



MESSAGE FROM THE MOUNT



Happy New Year!

Welcome 2017, God's Got Us.



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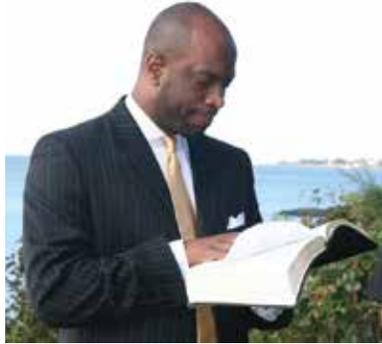
The Complete Collection
of U.S. Black American
Commemorative Stamps

Staff Writers

Leslie Davis-Green

Minister Michael Walton

from the PASTOR'SPEN



Namaste my Brothers and Sisters in Christ,

HAPPY NEW YEAR! Wow! We've made it through another year. **PRAISE THE LORD!** 2016 will go down as a historic year. It was the final full year of President Obama's second term in office. Whether you agreed or disagreed with his policy or his process of executing his presidency, I pray we all can admit the dignity, integrity and "swagger" he brought to the White House. **THANK YOU MR. PRESIDENT!**

On a local level, 2016 was a tremendous mix of celebrations and challenges, of gains and losses for Mount Aery and the Bridgeport area. Through it all I am so grateful to God for His power, to you Mount Aery for your continued support of God's work through this congregation and to my family for supporting our collective work. 2017 will indeed be full of anticipation, anxieties and assurances. We will anticipate an America under a Trump presidency. We will deal locally and nationally with the anxieties of how that Trump presidency will impact our everyday lives. We will also hold on to the assurance that ultimately our lives and our destiny remain in partnership with God.

Mount Aery, let us begin this year walking, talking, planning and preparing in prayer. I ask that each of you even stretch yourself to participate in the opportunities that we have to engage in prayer. Stay tuned for what God has in store for Pastor and People of the Mount Aery Baptist church.

God bless,

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

Mount Aery Baptist Church

73 Frank Street

Bridgeport, CT 06604

Church Office: 203.334.2757

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MFTM TEAM



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Recipes



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what's next?

IMPORTANT DATES



During this season of prayer, call in to the prayer line at 7:00am daily at 712-432-0490. 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.

Please check the church monitors for dates for our next New Disciples class.

31 Days of Prayer beginning on January 1, 2017.

No Bible Study until January 4, 2017.

No Sunday School until January 8, 2017.

Our Kwanzaa Celebration will be on Sunday, January 8, 2017.

Leadership Institute and Holy Spirit Discernment Session Update is Saturday, January 21, 2017.

7 days of fasting for the Leaders from January 22 – 29, 2017.

Consecration of all leaders will be on Sunday, January 29, 2017.

Announcements

- **Here's a new and 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> Please be sure to pass the link to your friends and family as well so they can be blessed by our ministry.
 - **The Mount Aery Clothing Ministry** is located at 72 George Street (in the basement), adjacent to the Optimus Health Care Center. Clothing can be dropped off on Thursdays, 9am-12:30pm. We accept clothes that are clean and in good condition. On Friday mornings at 10:00am, the Clothing Ministry is open to the public.
 - **Generation Next Youth Ministry** is calling all youth ages 3-18. Youth Church for the 2017 year will be held at the 11:00 am services on 2nd and 3rd Sunday of each month! Please see Minister Michael Walton or Claudine Mosely-Walton for more information!
 - **Chosen Generation** is inviting everyone from the ages of 13-27 to join this youth and young adult choir. Please see Brother D'Andre Haynes or Rev. Ina Alisa Anderson with your interest.
 - **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** are Deacons Vermont and Paul.
 - **Submissions of announcements and due dates:**
 - o **Message From The Mount**
 - Send information to mftm@mtaerybaptist.org by the second Wednesday after the first Sunday
 - o **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**
 - o **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**
 - o 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. Teenagers have been wandering around the church and the younger children have been playing in the Quiet Room. **The Quiet Room is for parents with infants only. Please keep your children with you at all times.**
 - **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.

Just Another Chapter

Dear Deacon Doreen Cotter,

As you allow God to “order your footsteps”, your entire church family would like to take this opportunity to say “**THANK YOU**” for your dedication to this ministry called Mt. Aery. We will patiently await your return as you; once again, display your obedience to God, as this is “Just Another Chapter”. Amen!



bulletin

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

Hospitalization & Nursing Home

Please be aware that there are strict legal and ethical guidelines regarding giving out patient 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.

Clyde McLaughlin

The Carolton Chronic & Convalescent Hospital, 400 Mill Plain Rd, Fairfield, CT 06824

Mary Ryan

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

Sandra Stephenson

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

Roger Mullins, Sr.

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

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

- **Mildred Dyer & Family** on the loss of her sister, Belinda Chaplin.
- **Deacon Annette Febres & Family** on the loss of her niece, Alicia Leachman
- **Deacon Harold Walton & Family** on the loss of his brother.
- **Duanecia Evans** on the loss of her uncle.
- **Beatrice Weaver** on the loss of her brother.
- **Evelyn Wiggins & Family** on the loss of her daughter, Terry Wiggins.
- **Denise Holley and family** on the loss of her mother, Henrietta St. Anthony.
- **Vilma Fordham and family** on the loss of her father.
- **The family of Warren Blunt** on his passing.

