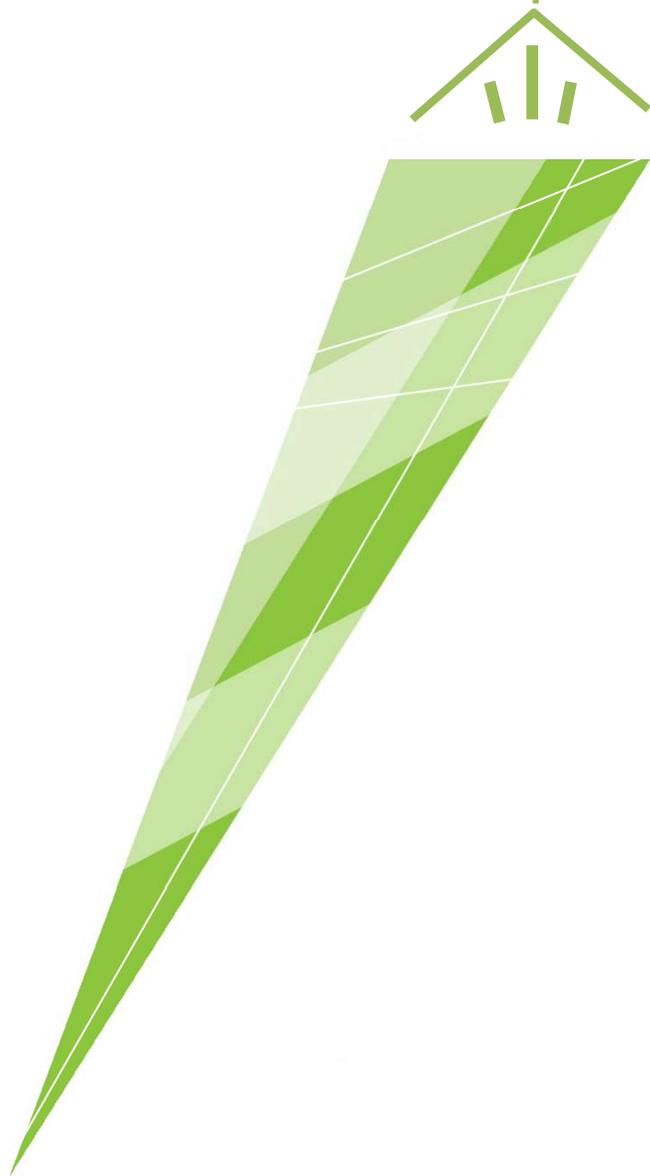


MESSAGE FROM THE MOUNT

MFTM

Proudly Celebrating Our 11th Anniversary

divine  direction 



guidance peace favor strength wisdom



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Deacon Henry C. Smalls Jr.

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Claudine Mosely

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The New York Times

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Mount Aery Baptist Church

73 Frank Street

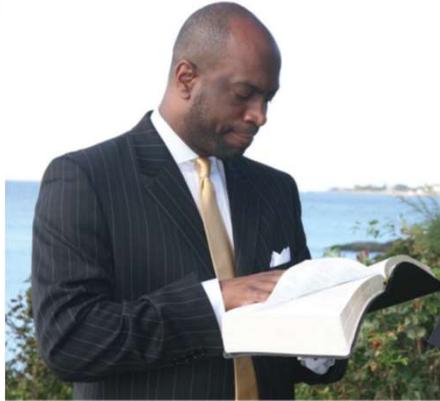
Bridgeport, CT 06604

Church Office: 203.334.2757

www.mtaerybaptist.org

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Pastor's Pen



Namaste My Brothers and Sisters in Christ,

We greet you with the joy of the Lord because the joy of the Lord is our strength. And oh, do we not need the strength of the Lord in this season? This once a century event, aka COVID19, has impacted the world. No aspect of our daily existence has been left untouched by the virus and its collateral damage. There are ways in which many of us have become use to the flow of our lives in terms of being able to move about with some sense of ease. Well, the coronavirus, for whatever length of time it will be with us, has the ability to make us sensitive to the daily trauma and restrictions that people experience in impoverished and oppressive places around the world. In these moments of anxiety, I believe all of us have an opportunity to develop a greater appreciation for the lifestyle and opportunities, that at times even the most sincere of us can take for granted. And in that spirit of gratitude, let me express my profound thanks to God and appreciation to each and every one of you. Most of us have spoken that expression in our lives, “don’t miss the water ‘til the well runs dry.” Let me confess to you right now my profound “missing” of our in-person worship time together. Bottom line, **I miss y’all.**

Fortunately, through the tool of technology, we are able to connect via our website and Facebook Live as well as continued access to our daily prayer line. I believe God will use these methods along with old fashion phone calls and text messages (Lol!) to keep us connected spiritually and emotionally until we can reconnect physically. Until that time, we will continue to pray for each other, pray for those impacted in any way by COVID19 and continue to do our best to be responsible citizens in terms of our own hygiene and behaviors.

