

MESSAGE FROM THE MOUNT

MFTM



Love

COURAGE BELIEVE STRENGTH

Hope

BREAST CANCER AWARENESS MONTH



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Pastor's Pen



Namaste my Brothers and Sisters in Christ,

We greet you in the name of Jesus, The Christ. Wow! Where has the time gone? Another sabbatical season has come and gone and we are still here. Mount Aery, I believe our partnership is stronger than ever yet I also believe that God never wastes an opportunity of blessing. God has sustained us through our absences from one another so that we can individually and collectively engage in even great manifestation of ministry and miracles. I look forward to even greater... to the glory of God!

I look forward to sharing with you, during our annual Holy Spirit Discernment Session, photos and reflections from my time away. As I resume the rhythm of Mount Aery ministry, I am delighted to know that the leadership of Mount Aery was used by God to sustain this ministry. I have heard nothing but powerful stories of God's work in our midst. Again, allow me to thank every leader, every facilitator, every staff person, and every volunteer for all you did to maintain the ministry of Mount Aery.

In addition to being breast cancer awareness month, Mount Aery will also encourage all of us to strive toward holistic health and wellness. While certainly we are not advocating extreme

depravity and denial, however, moderation can quickly turn to excess if we are not intentional with our discipline. I ask that we encourage each other to become our best selves, mind, body and spirit.

And of course October is preparation for MAAFA week of activities beginning with Child Dedication Ceremony and concluding with MAAFA Sunday. We have been doing variations of MAAFA production since 2002. I am thankful that God has given us this weighty yet consequential ministry, particularly in times like these. I pray that you will do all that you can to participate in this year's commemoration. Onward and Upward!

God bless,

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

IMPORTANT DATES ✓

What's Next?

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.

- **We are returning** to two services in October.
- **The church closes** at 3pm on Fridays
- **Safe place training** is Wednesday October 10, 2018 at 7pm.
- Please join SAW on October 13th, 2018 from 12-2 pm as we will be hosting a Health Literacy Month.
- **The Men's Fellowship** has changed their annual Health Walk to Seaside Park to October 13th at 10:00am.
- **Our next Child Dedication** is Saturday, October 27th at 10am. Forms are available in the Narthex. All forms are due in the church office by October 16th. The mandatory Parent meeting is on Tuesday, October 16th at 6pm.

ANNOUNCEMENTS

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

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

Here's an exciting way to join in worship with us. Follow us on Ustream.tv. Simply visit this link <http://www.ustream.tv/channel/mount-aery-baptist-church> or go the www.mtaerybaptist.org and scroll to the bottom to select the Ustream link there. Please be sure to pass the link to your friends and family as well so they can be blessed by our ministry.

- **Chosen Generation** is inviting everyone from the ages of 13-27 to join this youth and young adult choir. Please see Sister Magnolia Barnes with your interest.
- **Generation Next Youth Ministry** is calling all youth ages 3-18. Youth Church for the 2018 year will be held at the 11:00 am services on 2nd and 3rd Sunday of each month! Please see Minister Michael Walton or any youth leader for more information!
- **Lost and Found** – Several pairs of glasses, sunglasses, bibles and other lost items are in the church office. If you have lost anything, please check the church office. Items may be given away if left any longer. Thank you.
- **Deacons on Call** for the month are Dewitt Smith & Jean Baptiste.
- **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.
- **No Pork on Church Property**
 - **For health, healing and sensitivity for those with health conditions**, no pork is to be brought on church premises (i.e. ministry affairs and/or catering).
- **No Food or Beverage in the Sanctuary**
 - Please, please, please, do not bring food or beverages into the sanctuary. Parents, please feed infants and toddlers in the Wilson Hall or the Bass Hall. It is everyone's responsibility to be good stewards of the building that God has blessed us with. If you see anyone not being responsible, please get an Usher or a Deacon to handle the situation. Thank you.

Parents

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

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	Autumn Mitton
Elease Breedlove	Caleb Mitton
Isaiah Brown	Spring Mitton
Carol Carter-Mims	Edward A. Morris
George Cauthen	Deacon Regina Mosely
Lucille Cauthen	Hadassah Nightingale
Joan H. Colley	Austin Perkins
Minister Odell Cooper	Eulalia Pettway
Tracey Nicole Craig	Terrance Quiller
Richard Dailey	Frances Riley
Frances Dicks	Esther Ryan
Ruth Hasty-Dove	Rose Samuel
Sandra Dunn	Sandra Simpson
Bernadine Edwards	William Henry Sims Sr.
Rose Evans	Linda Suggs
James Freeman	Herb Sutton
Deacon Minnie Grant	Rev. Velva Jean Tucker
Ruth Harvin	Curtis Jerome Turner
Deacon Jeffrey Hill	Paula Watkins
Deacon Naomi Holmes	Dorothy Watts
Deacon Primus Jackson	Gwen Williams
Gerard James	June Williams
Beverly James	Barbara Wilson
Maria Knight	Michelle Lisa Wilson
Theresa Lazarus	Jacqueline Tyson-Wright
Cheryl Lewis	Willie Mae Wright
Jordan Alexander Lewis	Jessie Wright
Deacon Melvin Lowe, Sr.	Khadyah
Reanna McCoy	Ayisha
Lemme McIntosh	Marcella
Mary McRae	

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

Northbridge Health Care Center, 2875 Main Street, Bridgeport, CT 06606

Sandra Stephenson

Fairview of Fairfield, 930 Mill Hill Terrace, Southport, CT 06890

Roger Mullins, Sr.

Willows Rehabilitation and Nursing Center, 225 Amity Road, Woodbridge, CT 06525

Frances Riley

Bridgeport Healthcare, 600 Bond Street, Room 525, Bridgeport, CT 06610

Lemme McIntosh

West River Rehab, 245 Orange Avenue, Milford, CT 06461

Eunice Roundtree

Northbridge Rehab, 2875 Main Street, #322, Bridgeport, CT 06606

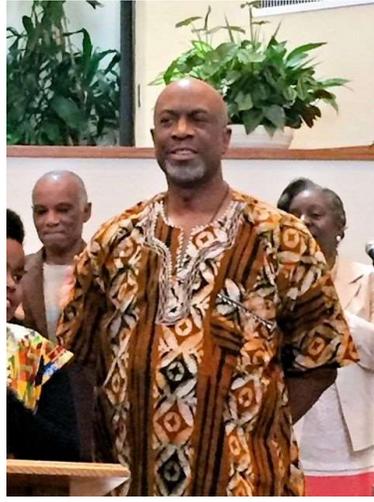
Please address all correspondences for the above disciples to the church and the administrative office will forward all mail. Thank you for your cooperation.

