilla extract

### Directions

Sift together flour, baking powder and salt. Set aside. With a mixer, mix together the butter and sugar until well combined. Add the eggs all at once, add the vanilla. Slowly add the dry ingredients to the wet ingredients (approximately 1 cup at a time). Mix until all ingredients are thoroughly combined. Form the dough into a ball and cover with plastic wrap. Refrigerate for at least four hours.

Preheat oven to 375 degrees.

Divide the dough into two pieces. On a floured surface roll the cookie dough to approximately 1/4 inch. Use cookie cutters to cut the dough. Bake for 5-6 minutes or until the edges are turning slightly brown. Remove from the oven, leave the cookies on the baking sheet for two minutes. Transfer to a cooling rack. Cool completely before decorating. Decorate with cookie icing and sprinkles.

I use Wilton cookie icing that can be purchased at most craft stores, Target or Amazon.





# 8 Ways to Build Good Habits and Break Bad Ones

Recently I was listening to Scott Barry Kaufman's Psychology Podcast, which I highly recommend. Scott was speaking with James Clear, author of *Atomic Habits*, about the way we achieve growth in our personal and professional lives. Many of us see goal setting as the best approach to achievement, but Clear sees it differently. In his view, habits are the foundation of growth and change, in large part because they help us form our identity: "Every action you take is like a vote for the type of person you want to become."

***Here are some of Clear's fantastic recommendations for building good habits and breaking bad ones:***

## 1. Make it about your identity

Usually, we think of achieving our goals in terms of outcomes which will eventually reshape our identity, but Clear recommends inverting the process: tell yourself you are "the type of person" who does the action, and the outcomes will naturally fall into place.

For example, if you ask yourself, "Who's the type of person who loses weight? Maybe it's the person who doesn't miss workouts," then you are focusing on identity rather than outcomes. Tell yourself "I'm a writer" rather than "I want my blog to be full of content" and it will be easier to write even one short post each day because you are bridging the gap between your current self and some future, goal-achieving self. You become more likely to stick to those goals because you've conceptualized them as part of your identity.

"Then the process falls into place because you try to create and reinforce that identity," Clear explains. "Habits reinforce the identity, which leads to the outcome in the long run... Even if it's five pushups or a short run, you are still the type of person who does it."

For better or worse, your habits are an embodiment of the person you are or want to become. Every time you write, you embody the identity of a writer. Every time you work out, you embody the type of person who is in good shape. "Every action you take is like a vote for the type of person you want to become."

Clear says these small things—writing one line or doing five pushups—may seem insignificant because they don't help us generate the results we want, but they can reinforce the identity of who you want to become, which is very powerful and feeds your motivation to keep up the habit better than focusing on the outcome itself.

"Identity change is true behaviour change," Clear says, "because once you identify as that kind of person, you're no longer even looking to achieve some kind of behavior change; you're just acting in alignment with who you already think that you are. It's one thing to say *I want this*; it's another thing to say *I am this*."

# 8 Ways to Build Good Habits and Break Bad Ones (continued)

### 2. Create an optimal environment for your personality to facilitate good habits

Considering the influence of genes/personality on habits, Clear says: “The utility of your genes is often determined by the environment you’re in, and this is true for physical characteristics as well as psychological ones.” In that light, he poses an interesting question: Can you set up an environment for yourself that favors you [genetically] and makes it easier to build better habits?

Maybe you have the type of personality that makes it easy for you to get sucked into watching too much Netflix, and you’d like to change this habit. If you know this about yourself, don’t just try to change your behavior as though “getting sucked in” is some internal flip you can switch off; change your environment so that you’re not so tempted.

One example is the way we often set up living rooms—to face the TV—which feeds our tendency to watch a lot of TV. Clear recommends rearranging the furniture to promote different habits rather than simply telling yourself “I’m not going to watch as much TV.”