Please Pray for Our Healing List

Shirley Borum
Elease Breedlove
Isaiah Brown
Carol Carter-Mims
George Cauthen
Lucille Cauthen
Joan H. Colley
Elaine Craig
Tracey Nicole Craig
Deaconess Louise Cunningham
Frances Dicks
Ruth Hasty-Dove
Sandra Dunn
James Freeman
Ruth Harvin
Deacon Jeffrey Hill
Deacon Primus Jackson
Sandra Jackson
Unice Jones
Maria Knight
Cheryl Lewis
Jordan Alexander Lewis
Regina Manns
Lemme McIntosh
Mary McRae
Autumn Mitton
Caleb Mitton
Spring Mitton
Edward A. Morris
Hadassah Nightingale
Eulalia Pettway
Terrance Quiller
Arthur Ragsdale
Waverly Ragsdale
Frances Riley
Esther Ryan
Rose Samuel
Sandra Simpson
Herb Sutton
Karen Whittington
Barbara Wilson
Michelle Lisa Wilson
Jacqueline Tyson-Wright
Willie Mae Wright

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

healthy habits

The 21-Day Challenge

by Cathy Patton

Namaste Family! Seeking out new ways to become a healthier you in 2017? Here's one way-- the 21-Day Challenge!

It is the New Year and I am certain a good number of you began the year, like so many others, in the health food stores, or in the veggie section of the grocery stores, stocking up on only healthy, wholesome foods. You have vowed that 2017 is the year you will lose those unwanted pounds, work out every day, and be a new size within the first week of this new lifestyle.

Well the bad news is that studies show it can take up to 21 days for a person to fully adapt to a new healthy lifestyle change. BUT the good news is that the 21 days can begin today. A new healthy diet does not mean throwing out all the food you deem as not healthy into the garbage. For one thing, who can afford to throw good food away? The other reason is that you can make those foods and the way you prepare them, healthy.

Here are some key ways to get you motivated and which you can begin today:

1. Do not prepare your food with salt. Instead begin to use other spices and herbs. This can add a whole new flavor to the food you have prepared the same way for years. Also, consider beginning your own herb garden. What a fun way to begin a new lifestyle change.
2. Reach for the fruit and not the cookies. BUT be careful, fruit has sugars in them. While the sugars are considered natural, if you are a person who must watch their sugar intake, you need to carefully measure the amount of fruit you eat.

3. Did you know the maximum amount of sugar a man should have in a day is 150 calories (37.5 grams or 9 teaspoons). For women it is 100 calories (25 grams or 6 teaspoons).* Did you know an 8oz glass of orange juice has 18 grams of sugar and one 12 oz. can of coke has 39 grams of sugar. If you drank either of these beverages, your sugar intake would almost be complete for the day.

4. Try 'The 21-Day Sugar Intake Challenge'. Grab a friend and help support each other to reduce the sugar. Once the unhealthy sugars have been eliminated from your diet, you will be surprised how much healthier and alert you feel. An even greater benefit will be that you find you may not crave the sugar once it has been reduced from your body. If you need more motivation for reducing the sugar in your diet, you should be aware that according to the American Heart Association, sugar can damage your heart. It also promotes belly fat and may be linked to cancer production. Finally, if that is not enough to motivate you, sugar overload may shorten your life.*

Are you ready...Then let's begin that 21-Day Challenge today and make 2017 the year you begin to take care of you.

*According to the American Heart Association (AHA), AMA.

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars_UCM_305858_Article.jsp#.V8Q6I2eFPGg

healthy habits

recipes

Beef, Tomato and Acini Di Pepe Soup (Instant Pot, Slow Cooker + Stove Top)

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

Namaste family! This month's recipe is a nice hearty soup that can keep you nice and warm for the winter months!!! Enjoy and stay warm!



INGREDIENTS:

- 1 lb. 90% lean ground beef
- 1 ½ teaspoon kosher salt
- ½ cup diced onion
- ½ cup diced celery
- ½ cup diced carrot
- 28 oz. can diced tomatoes
- 32 oz. beef stock*
- 2 bay leaves
- 4 oz. small pasta such as Acini di pepe*
- grated parmesan cheese, optional

*check labels for gluten-free.

NUTRITION INFORMATION

Yield: 6 Servings

Serving Size: 1 generous cup

- Amount Per Serving:
- Smart Points: 5
- Points +: 6
- Calories: 249
- Total Fat: 8g
- Saturated Fat: g
- Cholesterol: 49mg
- Sodium: 593mg
- Carbohydrates: 23g
- Fiber: 3g
- Sugar: 4g
- Protein: 21g

<http://www.skinnytaste.com/beef-tomato-and-acini-di-pepe-soup/#OdPpw58VCEimGQ1>

5 Smart Points 249 calories

My family DEVoured this delicious bowl of soup made with ground beef, tomatoes, and tiny pasta. It's warm and comforting, like a great big hug on a cold winter day. Kid-friendly, freezer-friendly!

DIRECTIONS:

Instant Pot:

1. Press the sauté button, when it's very hot add the ground beef and salt and cook until browned breaking the meat up into small pieces as it cooks. When browned, add the onion, celery and carrots and sauté 3 to 4 minutes.
2. Add the tomatoes, beef stock and bay leaves, close and using pressure cooker press soup (35 minutes).
3. After that use the quick release, once the pressure is out open, add the pasta and stir, cover and press manual pressure 6 minutes (I did half the time directed on package of pasta). Remove bay leaves and serve.