Bereavement

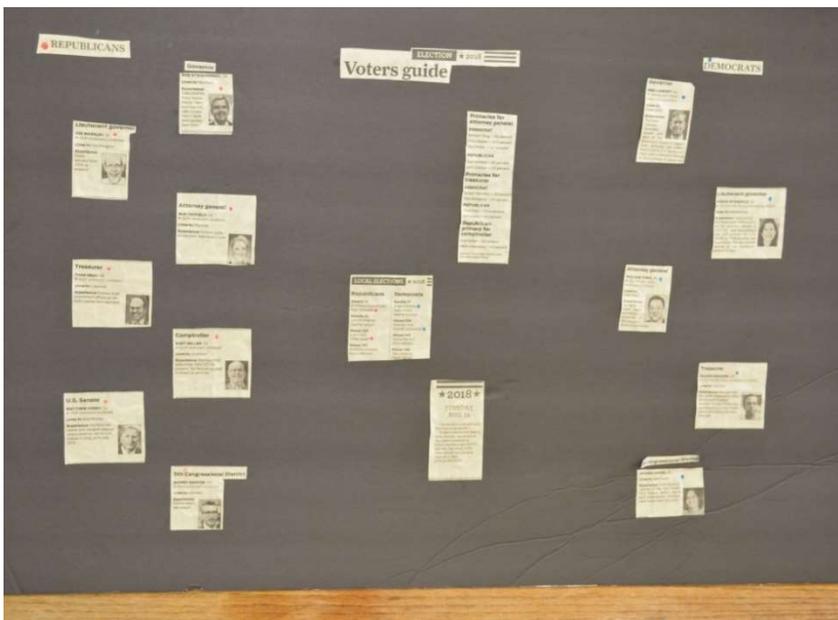


- Ebony Epps, Jaden Joseph and family on the loss of their mother and grandmother, Victoria (Rita) Epps.
- Min. Odell Cooper and family on the loss of her cousin.
- The Pettway family on the loss of Michael Pettway.
- Liza Clark and family on the loss of her brother in South Carolina.
- The Pettway family on the loss of Grady Pettway.
- Rev. Alicia Tyson-Sherwood and family on the loss of her cousin.
- Brittany Tucker, Nylah Tucker Bennett & family on the loss of their Aunt.

Pastor's Return from Sabbatical



Voter Registration



 Get registered and be sure to get out and vote at every election.

 Your next opportunity to vote is Tuesday, November 6, 2018!

MOUNT AERY BAPTIST CHURCH
MINISTRY OF THE MONTH

SABBATICAL PASTORS



Pastor Dawrell Rich
&
Reverend Nancy Kingwood-Small

Coming to Mount Aery I have thoroughly enjoyed being back here at what I consider my home church, and not for nostalgic reasons. There is something in the air at the Mount that is life giving and healing. When I was invited back there was no way I could say no. A plus was working with Rev. Nancy and the church staff. I enjoyed it! I knew it would be good because of the prior experience. This sabbatical was successful. I am proud of the work that we did together as a staff to keep things running smoothly.
- Pastor Dawrell Rich

Thank you Pastor Bennett, leaders, and congregation for the opportunity to start my pastoral formation and for embracing my leadership. It was an honor and privilege to serve in this capacity. I did not take this responsibility lightly. Thank you to the congregation for their prayer requests and concerns. I look forward to seeing what God has in store for us. Eyes have not seen ears have not heard what God has in store for Mount Aery.

- Reverend Nancy Kingwood-Small



CONNECT

Congregations Organized for a New Connecticut
Congregaciones Organizadas para un Nuevo Connecticut

*Do you want your voice to be heard in the 2018 Elections?
Then please join us for our*

2018 GENERAL ELECTION CANDIDATES ASSEMBLY

MONDAY, OCTOBER 22ND:

6:15pm Seating Begins
7:00pm sharp Assembly Begins

Congregation B'nai Israel
2710 Park Ave., Bridgeport, CT 06604
Enter Parking lot off of Benson St., just off Park Ave.

Confirmed: Mr. Ned Lamont, Democratic nominee for Governor

Invited: Mr. Bob Stefanowski, Republican nominee for Governor
 Ms. Sue Hatfield, Republican nominee for Attorney General
 Mr. William Tong, Democratic nominee for Attorney General
 Mr. Thad Gray, Republican nominee for Treasurer
 Mr. Shawn Wooden, Democratic nominee for Treasurer

***“Our lives begin to end the day we become silent about
the things that matter.” – Rev. Dr. Martin Luther King, Jr.***

For more information, contact your Core Team leader(s) or CONECT organizers:
Matt McDermott (matt.mcd9@gmail.com or 773-206-8292) or
Kristen Estabrook (Kristen.estabrook@gmail.com or 207-751-8212).

Breast Cancer Awareness Month

by Cathy Patton

October 1st begins Breast Cancer Awareness Month. You will see fundraising walks publicized, pink ribbons being worn, calendars hosting photos of the courageous breast cancer survivors. As best we can, we support these events through our physical presence, monetary donations, or by volunteering our time. However we support, it is appreciated by the millions of survivors, their families, and the organizations that utilize the funds toward research to end this deadly disease.

Beyond the on-going participation in events, walks, and fundraiser, we can also help, by taking care of ourselves. Before I leave my hair salon appointment, I make certain that I have my next appointment set. First how many of us stay on-top of our required mammogram appointments and if so, do you make certain you schedule your next one well in advance of when you are due.

More women who are diagnosed early, are as a result of them doing consistent self-examinations. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.



According to the National Breast Cancer Foundation, Inc.

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die.
- Although breast cancer in men is rare, an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.
- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.
- ***Over 3.3 million breast cancer survivors are alive in the United States today.***

Do not let lack of medical insurance stop you from getting your mammogram. The Breast Cancer Foundation partners with local medical centers for those who cannot afford the expense of an exam.

In Bridgeport please contact:

St. Vincent's Medical Center: Elizabeth Pfriem SWIM Center for Cancer Care 203-576-5181

2800 Main Street

Bridgeport, Connecticut 06606

Spaghetti Meat Sauce

by Jennifer Bruton RDH, MS
Master of Science, Human Nutrition



Ingredients

2 lbs. ground beef
2 28 ounce cans of crushed tomatoes
1 cup water
2-3 tablespoons olive oil
1 tablespoon butter (optional)
1 medium onion chopped
1 green bell pepper chopped
(Optional)
2-4 cloves garlic crushed
1 tablespoon dried oregano
1 tablespoon dried basil
1 tablespoon white sugar
1/2 cup grated Parmesan cheese
Salt and pepper to taste

Directions

Brown the ground beef in a large sauce pan. Remove from heat and drain the fat from the beef. Set aside. Heat the pan to medium heat. Add the olive oil and butter to the pan. Melt together. Add the onion and green pepper to the pan. Sauté until soft (approximately 7 minutes) add the crushed garlic and sauté for one minute more. Add the beef mixture along with the rest of the ingredients listed above to the sauce pan. Stir until combined. Bring to a low boil. Turn down the heat to low/simmer. Simmer for 2-3 hours. Serve over your favorite pasta.

Tip: This meat sauce can also be cooked in a crock pot. Brown the ground beef drain. Then sauté onions, peppers and garlic in a sauté pan. Place in the crock pot. Add the rest of the ingredients listed above to the crock pot. Cook on low for 2-3 hours then keep on warm until ready to serve.