Another example is keeping your home tidy if tidiness doesn’t come naturally to you: “If you’re low in conscientiousness,” he says, “and not the type of person who is orderly and organized and not the type of person who would remember to do something, maybe your strategy could benefit from a more optimized environment, like a physical environment, that has more cues in it to prompt you and remind you to perform a habit rather than just leaving it up to being orderly.”



The point is to make personality informative for strategy, and to recognize that your potential for growth and change doesn’t stop at the end of your genetic code.

“Genes do not eliminate the need for hard work; they show you what to work hard on. They do not eliminate the need for strategy. You don’t just say, Oh there’s biological determinism, no need to worry about this, it’s all fixed anyway. They tell you, based on your characteristics, where your strategy should be focused.”

### 3. Consider the compounding effect of good (and bad) habits

“Habits are the compound interest of self-improvement,” Clear says.

The compound interest can be positive or negative, depending on whether your habits promote or inhibit your self-improvement. Whether you want to learn a new language, build a business, brush up on world history, or what have you—it’s all about having faith in the potential of those little steps along the way.

“It’s very easy to dismiss those small daily habits, but five or ten years down the road, we see how much value or cost was in those choices that were one percent better or one percent worse.”

# 8 Ways to Build Good Habits and Break Bad Ones (continued)

## 4. Choose the best solution to the problem

“Habits are the solutions that your brain automates to repeated problems you face throughout life,” Clear says. “The more that you face the same problem, the more your brain starts to develop fluency and speed and accuracy with coming up with a solution for it.”

When you get home from a long day at work, your brain tells you to do something that will help you relax. There are countless ways to respond to this need, from calling a friend to smoking a cigarette to reading in the bathtub. All are solutions to the same recurring problem, and some are healthier than others.

“Your brain is just looking for an effective solution in the moment; it doesn’t mean that the original solution you came up with, the original habit you built, is necessarily the optimal habit.”

Clear describes the mind as a “suggestion engine,” churning out ideas for how to solve the problem at hand, and it’s those solutions that develop into habits. Which means we actually have a lot of power over our actions—more than we might think.

“Habits are just your brain’s best attempt to find a solution to the problems you face. Once you realize this, you can start thinking about which habits are better ones which will serve you more in the long run but also solve challenges you face on daily basis.”

## 5. See distractions for what they are

Many of our habits are a response to what is obvious, convenient, or what Clear calls “frictionless.”

Clear gives example of how we are distracted by our phones only when they are within reach. Citing his own experience, he says that if he keeps his phone in a different room up the stairs from his home office, he no longer thinks about it and instead focuses on his work. Doesn’t that mean that he doesn’t really want to check it, and only checks it because it happens to be handy? In that sense, Clear calls digital devices “mental candy” in our environment that only distract us superficially, possibly because our brains just like immediate gratification, in any form.

Keeping this in mind makes it much easier to not let these distractions have power over us. We don’t really need to know right now if someone messaged us; the impulse to know only exists because it’s convenient to satisfy the urge. Sort of like how people become more attractive to us when they enter our social circle, because proximity and convenience appear to increase the chances of a relationship.

“Technology has created a lot of habits like that: they’re so frictionless and convenient that we find ourselves falling into them whenever we have a down moment or whenever we’re bored for a fraction of a second, but we don’t want them in some deeper sense.” He never wants his phone enough to climb the stairs from his home office for 45 seconds and go into a different room. “So when you remove those distractions, you slide back into the work that is deeper and more meaningful to you. It’s not that I didn’t want to write an article today; it’s just that my phone was right there.”



# 8 Ways to Build Good Habits and Break Bad Ones (continued)

When you remove that mental candy, he says, it's easier to eat the healthy stuff.

## 6. Incorporate the laws of behaviour change

In his book, Clear introduces four laws of behaviour change which dictate **how good habits should form**:

- 1) make it obvious (cues in the environment);
- 2) make it attractive;
- 3) make it easy;
- 4) make it satisfying.

Interestingly, if you want to avoid something or **break a bad habit**, just reverse the same habits for that thing:

- 1) make it non-obvious (remove cues);
- 2) make it unattractive;
- 3) make it difficult; and
- 4) make it unsatisfying.