Stove top:

1. In a large pot or Dutch oven, sauté the beef and salt on high heat until browned, breaking the meat up into small bits. Add the onion, celery and carrots and sauté 3 to 4 minutes.
2. Add the tomatoes, stock and bay leaf, cover and cook low until the beef and the vegetables are tender, about 1 to 1 ½ hours (you may need to add more broth or water if it evaporates too much).
3. Add the pasta, stir and cook according to package directions.

Slow Cooker:

1. In a large nonstick skillet, sauté the beef and salt on high heat until browned, breaking the meat up into small bits. Add the onion, celery and carrots and sauté 3 to 4 minutes.
2. Transfer to the slow cooker along with the tomatoes, stock and bay leaf, cover and cook low 8 hours.
3. Just before its ready cook the pasta on the stove according to package directions. Add the pasta, stir and cook according to package directions.

general news

Prayer Ministry

Statement of purpose: The prayer ministry believes that the Bible is the inspired word of God and that in it are truths to build an effective prayer life. In conjunction with our pastor, we desire to inspire people to prayer, encourage deepening prayer lives, support all ministries at Mount Aery, and to offer sound scriptural training in prayer under the auspices of our pastor. The prayer ministry will demonstrate confidentiality, integrity, fairness, and honesty in all prayer requests submitted to this ministry.

Join us for prayer daily at 7 AM

712-432-0490

Access Number: 111933#

Call Back Number 712-432-0508



Mount Aery Baptist Church **Ministry of the Month**



Prayer Ministry

Pictured: Gwen Williams, Magnolia Barnes, Min. Michael Walton, April Gist, Deacon CJ Adetona, Donald Smith, Rev. Alicia Sherwood, Deacon Doreen Cotter, Brenda Williams, Ernest Newton

Not Pictured: Pastor Bennett, Rev. Tucker, Bro. D. Smith, Minister Blackwell, Deacon Hurst, Sis. Langley, Deacon A. Febres, Sylvia Jackson, Robin Rawls, Pearly Sams-Allen



youth speak

Youth Church

Youth Church is Back!

Every 2nd & 3rd Sunday

11:00 a.m.

Ages: 3-18



Contact: Minister Mike & Claudine Walton

youth speak

Our Lives Matter...To God

'Why My Life Matters To God'

My life matters to God because he created me to make a difference in the world. Throughout my whole life growing up, God has set forth signs of what he has intended for me to do in life and that is to help those who want to be helped and need to be helped. I want to own my own Social Work Practice in the future. I am going to college to get my masters in Social Work, Sociology, and Psychology. I plan to make a difference in the world by being there for people that believe they have no one, helping children get into homes where they will be given the love and care that they need, and helping others overcome problems that they don't believe they can. God put me in this world to show the people that anything is possible and that everyone can achieve their dreams as long as they put their mind to it and stay motivated. In a couple of years I am going to be an African American Female owning my own practice and making my family proud, but I will also be making God proud and that is my ultimate goal.

Zariah Taylor

Age 17



I SAID, YOU SAID

By Dana Black

Race -
Did it start the big debate, in 2008?

He's not my president
Show me his papers.
Why don't we impeach him
Silence all the haters.

Take back our country
Those thieves took it.
Yes we can!
Tea Partiers have a plan.

Fox News or Msnbc
Which one defines me?
If I tell you my truth
Will you corner me in a booth?

Take off that turban.
What are you hiding in that Suburban?
Blow yourself up and go to heaven
72 virgins, or is it 77?

Go back to where you came from and leave us be
To be free,
Where I can be me,
Live my dreams,
Not fear you'll punish me.

But who said this is your home
Where were your grandparents born?
Did they arrive on Ellis Island
Travel from the Highlands?

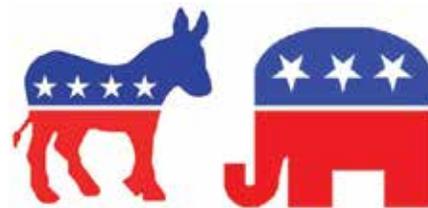
Maybe they worked the plantations
Or lived on reservations?
40 acres and a mule
Un-kept promises, your rule.

That email you sent was funny.
But should I be offended
Tell you not to re-send it?
The use of the "N" word
Thank goodness no one heard.
But why is it okay when he says it
No one labels him a racist.

Good cop bad cop
On your knees!
Please don't shoot, officer -
They'll say you profiled me.

A nation divided
Our opinions two sided.
Everything about race,
Case by case,
Judging me by my face.

Will there ever come a time
When we can both stand in line?
Neither the two disapproving
Wouldn't that be moving?



Word Search

by Deacon Kathy Tabb-Small

ALPHA - The Beginning

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

ADVENT
ALPHA
BASIS
BEGINNING
BIRTH
CREATION
DAWNING
FIRST
FORMATION

FOUNDATION
FRESH
GENESIS
HEAD
INAUGURATION
INCEPTION
INDUCTION
INFANCY
INITIAL

INITIATION
KICKOFF
LEADER
NEW
ONE
ONSET
OPENER
ORIGIN
ORIGINATION

PREFACE
PRELUDE
PRIMARY
ROOT
START
TOP
UNO

financial freedom

Pay Yourself: Individual Retirement Account Contributions

by Talia Lazaro



The New Year is here!!! Many of us can find ourselves reflecting on 2016 and how we can improve in 2017. Financially, some of us may think: “How can we save more money” Best way to do it is by Paying yourself FIRST! If you haven’t started a plan for retirement, or haven’t reviewed your retirement plan in the past year

NOW is the PERFECT TIME!!!