Garlic Bread

by Jennifer Bruton RDH, MS
Master of Science, Human Nutrition



Preparation time 10 minutes

Cook time 20 minutes

Servings 10-12

Ingredients

1 loaf Italian or French bread

1/2 cup butter (softened)

2-3 cloves crushed garlic

1/4 cup grated Parmesan cheese

Salt and pepper to taste

Aluminum foil to wrap around bread

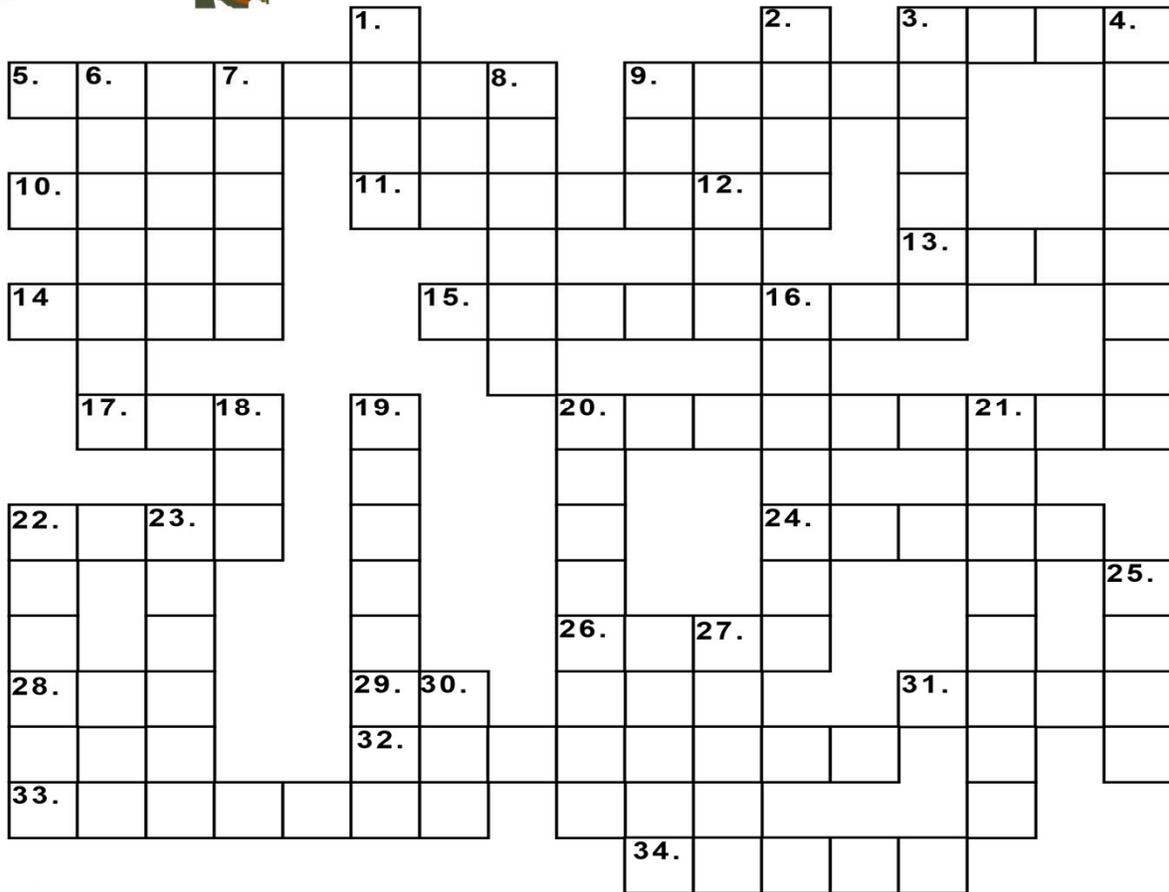
Directions

Slice the loaf of bread in half lengthwise.

In a small bowl mix together butter, garlic, cheese, salt and pepper. Spread garlic butter mixture on each 1/2 of the cut side of the loaf of bread. Place the loaf back together and wrap with aluminum foil. Place the bread in the preheated oven and bake for twenty minutes. Remove from the oven, unwrap the bread and slice. Serve immediately



CROSSWORD



Across

- 3. Cars travel on this
- 5. Woollen garments
- 9. Plural of goose
- 11. To make smooth
- 13. Things aren't always as they _____.
- 14. Who, what, where, _____?
- 15. Vegetables with many eyes?
- 17. Maple leaves often turn this colour
- 20. The first month of Autumn
- 22. Cautious
- 24. A tree with white, papery bark
- 26. To raise children
- 28. Angry
- 29. Opposite of out

- 31. Another name for Autumn
- 32. Autumn month
- 33. Gather a crop
- 34. Ripe fruit or vegetables

Down

- 1. Grows on a tree
- 2. _____ager
- 3. Playtime in school
- 4. Last month of Autumn
- 6. Sunny, cold, rain, eg.
- 7. The nut from an Oak tree
- 8. Spring, summer, fall, winter eg.
- 9. Fetch

- 12. "____ your supper."
- 16. Autumn month
- 18. Opposite of night
- 19. Large orange fruits which grow on a vine
- 20. Nut hoarding animal
- 21. Used to carry school books
- 22. What you get from a fireplace
- 23. One who reads
- 25. Opposite of hot
- 27. Brownish yellow colour
- 30. "He is ____ here right now."

Why I kneel to the American Flag?

by Samantha Burton

You asked why I kneel to the American Flag?

I take a knee for my young brothers and sisters who dream of becoming a doctor, a nurse, a teacher, and a lawyer someday but because some of them are raised in an unprivileged neighborhood some people think that they won't be nothing but a product of their environment

I take a knee for my young brothers and sisters who can't go into a store or a restaurant without some people making false judgements about them thinking that they are going to steal or not pay their bill

I take a knee for my young brothers and sisters who go to jail for petty crimes and when they are finally released they are still treated like a prisoner with bars around them that holds them back and that's why some of them end up going back

I take a knee for my young brothers and sisters who obey the rules of the laws but are still treated with unlawful force where some of them end up dying in the streets.

I take a knee for my young brothers and sisters who refuse to be your Monkey, your Ape, your Black Sambo, your Whips and Chains, your Aunt Jemima, your Shoe Shining, your Uncle Tom and your Uneducated Negro that you think I am

I take a knee for my young brothers and sisters who can't walk quietly in a so called privilege neighborhood without some people harassing them or saying that they are disturbing the peace

I take a knee for my young brothers and sisters who should be able to love who they want to love and be who they want to be without some people saying that they should be admonish from society

I take a knee for all of my Ancestors and for all of the Civil Right Leaders that came before me and that paved the way so that we can all be free their bloodline will forever live in me and I will forever honor them by taking a knee until we all get EQUALITY! PEACE AND JUSTICE FOR ALL HUMAN BEINGS!
AND THAT IS WHY I TAKE A KNEE!