So, if you want to have a **healthier diet**,

- 1) fill your fridge with healthy foods and your kitchen shelves with healthy cookbooks;
- 2) read up on the health benefits of your new diet or start a health food blog;
- 3) start out with a food ingredient delivery service like Sun Kitchen to help make the cooking process easier;
- 4) keep a journal and track the way your body feels after improving your diet.

**At the same time,**

- 1) remove junk food from your kitchen;
- 2) read up on the negative effects of junk food on your health;
- 3) redirect your budget for sweets to better quality ingredients for healthy meals;
- 4) keep a journal and track the way your body feels after eating junk food.

## 8 Ways to Build Good Habits and Break Bad Ones (continued)

### 7. Put systems ahead of goals

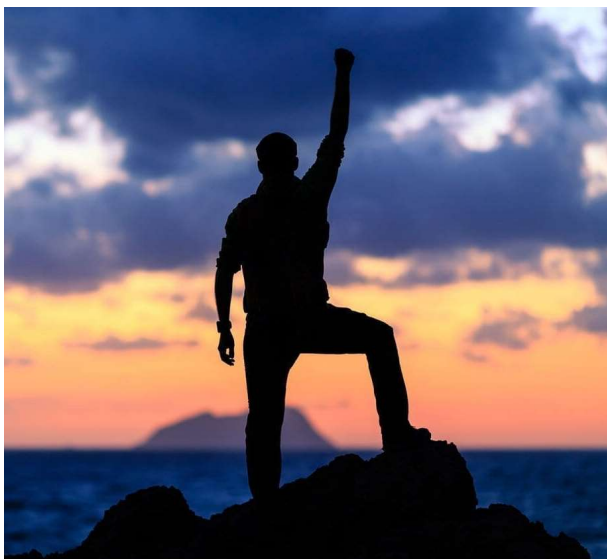
What's the purpose of goals? They're useful for clarity and direction, but when it comes to the process of making change, it's systems that reign supreme.

Clear makes a brilliant point: "Achieving a goal only changes our life for a moment." Only if the goal achievement was supported by a system of habits that will continue to allow us to achieve similar goals rather than plunge us back into the unaccomplished state we were in before—only then will we have made true change.

Managing to clean your whole house is great, but unless you create a system to keep it clean on a regular basis, you'll only achieve the goal once in a while.

We live in a results-oriented society, but Clear thinks goals deserve less of our attention than habits. "The action of setting a goal doesn't guarantee anything... almost immediately you should put goals on shelf and focus on systems."

Build the system and the outcomes will naturally fall into place.



### 8. Create unique contexts for developing different habits

"Habits are all about associations," Clear says. "They're about the solution you associate with a certain problem or context." So, if you want to create a new habit and make it stick, it's best to create a new context along with it.

If you want to read more, for instance, don't do it on the couch where you normally watch TV. Do it in a special "reading chair" or go to a café you designate as your reading café. It's best if you can build the new habit in a place you don't already have behavioral associations with.

Clear's thoughts on goals and habits can be applied to learning and education in a variety of contexts. Whether we're studying for a test, learning a new language, or mastering a new skill, thinking of achievement in terms of habits rather than outcomes can be hugely beneficial. If you'd like to learn more about Clear's work, check out his website or order his book here: <https://www.jamesclear.com/>.