Types of Individual Retirement Accounts (IRAs)

Individually Funded accounts:

	Traditional	Roth
Contributions	Tax-deductible	Non-deductible
Interest earnings	Tax-deferred	Tax-free
Withdrawals at retirement	Taxable	Tax-free
Max. Adjusted Income	No limit	2016: \$132,000(individual) \$194,000 (Joint)
Annual Contribution limits	\$5,500 Less than 50 \$6,500 Greater than 50	\$5,500 Less than 50 \$6,500 Greater than 50
IRA Penalty Free withdrawals	Age 59 ½	Age 59 ½ if account established for 5 years
Penalty free for education expenses	Yes	Yes
Mandatory withdrawals begin	Age 70 ½	Never
Addition contributions permitted	Until age 70 ½	No age limit

***You can contribute to your Traditional IRA for 2016 tax deduction up to April 2017

401K or 403B

If your employer, provides you with a retirement benefits package like a 401k or 403B now is the time to assess your contribution to your retirement plan...

Tips to determining how much to contribute:

- 1) Review how much your employer is contributing and/or matching to your contribution
- 2) Determine healthy percentage for you to contribute
- 3) If you anticipate a raise or have received a raise take a percentage of that to contribute

<https://www.irs.gov/retirement-plans/plan-sponsor/types-of-retirement-plans-1>

Mount Aery Baptist Church Security Corner



by Deacon Henry C. Smalls, Jr

Namaste Brothers and Sisters! The major goal of the MABC Security Team is to provide a safe environment for you and your family here at The Mount. This starts with keeping you informed, but remember, security is everyone's responsibility. In this installment, we will cover Winter Safety Tips: Securing Our Senior Saints and Looking Out For One Another.

During this time of year, we can experience weather-related hazards, and we want to assure that we watch out for each other. Just this week, I came home from work and found that our elderly neighbor's garage door was wide open. My wife confirmed that the garage door had been open for a while, so I asked her to give our neighbor a call to make sure she was aware that the door was open, and also to check on her. Sure enough, she forgot to close the garage door after returning home from an earlier errand. Thank goodness our neighbor was okay, though. It only takes a minute to see something and say something while checking up on our senior saints, neighbors, family, and friends.

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses -- especially for seniors



1. Avoid Slipping on Ice

Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months," says Dr. Stanley Wang, a physician at Stanford Hospital in Palo Alto, Calif. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations.

While younger people often recover relatively quickly from such injuries, older adults face complications, which Dr. Wang says are a leading cause of death from injury in men and women over

the age of 65.

Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

To find out more, read our article on Preventing Senior Falls

2. Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

3. Fight Wintertime Depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation.

To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

For more information on this topic, read our article on Getting Help with the Holiday Blues

4. Check the Car

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things

security corner

like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your AAA membership is up-to-date in case of emergencies.

Learn the Warning Signs a Senior Shouldn't Be Driving



5. Prepare for Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature. Check out this winter weather checklist from the CDC to make sure you have everything you may need.

6. Eat a Varied Diet

Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency -- can be a problem. Nicole Morrissey, a registered

dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

7. Prevent Carbon Monoxide Poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.

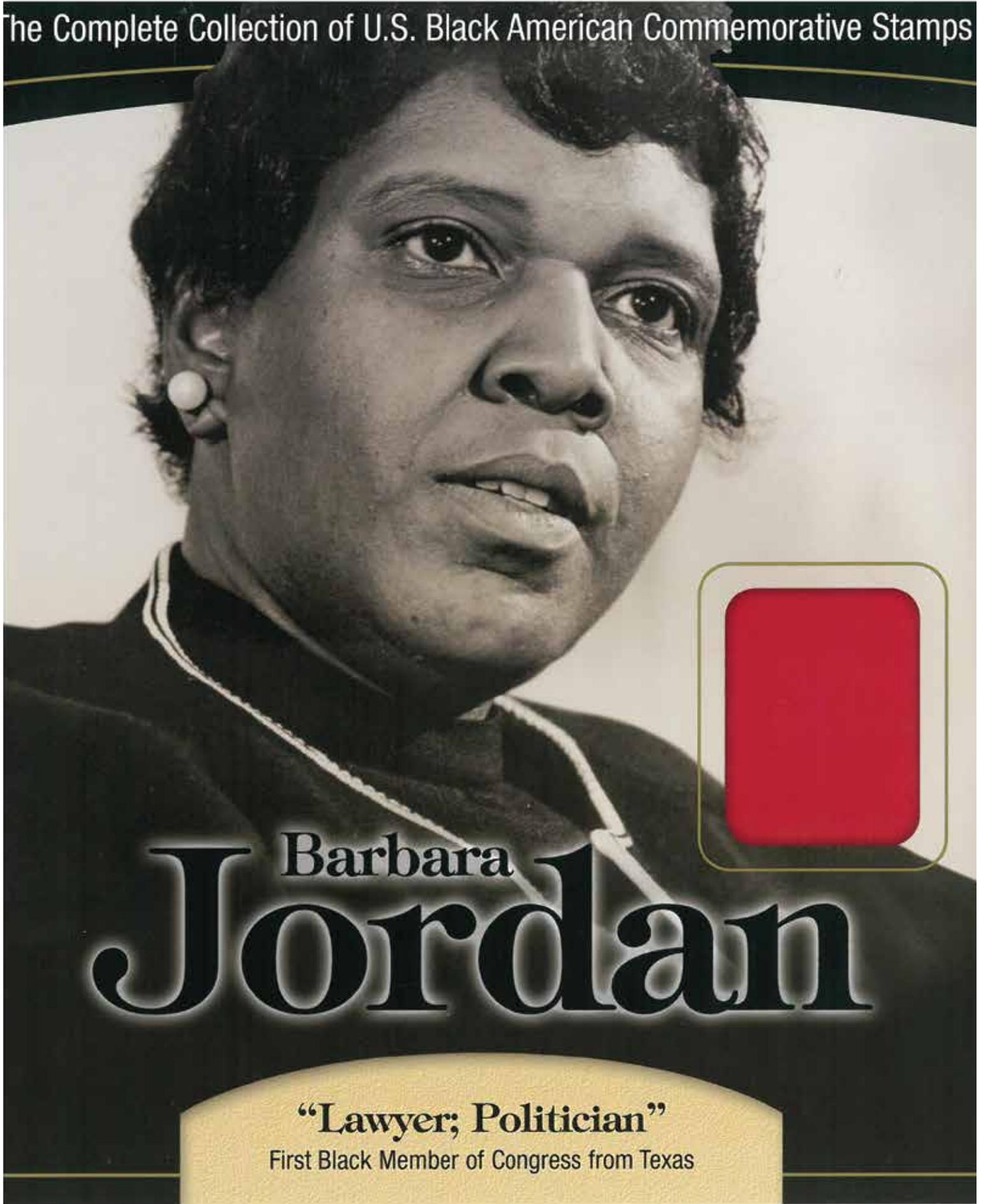
Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

Be Safe & Be Well!

Ref: <https://www.care.com/c/stories/5447/7-winter-safety-tips-for-seniors/>



security corner



Barbara
Jordan

“Lawyer; Politician”
First Black Member of Congress from Texas

Barbara Jordan

1936-1996 *Barbara Charline Jordan devoted her life to politics by using her exceptional oratory abilities to address issues that affected the poor, the disadvantaged, and black communities. As both a Texas State Senator and a U.S. Congresswoman, Jordan fought for civil and human rights, including changes to the Voting Rights Act of 1965.*

From Poverty to Prominence

Barbara Jordan was born in Houston, Texas, to Benjamin and Arlyene Jordan on February 21, 1936. The youngest of three daughters, she was raised in a Baptist household that prized discipline, honor, and self-motivation. Her father was a warehouse worker and a minister, and her maternal grandfather was a minister and businessman who pushed Jordan to be strong-willed. Her family warned her that she would always face challenges as a black woman.

Jordan demonstrated impressive academic achievement when she graduated from Houston's Phillis Wheatley High School in 1952 in the top five percent of her class, and as a member of the honor society. She excelled in debate and hoped to study political science at the University of Texas in Austin, but the school was still segregated, so she chose instead to attend Texas Southern University. Jordan majored in political science and history, and became active in campus life. She joined the Delta Sigma Theta Sorority and became a national champion debater, defeating Yale opponents and tying a Harvard University team. Jordan graduated magna cum laude in 1956 and secured admission to Boston University Law School. On receiving her law degree, she returned to Texas and worked as an administrative assistant for the county judge of Harris County. She was the first black woman to hold this position. Jordan volunteered her services to the Kennedy-Johnson presidential campaign in her region, and helped promote the largest voter turnout in the history of Harris County up to that time. In 1960, Jordan opened her own law practice, and encouraged by her work on the Democratic campaign, set her sights on politics.

Her first attempt at public office came in 1962 when she ran for a seat in the Texas State Senate. She was defeated then, and again in a 1964 attempt. But she increased her recognition—and her votes—significantly in each attempt. Finally, in 1966, at age 30, Jordan became the first African American Texas State Senator since 1883. Her time in the state legislature was an era of landmark events for black women. Jordan herself became the first black senator to chair a major committee, the committee on Labor and Management Relations. When she earned the distinction of "outstanding freshman senator," President Lyndon B. Johnson took note of her exemplary work, and after leaving the White House, frequently supported her efforts and offered his counsel.

In 1968, Jordan won a second term in the Texas Senate and held that position until 1972. During her tenure, she won the loyalty and respect of her constituency by establishing minimum

wage standards and increasing benefits paid to injured workers under the Workman's Compensation Act. Additionally, she fought against discriminatory business contracts. During a special Texas legislative session in 1972, Jordan was elected president pro tem of the senate, becoming the first black woman to preside over any legislative body in the United States. The 18th Congressional District of Texas urged her to seek an appointment in the U.S. House of Representatives. In 1972, at age 37, the most pivotal moment of Jordan's career arrived when she became the first African American from Texas to serve in the U.S. Congress.