Mount Aery has made it through some of the most difficult times in this nation’s history and I believe with all of my heart that we will continue, in the words of Pastor Streets and previous generations of Mount Aery, to *build together with the faith that has kept us together.* Be encouraged and we will be in touch.

God Bless,

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

What's Next?

IMPORTANT DATES ✓



During this season of prayer, call in to the prayer line at 7:00am daily at 319-527-3510. The participant access code is 111933#. The calls are recorded so please mute your phone to eliminate background noise. Please note that long distance charges may apply.

Church Van Transportation If you need a ride to either the 8:30 AM or 11:00 AM Sunday Worship Service, contact Ada Allen at 203-368-4919 by Friday of that week.

If worship or any other activity of the church is cancelled or delayed due to inclement weather, you can receive notification via email and text by registering at www.ctweather.com. You will also be able to receive notification via Channel 8, Channel 12 and WICC 600am. We will send out e-blasts as well. If you aren't already receiving e-blasts, please submit your email address in the church office or through our website: www.mtaerybaptist.org.

Purchase your #Vision20/20 shirts in office or online.

There are 3 colors and styles to choose from:

White, Light Gray or Dark Gray

Short Sleeve \$20.00 - Long Sleeve \$30.00 –
Sweatshirt \$40.00

Purchase Online Here:

mountaerybaptistchurch.bigcartel.com

We will be wearing our shirts all year long so don't miss out on yours!

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.

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.

The Music Ministry is seeking youth (3-17) and young adults (18-30) to share their gifts through musical expression. See Magnolia Barnes or LaWanda Black or leave your information in the church office.

Generation Next Youth Ministry is calling all youth ages 3-18. Youth Church will be held every 2nd and 3rd Sunday. Please see any youth leader for more information!

Here's an exciting way to join in worship with us. Simply visiting our website at mtaerybaptist.org and click one WATCH LIVE in the upper right hand corner. Pass the link on to your friends and family as well so they can be blessed by our ministry <http://www.mtaerybaptist.org/watch-us-live>

Deacons on Call for the month are
Deacons Jean Baptiste & Jones

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.

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.

Our Vision Statement

To equip the disciples of Mount Aery Baptist Church with the biblical and relational wisdom for the spiritual, educational and social work of ministry beginning in the Hollow Section of Bridgeport, then spreading throughout the Greater Bridgeport Area.

Ephesians 4:11-12 and Acts 2:44-47

Edify  Equip  Engage

Please Pray for Our Prayer List

Clifford Bazelias	Deacon Melvin Lowe, Sr.
Volney Bryan	Reanna McCoy
Isaiah Brown	Lemme McIntosh
Linda Lee Brown	Susie Mckine
Carol Carter-Mims	Mary McRae
Joan H. Colley	Autumn Mitton
Minister Odell Cooper	Caleb Mitton
Rayvon Cox	Spring Mitton
Tracey Nicole Craig	Edward A. Morris
Frances Dicks	Deacon Regina Mosely
Ruth Hasty-Dove	Austin Perkins
Sandra Dunn	Eulalia Pettway
Bernadine Edwards	Miriam Powell
Rose Evans	Terrance Quiller
James Freeman	Frances Riley
Willie Freeman	Rose Samuel
Leonard Grace	Sandra Simpson
Deacon Minnie Grant	William Henry Sims Sr.
Leslie Green	Linda Suggs
Jodi Green	Herb Sutton
Ruth Harvin	Rev. Velva Jean Tucker
Deacon Jeffrey Hill	Curtis Jerome Turner
Deacon Naomi Holmes	Paula Watkins
Deacon Primus Jackson	Dorothy Watts
Gerard James	Gwen Williams
Barbara Jones	June Williams
Maria Knight	Barbara Wilson
Theresa Lazarus	Michelle Lisa Wilson
Cheryl Lewis	Jacqueline Tyson-Wright
Jordan Alexander Lewis	Willie Mae Wright

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

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 Health Care Center, 2875 Main Street, #322 Bridgeport, CT 06606

Paula Watkins

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

Jenna Simmons

Westchester Medical Center, 100 Woods Road, 2nd floor, Valhalla, NY 10595

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

Bereavement

- Nell Pettway and family on the loss of her brother
- Lisa Mendenhall and family on the loss of her mother-in-law, Marion Mendenhall-Wright
- The Carr, Walker, Seawright, and Jones family on the loss of Timothy Carr
- Barnetta Pettway and Arnetta Mayes on the loss of their family member
- Pastor Bennett and family on the loss of his cousin in Mississippi
- Toni Belcher and family on the loss of her mother, Katherine Jackson
- The family of Evelyn Geter on her passing
- The family of Roger Mullins on his passing
- Dawn Spearman and family on the loss of her father
- Lola Smith and family on the loss of her father, Deacon Edward Westley Smith in Aberdeen, NC
- Deacon Henry Smalls, Barbara Smalls, Elizabeth Nelson, and the Grace Baptist Church family on the loss of their Aunt, Rev. Barbara Davis in Norwalk, CT
- Deacons Luis & Annette Febres and family on the loss of his brother, Marcel Santiago in New York
- Rena Monk and family on the loss of her mother
- Natachia Parker and family on the loss of her father in Maryland
- Pastor Bennett and family on the loss of his cousin