*The children are quietly tucked in their beds wondering what toys Santa Claus is going to bring them on the Christmas sleigh*

*Mommy and Daddy are drinking hot cocoa gazing at the Christmas tree lights*

*Outside a Christmas star is shining bright in the night higher than the moonlight*

*The Christmas star represents the love of Jesus Christ on this beautiful Holy night*

*Oh Holy Night*

*Jesus Christ you are a beautiful sight*

*Oh Holy Night*

*Jesus Christ you are the Joy to the world*

*Oh Holy Night*

*Jesus Christ you are the King of Kings*

*Oh Holy Night*

*Jesus Christ forever you reign*

*Oh Holy Night*

*Jesus Christ you are the serenity and calmness in all of our lives*

*Oh Holy Night*

*Jesus Christ may the children of the Lord have more peaceful kinder loving hearts*

*Oh Holy Night*

*Jesus Christ May your Love forever shine bright in the Christmas Star Light*

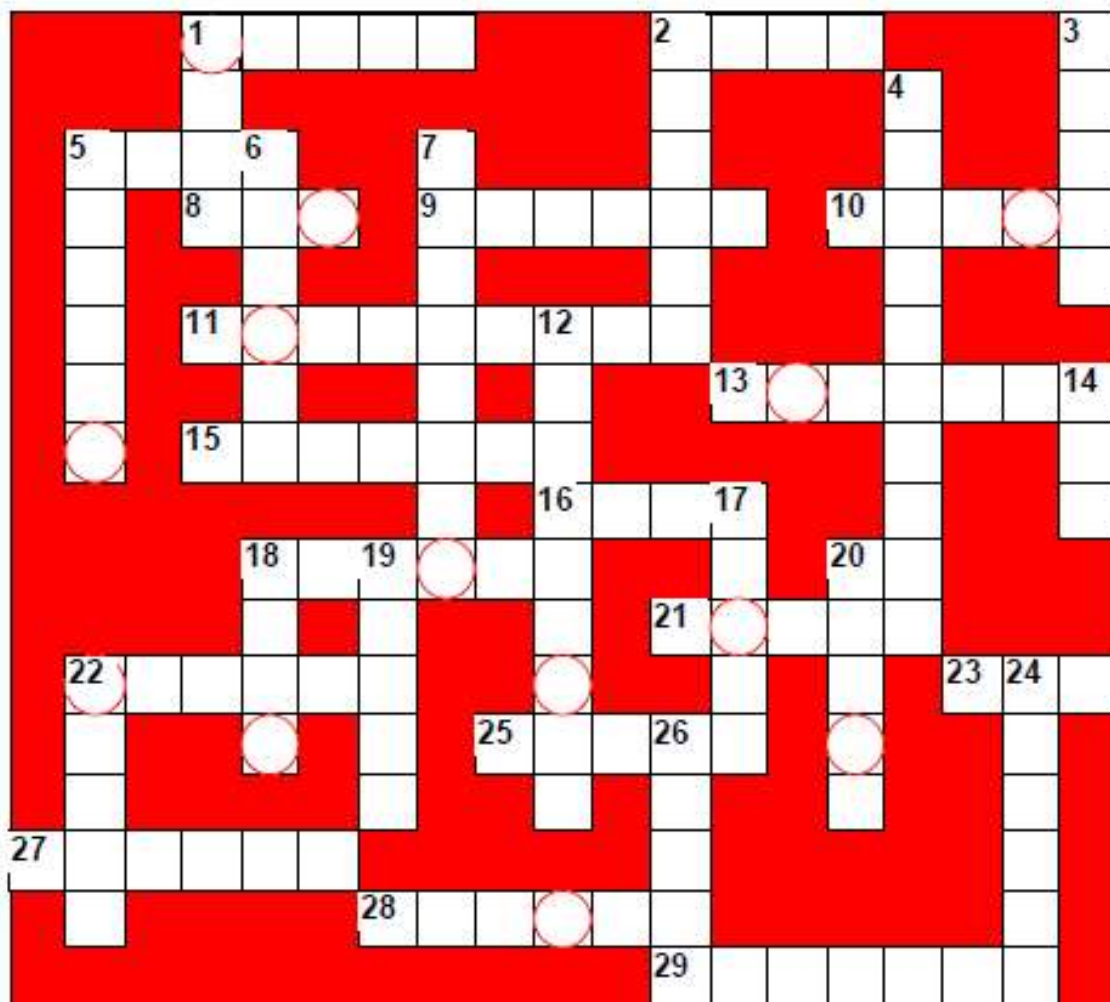


Mystery Word: Christmas Tree

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



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

# 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.**



# What are the benefits of Meditation for Kids? (continued)



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? (continued)

## 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

**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.



# What are the benefits of Meditation for Kids? (continued)

## **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.

# What are the benefits of Meditation for Kids? (continued)

## **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.

## **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

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.