A Leader with Conviction

Jordan's reputation in the House of Representatives was that of a skilled orator and dynamic leader. She served on numerous committees including the House Judiciary Committee, the Ways and Means Committee, the House Committee on Government Operations, and the Steering and Policy Committee of the Democratic Caucus. Jordan continued in her efforts to help the underprivileged, sponsoring legislation to expand the Voting Rights Act of 1965 to include Mexican Americans in Texas. She lobbied to extend the Act's effectiveness for minorities that had been denied the right to vote or had their voting rights restricted. Bills addressing civil rights, criminal business activity, and free competition were all introduced by Jordan during her time as a representative. She also proposed a plan that would provide remuneration to housewives for their domestic work.

Another hallmark of Jordan's career came in 1974 during the Watergate scandal. She gave a speech in favor of former president Richard Nixon's impeachment that was noted for its oratory brilliance. Jordan's televised address garnered significant media attention. She famously stated, "If the impeachment provision in the Constitution of the United States will not reach the offenses charged here, then perhaps the 18th century Constitution should be abandoned to a 20th century paper shredder." Jordan's eloquence led to increased popularity, and in 1976, she was selected to be a keynote speaker for the Democratic National Convention, making her the first African American to open a major political convention.

Jordan retired from office in 1979 at age 43, and became a professor at the Lyndon Baines Johnson School of Public Affairs at the University of Texas at Austin. She continued to receive prominent recognition including honorary doctorates from Princeton and Harvard, and election to the Texas Women's Hall of Fame. President Bill Clinton appointed Jordan to chair the U.S. Commission on Immigration Reform in 1993 and a year later, at age 58, she received the Presidential Medal of Freedom, the highest honor awarded to a civilian.

Jordan spoke again at the National Democratic Convention in 1988 in support of Senator Lloyd Bentsen's nomination. Having been struck with multiple sclerosis, she delivered her speech from a wheelchair. She died on January 17, 1996, suffering from pneumonia. Jordan is best remembered for her riveting orations, pioneering social justice for minorities, and for outstanding political leadership. She transcended gender and social barriers, and became an inspirational figure in American politics.

About This Stamp:

Date of First Issue: **September 16, 2011**

Depicts: **Portrait of Barbara Jordan**

Black Heritage Series

Note: This stamp has been discontinued and is no longer for sale by the U.S. Postal Service.

JANUARY 2017 BIRTHDAYS

January 1st

Antoine, David
Feliciano, Pablo
Hill, Moya
Jackson, Karen
Nightingale, Hadassah
Smith, Joanne
Smith, Neil
Sunsrae, Dennis
Walden, Jean
Wilson, Barbara

January 2nd

Gardner, Braxton
Grant, Minnie
Lewis, Adriane
Maldonado, Ivelisse
Muller, Adrian
Small, Taneka
Vennable, Josie
Vicente', Annie
Wallace, John

January 3rd

DeJesus, Adrienne
Dempsey, Jr., Dontay
Fields, Zoretha
Johnson, Lovicia
Mercado, ToniAnn
Pettway, Tawanda
Williams, Brenda

January 4th

Badjan, Tanta
Bruton, Frank
Evans, Duanecia
Figueroa, Priscilla
Gardner, Alan
Gardner, Eva
Lee, Sandra
Martin, Viveca
Shepard, Robin
Spencer, Marissa
Thomas, Janice
Turner, Vera

January 5th

Correa, Yaratzed
Holbrook, Margaret
Holmes, Frederick
Jamison-Colley, Season
McNeil, Deidre
Salmon, Tyrena
Singleton, Sadie
Stanley, DeNisha
Taylor, Rochelle
Thigpen, Keysha
Tyson, Shirley
Weeden, Terry
Wells, Deidre

January 6th

Baldie, Sanjay
Boyer, Reine
Gamble, Lisa

Sams-Allen, Pearlye
Stephenson, Tyreese

January 7th

Blank, Brandon
Bruton, Jennifer
Carter, Linda
Darby, Alonzo
Dennis, Alesia
Fordham, Derrick
Glenn, Justin
Sherwood, Amelia
Stanford, Michelle
Thompson, James
Toppin, Catherine
Velez, Maritza
Whidbee, Mary
Williams, Joseph

January 8th

Banks, Robert
Mughwai, Vincent
Thompson, Alicia

January 9th

Adams, Josephine
Cheney, Karen
Glenn, James
Harvin, Joylette
Meyers, Joyce
Pierce, Rolando
Spaulding, Rakeen
Stroman, Rashida
Stroman, Tahira
Vaz, Zoe

January 10th

Davenport, Michael
Johnson, Vanessa
White, William

January 11th

Byam, Lorraine
Cooper, Jacqueline
Dailey, Janice
Hines, Major
Marshall, Richard
Mayes, Arnetta
Pettway, Willie
Pompey, Anthony
Taylor, Zariah

January 12th

Brown, Raeshawna
Brown, Rashea
Craig, Elaine
Gamble, Sharniece
Porter, Shanea
Spencer, Olive
Wilborn, Ricky

January 13th

Black, Martin
Earley, Rematha
Gordon, Janelle

Vining, Sandra

January 14th

Balcombe, Michael
Brown, Tyhishia
Daniels, Laura
Davis-Joyner, William
Dudley, Doreen
Hill, Theresa
Jones, DaJuan
Joyner-Davis, William
McCullough, Lander
Parker, Vyola
Satchwell, Garfield