Dr. Anne-Marie Imafidon

Official Biography



Young, Gifted & Black

As promised, the second in our Youth Speak series highlighting 8 “Young, Gifted, & Black” individuals. Introducing, Dr. Anne-Marie Imafidon

From child prodigy to MBE, Dr Anne-Marie Imafidon is Head Stemettes and co-founder of STEMettes, the award-winning social enterprise inspiring the next generation of females into Science, Technology, Engineering, and Mathematics (STEM) roles via a series of prestigious events and opportunities.

One of the youngest ever to be awarded a Master’s degree in Mathematics & Computer Science by the University of Oxford, aged 20, Anne-Marie, unsurprisingly, continued to soar. In 2017 she was included in the BBC’s list of 100 inspirational and innovative women, received a Marie Claire Future Shaper award, was named the 7th Most Influential Woman in IT and one of the 50 most inspiring women in Europe by Inspiring Fifty. In further recognition of her influence and achievements, Anne-Marie was awarded an MBE in the 2017 New Year’s Honours for services to young women and STEM sectors. As of June 2017, she is now Honorary Fellow at Keble College, Oxford.

Not only a champion of getting women into STEM positions, Anne-Marie has previously worked with Goldman Sachs, Hewlett-Packard and Deutsche Bank, amassing a wealth of experience. A recognised thought-leader in the tech space, sees her speaking at numerous prestigious keynote events, such as SXSW and Founders Forum and to clients across the globe including Google, Mercedes-Benz, Lufthansa and ASOS. Anne Marie’s keynote topics include:

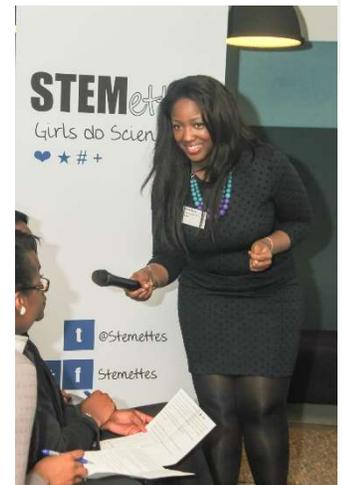
The Tech Landscape and Why Tech Needs Diversity

Tech is a booming industry with growing importance any given economy, but it is also suffering from a large skill shortage at a time when a criminally low proportion of women are entering and staying in the field.

Anne-Marie will dissect the HERstory of the tech industry of the past and present and discuss what we can do to cultivate future tech leaders.

Using Social Media to Your Advantage

Anne Marie’s contemporary and innovative take on this topic shows a modern way to implement the principles from the 1937 perennial bestseller HOW TO WIN FRIENDS AND INFLUENCE PEOPLE written by Dale Carnegie, and also features practical lessons on the benefits of “working out loud”.



Dr. Anne-Marie Imafidon

Official Biography (continued)

A.I. & The Future of Work

Robots are going to take our jobs eventually – in fact it’s already started. This is a comical, yet real, look at what the future looks like and ways to future-proof yourself and your business.

Social Entrepreneurship: Doing a Lot with a Little

Anne-Marie uses her wealth of experience from the many lessons learned from running social enterprises, and taking something from a mere concept to becoming an influencer, to show how a company or individual can “get the show on the road” with very limited resources.



The Definitive Guide to Changing Your Company from the Inside Out

What do Corporate Social Responsibility and philanthropy sponsorship look like in the 21st century? Anne-Marie discusses her 5 ways to change your company from the inside out:

- i. what do these concepts look like in the 21st century?
- ii. Your culture is your people
- iii. Your people are your biggest asset
- iv. Giving people the space to Work Out Loud and be fulfilled
- v. Rewarding the right behaviour and correcting the wrong behaviour

<https://aimafidon.com/about/>



WORD SEARCH

by Deacon Kathy Tabb-Small

G.R.A.C.E. 

BREAST CANCER AWARENESS

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



ANNUAL
APPOINTMENT
AWARENESS
BREAST
CANCER
CHECKUP
DIET
DOCTOR
EXAM

EXERCISE
FAMILY
HEALTH
HEREDITARY
HISTORY
MEDITATION
MONTH
NURSE

OCTOBER
PRAYER
RELAXATION
REST
SELFCARE
SLEEP
SPIRITUAL
WATER

Women – Walk On!

Women walk on -

for those who have been safe and free from the possibility.
They have no history, no scars, no “what ifs”.
Still they perform the routine and join in here with ability.

Women walk on -

for those who are yet to come and have only become aware.
They see the road as a daunting task, seeming without end.
Where life can be taken from them cause cancer doesn't care.

Women walk on -

for those who have gone before and came out on the other side.
They are strong and determined to live a full life,
seizing every moment that is given and deciding not to hide.

Women walk on -

for those who still fight the cruel invasion of body and soul.
They are weak at times but fight to regain their strength.
Working toward remission - that ultimate goal.

Women walk on -

for those who have lost their battle but the spirit still remains.
They taught courage, fortitude, and determination despite setbacks.
They carry us onward and their time has not been in vain.

Women walk on -

so as not to lose hope, to never forget,
to cherish each day without any regrets.
To abolish this killer on a race for the cure,
we must endure to ensure. . .

Women – Walk On!

Karen Jones
4-29-2005

"These locks of mine"

Grown by Nanette Malone
In Bridgeport, CT
9/2007 -2/2018

G.R.A.C.E. 



Theses locks of mine
Grown by Nanette Malone
In Bridgeport, Connecticut

9/2007 – 2/2018

These lock of mine were dying to be born way before they started. My mother had a fit when I went away for the summer and came home with my long hair cut into an Afro back in the late 60's. When she saw me admiring locks, she told me grow them over my dead body. I was a grown woman, however there are somethings you don't go against Mother on. She passed away and 2 years later in 2007 at the age of 54 my locks became buds! Those darn buds gave me the blues, but a year later they began to officially lock!

These locks of mine were cut for the 1st time in 2014 just before my 60th birthday in September. Boy was that a mistake. I asked to take off about 5 inches and they cut more than 12! They then swept my locks up. After they cut them they colored them, however, color didn't take to the locks. I had no idea I should keep them, and no idea I could donate them. I came home, my daughter had a fit. She said I got robbed twice once with the cut and second when they kept them. That was a lesson learned. My locks had grown right to my butt and when it was all said and done they were shoulder length! You are never too old to make dumb mistakes!

These locks of mine are adorned with an antique silver Onyk, as well as clear crystals for energy and some crystal fish just to maintain and carry God's energy with me every day. There is also one lock I call my Warrior lock because it was wrapped when I traveled to Ghana in 2013/14. The colors are the same as the Asante flag and as a tribe they have an Empire, with their own capitol Kumasi. I wanted that symbol because I have overcome so much in life that I wanted a symbol that I am a fighter! I was going to save it but decided it needed to be a part of the next Warrior's journey.

These locks of mine are poetry in motion, they are a part of a creative spirit that writes, recites, makes jewelry and whips shea butter. The shea mixture was used to maintain my locks. I used shea butter whipped with aloe vera, jojoba, olive, coconut and vitamin E oils.