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

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.

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.

***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:**

## **“Winter Weather”**



**We are back into that time of year when we need to prepare for winter weather. Now is the time to winterize both your home and vehicle and to also watch out for winter weather warnings and the prevention of frostbite. The information below will help you prepare and survive a winter weather emergency.**

### **Winter Weather**

**Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms including blizzards can bring extreme cold, freezing rain, snow, ice and high winds.**

***A winter storm can:***

- ***Last a few hours or several days.***
- ***Cut off heat, power and communication services.***
- ***Put older adults, children, sick individuals and pets at greater risk.***

***How to Protect Yourself from Winter Weather***

***IF YOU ARE UNDER A WINTER STORM WARNING,  
FIND SHELTER RIGHT AWAY***





### Know your winter weather terms:

#### Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

#### Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

#### Winter Weather Advisory

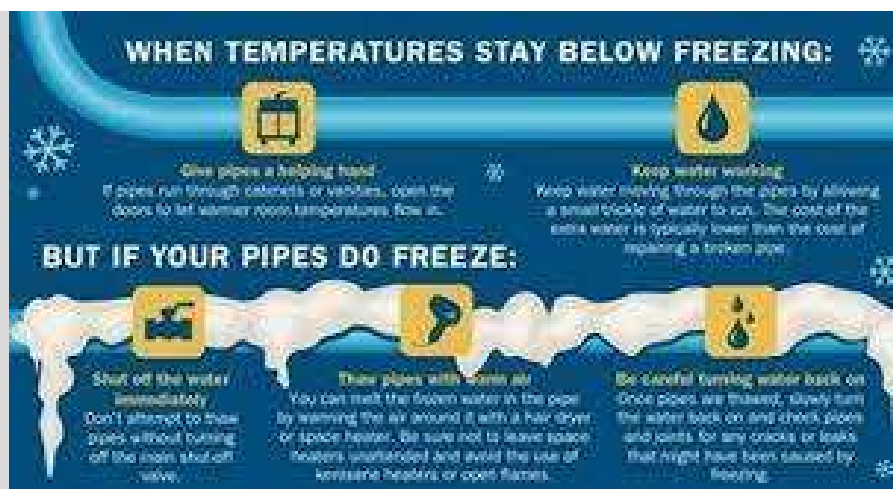
Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

### Know Your Risk for Winter Storms

Pay attention to weather reports and warnings of freezing weather and winter storms. Listen for emergency information and alerts. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

### Preparing for Winter Weather

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are unable to afford your heating costs, weatherization or energy-related home repairs, contact the Low Income Home Energy Assistance Program (LIHEAP) for help.



## Winter Weather (continued)

Be prepared for winter weather at home, at work and in your car. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.

## Coronavirus Disease 2019 (COVID-19)

- Sign up for email updates about coronavirus from the Centers for Disease Control and Prevention (CDC). Learn the symptoms of COVID-19 and follow CDC guidance. If you are able to, set aside items like soap, hand sanitizer that contains at least 60 percent alcohol, disinfecting wipes, and general household cleaning supplies that you can use to disinfect surfaces you touch regularly

## Stay Safe During Winter Weather alert - warning

- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stove top or oven.