January 15th

Arroyo, Aida
Blackwell, Dikembe
Bowens, Rodnae
Burnett, Celeste
Cobb, Deric
Coplton, Joseph
Davis, Melvin
Green, Hubert
Green, Lee
JeanBaptiste, Tracey
Johnson, Deborah
Lewis, Quiana

January 16th

Hanks, Shante'
Hill, Lashayla
King, Rasheda
Lee, Nashon
Morton, Betty
Thomas-Allen, Josephine
Whittington, Dakota
Williams, Thomas

January 17th

Burch, Andre
Gary, Daryl
Morgan, Sheila
Muse, LaVonne
Peterson, Deloris
Walker, Glenn

January 18th

Gilbert, Margarite
Harriott, Mikara
Karol, Anthony
Lein, Sarah
Mosby, Rohan
Sanders, Martha
Williams, Kyle

January 19th

Hazel, Beanna
Mack, Karen
Mills, Rickman
Moss, LaRosa
Peeler, Talisha
Roebuck, Tressa
Savariali, Tricia

Smith, Linda
Vining, Dawn

January 20th

Collins, Denice
Hicks, Gwendlynn
Holbrook, Sharon
Layne, Eleanor
Myers, Demetrius
Riley, Frances
Smalls, Kathy
Wright, Nashae

January 21st

Coote, Daiquan
Irby, Marcus
Jarvis, Alfred R.
Jenkins, Jr., Napoleon
Jones, Latifah

January 22nd

Cantella, Marie
Douglas-Givan, Veronica
Johnson, Billaura
McNeill, Samantha
Monk, Davonah

January 23rd

Brown, Fred
Butler, Ashley
Day, Georgia
Fleming, Schelita
Hunter, Akymia
McIntyre, Kyla
Robert, Calvin
Schoolfield, Gloria

January 24th

Booth, Katora
Brown, Katherine
Charles, Sonia
Crumpton, Keyara
Gregory, Franklin
Kearse, Jocelyn

January 25th

Cathey, Tameka
Goodwin, Marquis
Kinder, Debra
Newsom, David
Simpson, Ella
Thompson, Alphonso
Torres, Gloria
Whren, Gregory

January 26th

Allen, Ada
Cauthen Jr., George
Coltrane, Michelle
Cox, Jason
Ellis, Shanika
Jones, Leola
Oliver, Robert
Williams, Truila

January 27th

Brooks, Elisa
Dubose, Charmaine
Geter, Ronald
Jackson, Primus
Lanham-Dennis, Gloria
Lewis, June
Mebane, Vera
Scott, Lyvonna
Tucker, Brittany

January 28th

Hunter-Craig, Robin
Johnson, Tina Marie
Mayes, Nathan
Nixon, Clara
Richardson, Kelcey
Spillane-Dixon, Juanita
Williams, Carol

January 29th

Blackwell, Sandy
Bradley, Michelle
Cannon, Jaydah
Colter, Daniel
Day, Briana
Earley, Oscar
Ellis, Crystal
Foster, Janie
Jones, Shaquanna
Maxwell, Shanice
Reid, Angelina
Sheppard, Kimberly
Simpson, Gina LeVon
Singleton, Edward
Wells, Celestina
Williams, Deborah

January 30th

Barnes, P. Magnolia
Bloodworth, Lucius
Brooks, Sharon
Harvin, Tanya
Joseph, Marcel
Nedd, Antwan
Williams, Patrick
Young, Lineo

January 31st

Bartelle, Victoria
Carter, Patricia
Crear, Ruby
Overby, Nora
Riddick, Kim
Thaxton, Eunice

JANUARY 2017 ~ 31 DAYS OF PRAYER

Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 1/1/2017 through 1/31/2017. Conference Dial-in Number: 712-432-0490, Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. To playback prayer: 712-432-0508, 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 January 1, 2017 is 1800#**

SUN	MON	TUE	WED	THU	FRI	SAT	
1 Ecclesiastes 3:1-13 Pastor Bennett	2 Psalm 20 Sis. Barnes	3 Psalm 72 Rev. Tucker	4 Matthew 25:31-46 Deacon N. Jackson	5 Joshua 1:1-9 Pastor Williams	6 Isaiah 60:1-6 Rev. Sherwood	7 Psalm 29 Deacon Gardner	
8 Isaiah 42:1-9 Sis. Thompson-Bennett	9 Psalm 89:5-37 Sis. Green	10 Jeremiah 1:4-10 Rev. Williamson	11 GOD'S GOT US! Matthew 12:15-21 Deacon Paul	12 Galatians 1:6-12 Sis. Hasan	13 Acts 1:1-5 Sis. Gist	14 Luke 5:1-11 Bro. D. Smith	
15 Isaiah 49:1-7 Deacon J. Seawright	16 Psalm 40:6-17 Deacon D. Seawright	17 Hebrews 10:1-4 Deacon JeanBaptiste	18 THE PROPHETIC CHURCH Matthew 9:14-17 Min. Blackwell	19 Galatians 1:11-24 Deacon Cotter	20 Psalm 27:1-6 Deacon P. Jackson	21 Luke 5:27-32 Rev. Kingwood	
22 Isaiah 9:1-4 Deacon Vermont	23 Psalm 27:1, 4-9 Bro. H. White	24 1 Cor. 1:10-18 Sis. Ellis	25 THE LIBERATED CHURCH Psalm 27:7-14 Rev. Kearney	26 Psalm 15 Deacon Hurst	27 1 Timothy 5:17-24 Bro. Newton	28 Micah 3:1-4 Sis. Langley	
29 Micah 6:1-8 Min. Walton	30 Philemon 1-25 Deacon Adetona	31 Ruth 2:1-16 Deacon A. Febres	THE PRAYING CHURCH				
STAND FIRM IN YOUR FAITH							