“These locks of mine” (continued)

G.R.A.C.E. 

Grown by Nanette Malone
In Bridgeport, CT
9/2007 -2/2018

These locks of mine did a lot of traveling. They love to travel! They traveled on Amtrak extensively. They've gone the southern route to Atlanta, GA, stopping off in Winston Salem, North Carolina on the route. They've traveled to from New York to Chicago and saw so many beautiful bodies of water. The Hudson river, Lake Erie and Lake Michigan. If there was more water to see they slept through it. They traveled down to Indianapolis and Evansville Indiana passing through Gary the hometown of Michael Jackson. While visiting the Midwest, they went to Southern Illinois and stayed in Pinkstaff and small farm town of maybe 500 people and that's a stretch. I was there to go to my cousin's annual barbeque. I visited my grandparent's graves in the Portee Colored cemetery and went to Lawrenceville, Illinois to get birth and death records of my mother and her family. After leaving the Midwest, my locks traveled south through St. Louis and across the Mississippi River to Malvern and Hot Springs, Arkansas. Not only did they travel the country via rail but on Christmas day 2013 they traveled to Ghana via Amsterdam. They were there until the end of January. They traveled all over Ghana, in the mountains, by the lakes and on the coast but they lived in Kumasi. They visited Elmina Castle and saw the journey my ancestors made...

These locks of mine are light and worry free! They stayed clean and were well kept. These locks of mine have been admired by many, they are strong and thick. They have had a blessed life, walked many miles and can't wait to bless and walk some more miles in another Warrior's shoes. The story of these locks continues on. Namaste (meaning the divinity in me, greets and salutes the divinity in you)

These locks of mine were cut on February 2, 2018 because the texture of the gray hair changed and they were getting back to fuzzy.

My plan is to start again and encourage others to donate all or a portion of their locks to love on someone else. God bless you for the work you do. I feel it is an honor and a privilege that my locks will serve as a crown for another wounded Warrior!

Respectfully submitted,

Nanette Malone



“It only takes 6 inches of locks to make a wig for a cancer patient who lost their locks”

Here's a list of the Making Strides events in the greater Connecticut area. Call 1-800-227-2345 to join a walk or donate to an event.



**Making Strides of Fairfield County
-Westport CT**

Sherwood Island State Park
October 14, 2018

**Making Strides of Litchfield County
- Litchfield, CT**

White Memorial Conservation Center
October 15, 2018

**Making Strides of Greater New Haven
- New Haven, CT**

Lighthouse Point Park
October 15, 2018

**Making Strides of New London County
- Niantic, CT**

Rocky Neck State Park
October 22, 2018

Making Strides of Greater Hartford

Bushnell Park
October 29, 2018

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 Parking Lot Safety:

PARKING LOT SAFETY

MABC Security Team is all about making your parking lot experience safe and hassle-free. Safety is always our major concern, so being able to allow First Responders onto our campus and being able to get everyone in and out of the parking lot, both safely and expeditiously in the event of an emergency, requires everyone's assistance and cooperation. With that said, you should never park in the yellow-lined areas or reserved parking spaces, as we have protocols in place to help us keep everyone safe, therefore we need these areas to be kept clear at all times (see photos below). Also, we have recently found several cars being left running during Service, so please remember to turn off your vehicle and lock your doors before heading into Service. Furthermore, in an effort to utilize maximum space capacity, please make certain that your car is parked within the white-lined spaces. As previously mentioned, our major goal is to ensure everyone's safety here on our Campus at "The Mount", so we have listed a few items to prevent anyone from making you or your vehicle a target.



Parking Lot Safety Tip #1 - Place any high value items in your locked trunk or glove box prior to leaving home. Also, place any cell phone or GPS holders as well as any cords out of sight as predators will assume you may have left your devices inside your car making it an easy target.



Parking Lot Safety Tip #2 – Keep your keys in your hand. Do not put your keys away until you enter the building or your home. Also, keep your keys in your hand upon departure as you head out to your car. Keys can be used to scratch, poke, or stab the attacker, making that attacker want to end the attack right away.

Parking Lot Safety Tip #3 – Try not to have too many things in your hands as you head back to your car. These items can be distracting as you walk to your car, and can affect your ability to defend yourself should an attacker approach.

PARKING LOT SAFETY (continued)



Parking Lot Safety Tip #4 – *Avoid using your key chain button to unlock your car until you are actually at your car door. The blinking lights on the car can act as a direction arrow that shows exactly where you are headed.*

Parking Lot Safety Tip #5 – *Avoid distractions.*

Cell phones distract you – if you need to make a phone call, do so before you exit the building. You should also avoid looking down as you walk. Keep your eyes up and alert so you can see what is going on around you or see if someone is approaching. Looking down makes you appear less confident and an easier target.

Parking Lot Safety Tip #6 – *Once you get to your car, make sure the car is secure. Check the trunk, check the back seat before you enter the car. When you get in, lock the doors right away.*

Parking Lot Safety Tip #7 – *Do not waste time. Walk directly to your car, quickly. When you get to your car, start the engine and turn on the headlights. Do not sit idle in your car, just get in and go. The less time an attacker has to start the attack, the safer you will be.*

Parking Lot Safety Tip #8 – *Pick the safest parking lot. Prevention starts with picking the safest parking lot you can find. This includes parking in well-lit areas of the lot and only parking in garages that have attendants on duty. Also do not park in lots or garages that require you to walk through an ally to get to and from.*

Parking Lot Safety Tip #9 – *Avoid using the stairs when possible. If you park in a parking garage that has multiple levels, use the elevator instead of taking the stairs. An attacker can hide under the stairs, or be waiting a level above or below you for the right time to attack. You can see into an elevator before entering, so you already know if it is safe to enter.*

Parking Lot Safety Tip #10 – *Use self-defense items. There are many self-defense items you can keep with you to fight off an attacker if you find yourself in an unfortunate position. Most of these items are small enough that you can keep them in your purse, pocket or on your key chain. Like we just mentioned, there are several very effective options for you when it comes to self-defense. All of these are very reliable, and have been shown to either end the assault quickly, or stop it from ever happening.*



OVER SPENDING

Did you spend too much money this summer? We could say “the devil made you do it” but we won’t. The truth is that Summertime is one of the seasons that promotes over spending. Vacations are planned, cookouts, weddings, parties and most of all having more daylight gives us energy to get up and stay on the go.

Now that summer is slowly fading away one sure way to get back on point with your spending is to go back on your budget or create and adhere to a new budget.

This way you can keep up with

- (1) What you pay out,
- (2) How much you spend,
- (3) How often you spend for that item/bill and
- (4) How much you save.