## Stay off roads if at all possible.

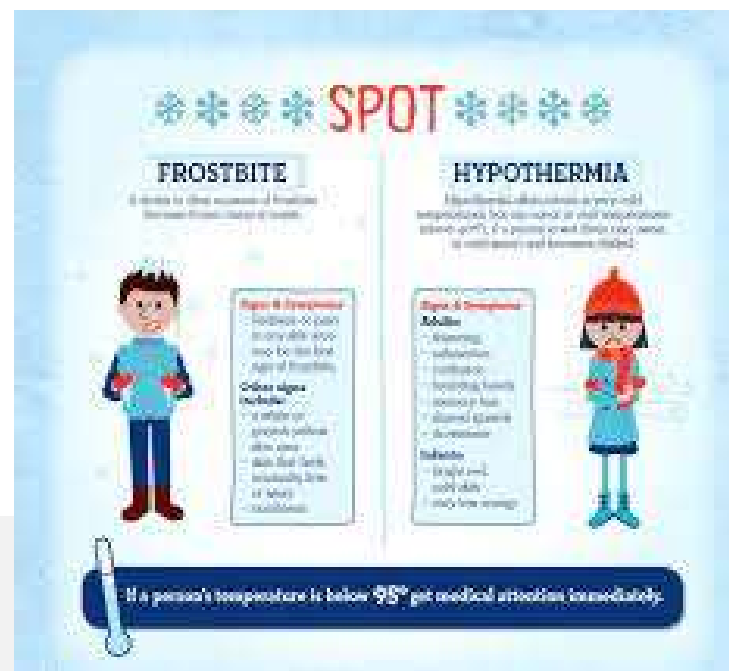
- If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.
- Learn the signs of, and basic treatments for, frostbite and hypothermia.
- Frostbite causes loss of feeling and color around the face, fingers and toes.



## SECURITY CORNER

by Deacon Henry Smalls, Jr.  
(continued)

- Signs: Numbness, white or grayish-yellow skin, firm or waxy skin.
- Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.
- Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.
- Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- Actions: Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.



By Deacon Cynthia Seabrook  
CNBC Financial Advisor



Creating a financially secure life can feel like a daunting task that requires the skills.

You need to figure out where you are today and where you want to get to. As if that's not a big enough lift, you're then in charge of finding the best route to get from here to there without veering off into costly detours.

Take a deep breath. Relax your shoulders.

Some goals will take years — if not decades — to reach. That's part of the plan! But you also get an immediate payoff: a whole lot less stress starting the minute you dive into taking control of all the money stuff that's gnawing at you.

Listed are some goals that are repeats but, this way they will be etched in your thought process.

1. Set Goals
2. Save an emergency fund
3. Make a budget
4. Pay off costly credit card debt
5. Borrow smart



All of these goals take only a small amount of time to look into. It is worth the time and research because in the long run you will profit royally.





**Victor Jerome Glover** (born April 30, 1976) is a [NASA](#) astronaut of the class of [2013](#)<sup>[1][2]</sup> and Pilot on the [first operational flight](#) of the [SpaceX Crew Dragon](#) to the [International Space Station](#). Glover is a [commander](#) in the U.S. Navy where he pilots an [F/A-18](#), and is a graduate of the [U.S. Air Force Test Pilot School](#).<sup>[3]</sup> He was a crew member of [Expedition 64](#), and served as a station systems flight engineer. Glover grew up in [Pomona, California](#),<sup>[4]</sup> and graduated from [Ontario High School](#) in 1994, where he was a quarterback and running back for the Jaguars, and was a recipient of the 1994 Athlete of the Year Award.<sup>[5][6]</sup> He attended [California Polytechnic State University](#) in San Luis Obispo, California,<sup>[7]</sup> and received a [Bachelor of Science](#) in General Engineering in 1999. While at Cal Poly, Glover became a member of the [Phi Beta Sigma Fraternity](#).<sup>[6]</sup>

In addition to his undergraduate education, Glover holds a [Master of Science](#) in Flight Test Engineering from [Air University](#) (United States Air Force), a Master of Science in [Systems Engineering](#) from the [Naval Postgraduate School](#), and a [Master of Military Operational Art and Science](#), also from [Air University](#).<sup>[6]</sup> Glover also holds a Certificate in Space Systems from the Naval Postgraduate School, and a Certificate in Legislative Studies from Georgetown University.