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:45 AM Prayer 9:45 AM Mount Aery Cafe 10:00 AM New Year's Day Worship Celebration 10:00 AM Sunday School	2	3 7:00 PM Music Ministry Rehearsal	4 12:00 PM Daytime Bible Study 7:00 PM Bible Study	5 6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal	6	7 10:00 AM Ministers' Meeting 12:30 PM Music Ministry Rehearsal 12:30 PM Safe Place Training
8 7:45 AM Prayer 8:30 AM Worship Celebration 11:00 AM Worship Celebration 3:00 PM Kwanzaa	9	10 6:30 PM Trustee Ministry Meeting 7:00 PM Music Ministry Rehearsal	11 12:00 PM Daytime Bible Study 1:00 PM Quilters 7:00 PM Bible Study	12 6:30 PM Deacon Min. Mtg. 6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal	13	14
15 7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church	16 8:30 AM Black Pride MLK Service 6:00 PM Fellowship Ministry Meeting 7:00 PM Re-Entry Ministry	17 8:30 AM System of Care Training 7:00 PM Music Ministry Rehearsal	18 12:00 PM Daytime Bible Study 7:00 PM Bible Study	19 6:30 PM REFUGE 7:00 PM Joint Ministry Meeting 7:00 PM Music Ministry Rehearsal	20	21 10:00 AM Leadership Institute & HSDS Update
22 7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration	23	24 9:00 AM System of Care Meeting 7:00 PM Music Ministry Rehearsal	25 12:00 PM Daytime Bible Study 1:00 PM Quilters 7:00 PM Bible Study	26 6:30 PM REFUGE 7:00 PM Music Ministry Rehearsal	27	28
29 7:45 AM Prayer 8:30 AM Worship Celebration 10:00 AM Sunday School 11:00 AM Worship Celebration	30 7:00 PM Re-Entry Ministry	31 7:00 PM Music Ministry Rehearsal				

Mount Aery Baptist Church

Safe Place Training

Saturday
January
7th

12:30 PM

(Sign Up in Church Office)

Mount Aery Baptist Church

BRIDGEPORT'S BLACK PRIDE MLK DAY SERVICE

"WHERE DO WE GO FROM HERE"

MONDAY, JANUARY 16TH

8:30 A.M.

GUEST PREACHER:

*Reverend
Shakeema North*

*Preacher & Youth Pastor of the Historic
Concord Baptist Church of Christ in Brooklyn, NY*

FEATURING:

*Chelsea Morton • Kirya O. Brown
Mount Aery Praise Team
Supreme Beauties Dance Team*

PASTOR ANTHONY L. BENNETT, D. MIN.,
LEAD PASTOR

73 FRANK ST. | BRIDGEPORT, CT 06604
203.334.2757

Light the Seven Principles Celebrate *hwanzaa*

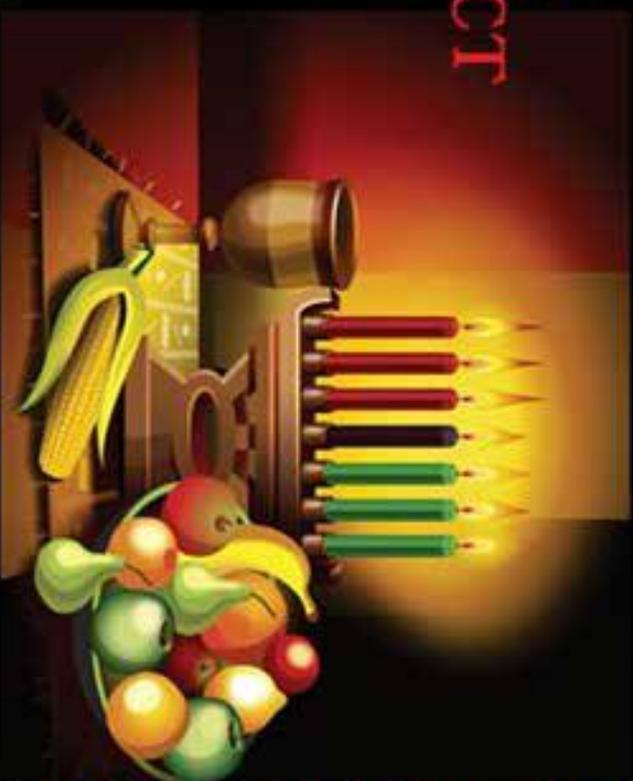
Sunday, January 8, 2017

3:00 P.M.

A CELEBRATION OF FAMILY,
COMMUNITY, AND CULTURE

Mount Aery Baptist Church
73 Frank Street • Bridgeport, CT

CANDLE LIGHTING CEREMONY
DRUMMING • SINGING • DANCING
CREATIVE FAMILY ACTIVITIES
FOOD • VENDORS • FUN



Ujima *hujichagulia*

Umoja

Ujamaa

Mia

huanzba

hvenni