**Try a budget!! You will find that a budget will discipline you.
Sit back and watch your money grow.**



Black History Moment

Colin Rand Kaepernick



Colin Rand Kaepernick (^[1][/'kæpərnɪk/ KAP-ər-nɪk](#); ^[1] born November 3, 1987) is an American football quarterback who is currently a free agent. Kaepernick played college football for the University of Nevada in Reno, where he was named the Western Athletic Conference (WAC) Offensive Player of the Year twice and became the only player in NCAA Division I FBS history to amass 10,000 passing yards and 4,000 rushing yards in a career. After graduating, he was selected by the San Francisco 49ers in the second round of the 2011 NFL Draft.

Kaepernick began his professional football career as a backup quarterback to Alex Smith, and became the 49ers' starter in the middle of the 2012 season after Smith suffered a concussion. He then remained the team's starting quarterback for the rest of the season, leading the team to their first Super Bowl appearance since 1994. During the 2013 season, his first full season as a starter, Kaepernick helped the 49ers reach the NFC Championship Game. Over the next three seasons, Kaepernick lost and won back his starting job, with the 49ers missing the playoffs for three years consecutively. He opted out of his contract with the 49ers to become a free agent after the 2016 season.

Kaepernick was baptized Methodist, confirmed Lutheran, and attended a Baptist church during his college years.^[118] Kaepernick spoke about his faith saying, "My faith is the basis from where my game comes from. I've been very blessed to have the talent to play the game that I do and be successful at it. I think God guides me through every day and helps me take the right steps and has helped me to get to where I'm at. When I step on the field, I always say a prayer, say I am thankful to be able to

wake up that morning and go out there and try to glorify the Lord with what I do on the field. I think if you go out and try to do that, no matter what you do on the field, you can be happy about what you did."^[119]

Kaepernick has multiple tattoos. His right arm features a scroll with the Bible verse Psalm 18:39 written on it. Tattooed under the scroll are praying hands with the phrase "To God The Glory" written on them. To the left of both the scroll and praying hands is the word "Faith" written vertically. His left arm features a Christian cross with the words "Heaven Sent" on it referring to Jesus. Written above and below the cross is the phrase "God Will Guide Me". Written to the left and right of the cross is the Bible verse Psalm 27:3. His chest features the phrase "Against All Odds" and artwork around it that represents "inner strength, spiritual growth, and humility". His back features a mural of angels against demons.^{[120][121][122]} Near the end of the 2012 NFL season, Kaepernick's signature touchdown celebration involved flexing and kissing the bicep of his right arm. Kaepernick says he kisses his "Faith", "To God The Glory", and Psalm 18:39 tattoos and the reason he does the celebration is because "God has brought me this far. He has laid out a phenomenal path for me. And I can't do anything but thank Him."^[120]

Kaepernick reportedly started dating radio personality and television host Nessa Diab in July 2015,^[123] and officially went public about their relationship in February 2016.^[124] Kaepernick began following a vegan diet in late 2015.

Black History Moment (continued) Colin Rand Kaepernick



In 2016, Kaepernick became a national figure when he ignited a firestorm of controversy by choosing to kneel on one knee rather than stand while the United States national anthem was being played before the start of NFL games. He described his behavior as a protest against racial injustice in the United States.^{[2][3]} His actions prompted negative and positive responses. The negative responses included suggestions that players who protest should be fired;^[4] other people displayed their disapproval of players' protests by leaving the stadium immediately after the protests or refusing to watch games at all.^{[5][6]} Positive responses included similar activity by additional athletes in the NFL and other American sports leagues protesting in various ways during the anthem. In November 2017, Kaepernick filed a grievance against the NFL and its owners, accusing them of colluding to not hire him. In 2018, Amnesty International awarded Kaepernick with that year's Ambassador of Conscience award.

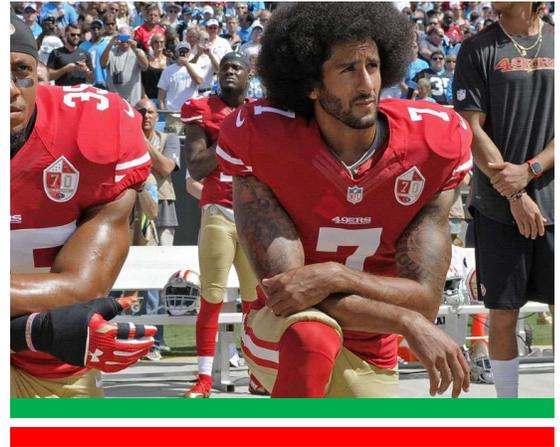
Kaepernick was born in 1987 in Milwaukee, Wisconsin, to Heidi Russo, a 19-year-old woman who was single at the time.^{[7][8]} His birth father separated from Russo before Kaepernick was born.^{[9][10]} Russo placed Kaepernick for adoption with Rick and Teresa Kaepernick, a couple who had two older children, son Kyle and daughter Devon. The Kaepernicks decided to adopt a boy after losing two other sons to heart defects.^{[9][11]} Kaepernick is of mixed race heritage. His biological mother is white.^[12]

Kaepernick lived in Fond du Lac, Wisconsin, until age four, and attended grade school in Turlock, California.^{[13][14]} When he was eight years old, Kaepernick began playing youth football as a defensive end and punter. At age nine, he was the starting quarterback on his youth team, and he completed his first pass for a long touchdown.^[13] A 4.0 GPA student^[15] at John H. Pitman High School in Turlock, California, Kaepernick played football, basketball and baseball and was nominated for All-State selection in all three sports his senior year. He was the Most Valuable Player (MVP) of the Central California Conference in football, leading his school to its first-ever playoff victory. In basketball, he was a first-team all CCC selection at forward and led his 16th-ranked team to a near upset of #1 ranked Oak Ridge High School in the opening round of playoffs. In that game, Kaepernick scored 34 points, but future NBA player Ryan Anderson of Oak Ridge scored 50 to lead the Oak Ridge Trojans to victory over John Pitman High School.^[16]

In the 49ers third preseason game of the 2016 season, Kaepernick was noticed sitting down during the playing of "The Star-Spangled Banner" as opposed to the tradition of standing. During a post-game interview, he explained his position stating, "I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color. To me, this is bigger than football and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder", referencing a series of events that led to the Black Lives Matter movement and adding that he would continue to protest until he feels like "[the American flag] represents what it's supposed to represent".^{[76][77][78]} In the 49ers' fourth and final preseason game of 2016, Kaepernick opted to kneel during the U.S. national anthem rather than sit as he did in their previous games. He explained his decision to switch was an attempt to show

Black History Moment (continued)

Colin Rand Kaepernick



more respect to former and current U.S. military members while still protesting during the anthem after having a conversation with former NFL player and U.S. military veteran Nate Boyer.^[79] After the September 2016 police shootings of Terence Crutcher and Keith Lamont Scott,^[80] Kaepernick commented publicly on the shootings saying, "this is a perfect example of what this is about".^[81]