He is married to Dionna Odom Glover and they have four daughters.

Glover was commissioned as an Ensign in the United States Navy in 1999. He attended primary flight training at Naval Air Station Pensacola, Florida, earning his aviator wings in 2001. He later trained on the F/A-18C Hornet with [VMFAT-101](#) at MCAS Miramar, California. In 2003, he was assigned to [VFA-34](#), based out of Naval Air Station Oceana, Virginia. With VFA-34, he embarked on the final deployment of the [USS John F. Kennedy](#) in support of [Operation Iraqi Freedom](#). In June 2006, Glover was selected to attend the United States Air Force Test Pilot School. Following graduation in June 2007, he was designated a test pilot and began his developmental test tour with [VX-31](#), based out of Naval Air Weapons Station China Lake, California. In 2011, he was assigned to [VFA-195](#) for his department head tour. Stationed at [Naval Air Facility Atsugi](#), Japan, VFA-195 embarked on the [USS George Washington](#) in support of maritime operations in the Western Pacific Ocean.<sup>[3]</sup> At the time of his selection in 2013, Glover was assigned to the personal staff of [John McCain](#) as a legislative fellow in Washington, D.C.<sup>[9]</sup>

During his career, Glover has accumulated 3,000 flight hours in more than 40 aircraft, and has completed over 400 carrier arrested landings and 24 combat missions.<sup>[6]</sup> Glover's call-sign is "Ike", a name given to him by one of his first commanding officers, standing for "I Know Everything".

Glover was introduced as one of the [Astronaut Group 21](#) team in June 2013, completing training in 2015.

## Expedition 64/65

In August 2018 Glover was introduced as one of the Commercial Crew astronauts, assigned to fly on the first operational flight, and the second crewed flight overall, of SpaceX's Crew Dragon.<sup>[10]</sup> As part of that mission, he will be a crew member on ISS Expeditions 64 and 65 for more than six months.<sup>[11]</sup> Glover is the first African American ISS Expedition crewmember to live on the ISS, not only visit the ISS for a short stay like on the Space Shuttle as an ISS assembly astronaut. According to *The New York Times*:<sup>[4]</sup>

Mr. Glover's achievement is notable for NASA, which has worked to spotlight the "hidden figures" in its history, but has so far sent only 14 Black Americans to space out of a total of more than 300 NASA astronauts. He will not be the first Black astronaut aboard the station. But those who preceded him from NASA were members of space shuttle crews during the station's construction and only made brief stays on the outpost.

SpaceX Crew Dragon capsule *Resilience* launched on November 15, 2020, carrying Glover together with two other NASA astronauts (Michael S. Hopkins and Shannon Walker) as well as Soichi Noguchi of Japan. They arrived at the space station on November 17.<sup>[12]</sup> During his stay on the ISS, Glover was selected for NASA's Artemis program set to have its first launch on November 4, 2021.



ibtimes.com

Glover's first spacewalk, which lasted for more than six hours on January 27, 2021, was a team effort with Hopkins as they worked to upgrade the Columbus module.<sup>[13]</sup> On his second spacewalk, also with Hopkins, Glover replaced a broken external camera.<sup>[11]</sup> On Glover's third spacewalk, he and Kate Rubins began work to upgrade the station power supply with hardware in preparation for installation of new solar arrays.<sup>[14]</sup>

On February 24, 2021, NASA recorded a video call from Vice President Kamala Harris to Glover, in the space station. According to NASA, "the conversation ranged from the legacy of human spaceflight to observing Earth from the vantage of the space station, Glover's history-making stay aboard the orbiting laboratory, and preparing for missions from the Moon to Mars."



## December 1st

Bember, Porter  
Bradley, Keith  
Brassell, Diane  
Caesar, Gloria  
Coplon, Latosha  
DeJesus, Marta  
Febres, Annette  
Foremar, Nenyelle  
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

## Decemmber 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

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

## December 11th

Blanding, Jennifer  
Jackson, Kevin  
White, Howard  
Williams, Nicole

## 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, Nhrai  
Joseph, Veronique  
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, Loetha  
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  
Slade, Rosie

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 25th

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



## December 26th

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

## December 27th

Carr, Thelma  
Edwards, Bernardine  
Kearney, Chyron  
Kearney, Yolanda  
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

Chandler, Martin  
Clemons, Charles  
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  
Taylor, Marcia

## December 31st

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

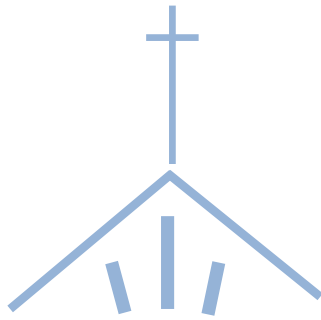


# DECEMBER 2021 - PREPARE THE WAY OF THE LORD

Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 12/1/2021 through 12/31/2021. Conference Dial-in Number: 716.427.1336, Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. **To playback prayer: 716.427.1343, access code is 111933#.** This is not a toll free call, Long Distances Charges May Apply. Note: Do not announce yourself if you call after 6:58am. Please mute your phone so that prayer will not be disturbed. Habakkuk 2:2-3 NIV.

SUN	MON	TUE	WED	THU	FRI	SAT
			1 1 Cor. 9:27 Pastor Bennett	2 Psalm 34:18-22 Sis. Barnes	3 Philippians 2:16 Sis. Whitaker	4 John 3:3 Sis. M. Lee
			<b>GOD'S UNDERSTANDING</b>			
5 Jeremiah 33:14-16 Sis. Thompson-Bennett	6 Psalm 25:1-10 Rev. Dr. Sherwood	7 1 Thes. 3:9-13 Deacon Gardner	8 Luke 21:25-36 Sis. Smith	9 2 Cor. 1:20 Sis. Simmons	10 Genesis 22:18 Pastor Williamson	11 Jeremiah 23 Deacon Paul
			<b>SPEAK WORDS OF HOPE</b>			
12 Malachi 3:1-4 Deacon Gist	13 Luke 1:68-79 Bro. Cummings	14 Phil. 1:3-11 Deacon Smith	15 Luke 3:1-6 Rev. Dr. Sherwood	16 Luke 1:76 Min. Langley	17 Philemon 1:7 Sis. Alston	18 Acts 19:4 Pastor Kingwood-Small
			<b>PROCLAIM GOD'S ARRIVAL WITH JOY</b>			
19 Zephaniah 3:14-20 Pastor Boissiere	20 Isaiah 12:2-6 Sis. S. Jackson	21 Phil. 4:4-7 Bro. Easley	22 Luke 3:7-18 Deacon Vermont	23 Isaiah 12:6 Bro. White	24 Zechariah 2:10-11 Sis. Ellis	25 Psalm 126:2-3 Sis. Newton-Foster
			<b>NOW BEHOLD THE LAMB</b>			
26 Micah 5:2-5a Deacon Hurst	27 Luke 1:46b-55 Bro. Newton	28 Hebrews 10:5-10 Min. Langley	29 Luke 1:39-45, 46-55 Deacon J. Seawright	30 Isaiah 9:2-7 Deacon Adetona	31 Luke 2:1-14 Pastor Bennett	
			<b>REJOICE IN THE LORD ALWAYS</b>			



**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**

**716-427-1336  
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!**

# An Evening of Intentional Prayer Time for Pastor Bennett

## Exodus 17:2

Moses' arms soon became so tired he could no longer hold them up. So Aaron and Hur found a stone for him to sit on. Then they stood on each side of Moses, holding up his hands. So his hands held steady until sunset.

## *Please join the Deacon Ministry*

once per month on Thursdays at 6:30pm on our church's Prayer Conference Call Line, as we intentionally pray for Pastor Bennett on the following dates:



## December 16

All are welcome to call in  
and listen at 716-427-1336,  
Access Code 111933#