Kaepernick soon became highly polarizing as numerous people took public stances either supporting or maligning Kaepernick's actions; in many cases this polarization correlates with racial divisions.^[82] Various members of the NFL and other athletes across the United States, such as American professional soccer player Megan Rapinoe, also began kneeling and/or raising their fist like the 1968 Olympics Black Power salute during the playing of the U.S. national anthem.^{[83][84][85]} Some U.S. military veterans voiced support using the social media hashtag "#VeteransForKaepernick".^[86] In the following weeks, Kaepernick's jersey became the top-selling jersey on the NFL's official shop website.^[87] An NFL fan poll was taken during the beginning of the 2016 NFL season and Kaepernick was voted the most disliked player in the NFL; this poll was polarized, with 37% of Caucasians disliking him "a lot", and 42% of African-Americans liking him "a lot".^[82] A few people posted videos of them burning Kaepernick jerseys. Former NFL MVP Boomer Esiason called Kaepernick's actions "an embarrassment" while an anonymous NFL executive called Kaepernick "a traitor".^[88] The 2016 NFL season also saw a significant drop in their television ratings. Polls suggest that fans boycotting the NFL because of Kaepernick-inspired protests were a contributor to the decline in viewers.^[89] He also stated that he received death threats.^[81]

In September 2016, sociology professor Michael Eric Dyson wrote of the double bind faced by black people: "Black folk have, throughout history, displayed their patriotism by criticizing the nation for its shortcomings, and they have been, in turn, roundly criticized." Dyson suggested that the wisdom of the abolitionist Frederick Douglass maintains relevance to racism in the context of Kaepernick and protest.^[90] Dyson concluded, "When a black athlete bravely speaks up, we punish him."

In August 2017, former NYPD officer Frank Serpico gave a speech live on Facebook and stood with police officers at the foot of the Brooklyn Bridge in support of Kaepernick.^{[91][92]} The same month, Pro Football Hall of Famer and longtime civil rights activist Jim Brown told an interviewer that while he "wants to be in [Kaepernick's] corner", he would never "desecrate my flag and my national anthem."^[93]

In September 2017, President Donald Trump sent out multiple tweets, in which he advocated that NFL players should be either fired or suspended if they fail to stand up for the national anthem. In response, many NFL teams and players stood together to protest against Trump's opinion. The players knelt, locked arms, or remained in the locker room during the playing of the anthem

Black History Moment *(continued)*

Colin Rand Kaepernick

In September 2018, **Nike** included Kaepernick in its 30th anniversary ad campaign of its ***Just Do It*** slogan.^[195] The company, which supplies game-day uniforms and sideline apparel for the NFL's 32 teams, also agreed to donate to Kaepernick's "Know Your Rights" campaign.



nike.com

In 2016, after kneeling during the playing of the U.S. national anthem prior to NFL games in protest to what he believed to be racial injustices against black Americans, Kaepernick pledged to donate one million dollars to "organizations working in oppressed communities."^[114] In 2018, Kaepernick announced that he would make the final \$100,000 donation of his "Million Dollar Pledge" in the form of \$10,000 donations to charities that would be matched by celebrities.^[115]

In 2017, Kaepernick was named *GQ* magazine's "Citizen of the Year" for his efforts.^[116]

In November 2017, Kaepernick was honored with the 2017 *Sports Illustrated* Muhammad Ali Legacy Award by presenter **Beyoncé**. **Muhammad Ali** was heavily penalized in his career for protesting the status quo of US civil rights through opposition to the Vietnam War, by refusing to serve in the military. 40 years later, Kaepernick had already lost one professional year due to taking a much quieter and legal stand "for people that are oppressed." Ali's widow, Lonnie Ali, was consulted and, in a statement, drew parallels between the two athletic civil rights activists, stating:



The New York Times, 8.30.18

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

BIRTHDAYS

October 1st

Baskin, Jerome
Burton, Camille
Clark, Janqwaja
Gouveia-Simmons, Patricia
Kelley, Jean
Reid, Kenneth

October 2nd

Clark, Brandon
Diggs, Melissa
Gist, Monique
Smith, Alicia
Torres, Anthony
Walker-Randolph, Gloria

October 3rd

Hall, David
Plummer, Maxine
White, Johnny

October 4th

Codianna, Jayden
Council, Martha
Hardison, Dora Ann
Jones, Tracey
Rowe, Linda

October 5th

Brooks, Lajasha
Brown, Edith
Brown, Marlon
Gomes, Rishaud
Myrie, Monica

October 6th

Cook, Monique
Gray, Catrene
Kullock, Tsimani
Marte, Digna
Moore, Michael
Tawney, Maisha
Thomas, Genaysha

October 7th

Bramwell, Miriam
Febres, Luis
Gibson, Jarrel D.
Lee, Gloria
Sims, Trey
Stephenson, James
Webb, Tieanna

October 8th

Brown, Kirya
Ellis, Jerome
Jeune, Ashley
Johnson, Sherry
Jones, Christopher
Nolen, Eugene

October 9th

Blue, Carolyn
Foote, Hugh
Ortiz, Diana

October 10th

Diaz, Dawn
Hargrove, Brittney
Harris, Lisa
Johnson, Ramir

October 11th

Ariwoola, Abisola
Smith, Rufus
Underwood, Marie
Webb, Tafari
Williams, Diane

October 12th

Blake, John
Cuttino, Linda
Hudson, Derek Trent
King, Rakeema
Perry, Denise
Raiford, James
Walton, Marquis

October 13th

Adorno, Juanito
Gordon, George
Johnson, Laurryn
Kearney, Rhonda
Simpson, Raushiek

October 14th

Belle, Mary
Cohen, Tara
Deslandes, Karen
Jones, Renecia
Joseph, Harley
Sims, Tanya

October 15th

Beard, Jonathan
Braxton-Steele, Gloradine
Ford, Jasmine
Fuller, Natesha
Greene, Walter
Hudson, Alana
Jones, Dawn
Rollins, Morgan

October 16th

Bravo, Earl
Brown, Robert
Cox, Doretha
Diaz, Blair
Ford, Quinton
Reyes, Latonya
Reyes, Monique
Snell, David

October 17th

Gatling-Moore, Angela
Martin, Kevin
McIntyre, Kateiyana
Reid, Vera
Vann, Danny
Wilson-McCallum, Mary

October 18th

Crawley, Dolores
Moreland Russey, Ashley
Pittman, Evan
Sargent, Melissa
Stanley, ShaQuita
Wilson, Taylor

October 19th

Dumas, Kimberly
Elliott, Louise
Hamilton, Larry
Hasan, Shukriyyah
Rawlings, Tarasia

October 20th

Bradley, Coreew
Bridgeforth, Frank
Bryon, Brenda
Clarke, Omar
Mathews, Torance
McFadden, Jonathan
McKinney, Rose
McNeil, Sandra
Moore, Lillie
Robinson, Barbara
Robinson, Calvin
Taliaferro, Janai

October 21st

Hopkins, Lena
Jones, Alvin
Turner, Andre
Vermont, Jr, Terence

October 22nd

Adams, Betty
Anderson, Tahirah
Barnwell, Marlin
Custis, Bonny
Greene, Ammie
Johnson, Roponza
Lloyd, Ida
Oliver, Jacqueline
Oliver, Jennifer
Salter, Eric

October 23rd

Carr, William
Cathey, Linda
Frances, Kerry-Ann
Franklin, Bridget
Jones, Emma
Kennedy, Willie Dell
Nolen, Olivia

Perkins, Austin
Riddick, Willesha
Seawright, Judah
Spinks, Frances

October 24th

Douglas, Tina
Gardner, Jerrold
Grant, Sandra
Johnson, Milton
Langston, Dion
Shelton, Tonya
Walker, Latoya
Williams, Celia

October 25th

Austin, Paula
Dicks, Alexandra
Gardner, Teddy
Jones, Lela
Kennedy, David
Young, Karen

October 26th

Fortson, Thelma
Gill, Shantake
Goodwin, Ethel
Griffin, April
Johnson, Shamtake
Krochko, Robert
McIntosh, Margaret
Randolph, Antonio
Thompson, Renee
Turner, Lamonica
Williamson, Troy
Young, Bernard

October 27th

Greene, Milla
Lockley, Cayolyn
Phillips, Zenovia
Smith, Shade
Watson, Sarah
Wilson-Colbert, Ange

October 28th

Grant, Dane
Liggins, Toni
McClain, Wanda Colli
Minor, Deborah
Sanchez, Luis
Terpack, Mary Ann

October 29th

Carr, Dionne
Gray, Barbara
Hull, Rachel
Hurst, Peter
Randolph, Duane
Rogers, Cecil
Taylor, Anita
Williams, Calvin
Wilson, Eddie

October 30th

Clinton, Carmelita
Givan, John
Green, Serena
Starrad, Loretta
Wilson, Jeneene

October 31st

Brantley, Denise
Bullock, Tai
Ellis, Sylvadra
Gray, Edward
Langston, Dawn
Lanham, Rodney
Perez, Sylvia
Poppa, Denise
Wilborn, Kendall



OCTOBER 2018 - PASTOR APPRECIATION

Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 10/1/2018 through 10/31/2018. 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 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. **Ephesians 4:11-13 NIV Reference number for October 1, 2018 is 2433#**

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Hebrews 13:17 Pastor Bennett	2 Jeremiah 3:15 Sis. Barnes	3 1 Thess. 5:12-13 Bro. Hill	4 1 Timothy 5:17 Bro. Newton	5 2 Timothy 4:2 Sis. Thompson-Bennett	6 Romans 10:14 Rev. Sherwood
7 1 Cor. 9:14 Deacon Gardner	8 1 Thess. 1:1-10 Sis. Smith	9 1 Thess. 1:3 Sis. Simmons	OUR WORTH TO GOD			13 Isaiah 55:4 Bro. Cummings
14 Philippians 4:6 Deacon Smith	15 John 15:7 Rev. Tucker	16 Mark 11:24 Deac. D. Seawright	17 1 Thess. 5:17 Deac. JeanBaptiste	18 Romans 8:26 Min. Blackwell	19 Matthew 6:6 Rev. Boissiere	20 Matthew 6:7 Deacon P. Jackson
21 Luke 11:9 Deacon Adetona	22 1 Timothy 2:1-4 Deacon Vermont	23 Jeremiah 33:3 Bro. White	24 Matthew 26:41 Sis. Ellis	25 1 Timothy 2:5 Deacon Smith	26 James 5:16 Deacon Hurst	27 Matthew 6:5-8 Bro. Newton
28 Ephesians 6:18 M.I.T. Langley	29 Psalm 34:17 Deacon Smith	30 Luke 18:1 Deacon Adetona	CHILDREN ARE HERITAGE FROM THE LORD			
		31 Matthew 6:9-13 Deacon A. Febres	HONORING OUR ANCESTORS			



October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	6:00 PM MAAFA Rehearsals	6:30 PM Music Ministry Leadership	12:00 PM Daytime Bible Study 6:00 PM MAAFA Rehearsals 7:00 PM Bible Study	12:00 PM CONECT Clergy/Caucus 6:30 PM Deacon's Meeting 7:00 PM Music Ministry Rehearsal	6:00 PM MAAFA Rehearsals	8:30 AM Men's Fellowship Ministry Mtg. 8:30 AM Ministers' Meeting 10:00 AM Leadership Institute 12:00 PM Music Ministry Rehearsal 12:30 PM Safe Place Training
7	8	9	10	11	12	13
7:45 AM Prayer 8:30 AM Worship Celebration 9:45 AM Mount Aery Cafe 10:00 AM Sunday School 11:00 AM Worship Celebration	6:00 PM MAAFA Rehearsals	7:00 PM Music Ministry Rehearsal	12:00 PM Daytime Bible Study 1:00 PM Quilters 6:00 PM MAAFA Rehearsals 7:00 PM Bible Study 7:00 PM Safe Place Training	6:30 PM Ushers Meeting 7:00 PM Music Ministry Rehearsal	6:00 PM MAAFA Rehearsals	8:30 AM Men's Fellowship Ministry Mtg. 9:00 AM Spiritual Gifts Class (Part II) 11:00 AM Nurses Ministry Meeting 12:00 PM Sisters at the Well
14	15	16	17	18	19	20
7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church	6:00 PM Fellowship Ministry Meeting 6:00 PM MAAFA Rehearsals	7:00 PM Music Ministry Rehearsal	12:00 PM Daytime Bible Study 6:00 PM MAAFA Rehearsals 7:00 PM Bible Study	6:30 PM Deacon's Meeting 6:30 PM Junior Ushers Meeting 7:00 PM CONECT Candidate Assembly 7:00 PM Music Ministry Rehearsal	6:00 PM MAAFA Rehearsals	8:30 AM Men's Fellowship Ministry Mtg. 10:00 AM Missionary Meeting 1:00 PM MAAFA Rehearsals
21	22	23	24	25	26	27
7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church	6:00 PM MAAFA Rehearsals	7:00 PM Music Ministry Rehearsal	12:00 PM Daytime Bible Study 1:00 PM Quilters 6:00 PM MAAFA Rehearsals 7:00 PM Bible Study	7:00 PM Music Ministry Rehearsal	6:00 PM MAAFA Rehearsals	8:30 AM Men's Fellowship Ministry Mtg. 10:00 AM MAAFA Child Dedication 1:00 PM MAAFA Rehearsals
28	29	30	31			
7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration	9:00 AM System of Care Training 7:00 PM Music Ministry Rehearsal		12:00 PM Daytime Bible Study 7:00 PM Bible Study			



The MAAFA Legacy 2018

Lead Us to the Lighthouse

Written, Produced and Directed by Shanna T. Melton

Saturday, November 3, 2018

Doors Open at 6:30 pm ~ Production Begins at 7:00 pm

Freewill Offering

Mount Aery Baptist Church

Anthony L. Bennett, D. Min., Lead Pastor
73 Frank St.

Bridgeport, CT 06604

www.mtaerybaptist.org

MOUNT AERY BAPTIST CHURCH



EDIFY EQUIP ENGAGE