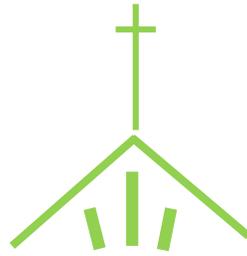
REV. DR. BUSTER SOARIES VISITS MT. AERY FOR A NIGHT OF WORSHIP





USHER'S FASHION SHOW





5 WAYS **TO BE THE CHURCH** **WHEN CHURCH IS CANCELLED**

1. Support your Pastor, Elders, Deacons, whoever has to make the decisions.
2. Send in your tithes and offerings. Pushpay or Mail. Bills and salaries still need to be paid.
3. Check on your neighbors: elderly, sick, & parents whose children are out of school, who may be seeking childcare assistance.
4. Pray for your church family; make phone calls to disciples.
5. Practice Sabbath-- recognize that down time could be a gift; take advantage and spend time with your family.

by Thomas Butcher

Reading: Mathew 23:37

“O Jerusalem, Jerusalem, who kills the prophets and stones those sent to her, how often I have longed to gather your children together, as a hen gathers her chicks under her wings, but you were unwilling!”

In this passage from Mathew we see Jesus rebuke Jerusalem for its cruelty toward and killing of God’s messengers, his prophets. These were emissaries of warning, redemption, rebuke and consolation, sent to save God’s chosen, his beloved children from their own self destruction. God describes longing to gather up and protect God’s people as a hen would gather her own. It’s important to hear the pronouns here: God is gathering *her* chicks under *her* wing. God is described as mother and *not* father. In this scripture God is naming and claiming *her* own; how she has longed for them. Longed. *Longed...*a word that evokes such a visceral emotion of heartache for someone deeply loved. Here in Mathew, I can feel in my own heart, God’s disappointment at her children’s’ denial of help, to her messages of love and their abuse of her prophets sent warn them. And yet, despite *all* the heartache and frustration, God our Mother, still *longs* for *us*, the children created in her image both male and female. Our Mother God, our “Mother Hen”- God longs to gather us to her by a mother’s love and protective nature.

The love of a mother for her children or offspring is legendary and visible not only in humans but in the animal kingdom as well. I grew up in the fields and forests of Pennsylvania. We all knew that a mother Black bear was most dangerous when she had cubs around; I could see a mother duck keep a watchful eye on her many fuzzy ducklings as they cruised along the lake, and I observed in wonder as a mother catfish took all of her squiggling black babies in her mouth to protect them from harm when she saw my reflection on the lake’s surface.

by Thomas Butcher

(continued)

Mothers throughout scripture have played many roles; mother as savior (Jochebed) mother as trickster (Rachael), mothers who adopt (Naomi) mothers who are obedient (Hannah and Mary, the mother of Jesus). Of all the roles played by these mothers of faith, there are two traits that unite them; protectiveness and selflessness toward their children. There is some irony in how many of these biblical moms in their selflessness had to *give up their sons* in order to protect them: Jochebed put Moses in a floating cradle so he could escape being slain by pharaoh's men, Rachael threw her firstborn, Esau, *under the bus* to protect her favorite, Jacob, and secure his future. Hannah gave her only son, Samuel, to Eli the priest so that he would study and fulfill his destiny as prophet to kings. And Mary, the mother of Jesus, who loved her son so deeply and grieved so bitterly at his execution; Mary the devoted mother selflessly relinquished her only child so that all of us would be saved.

I was baptized as a Roman Catholic and identified as Catholic for nearly 40 years. Catholic parishioners, in general, do not read or study the Bible. All I needed to do was follow what the pope and church leaders told me to do, what to believe, when to kneel, sit and stand. We were born with original sin that stained our souls for life; irredeemable. God, to me, was someone to fear and hide from; he was the stern father from the Old Testament, ready to punish his children severely for bad behavior and flawed human nature. We were bounced from the Garden, turned into a pillar of salt or nearly exterminated by drowning. And Jesus, our dear Savior Jesus was *never* considered our friend. How could we even think of God *incarnate* as our friend? How could we be so bold? Jesus was God and his deeds were unattainable. We were not worthy to call on him in times of trouble. Instead we called on the Saints of Catholicism, holy humans now seated in the presence of God to intercede on our behalf.

And here is where Mary, the mother of Jesus, comes into the picture. I don't know about you, but there were things I thought were *so bad* that I couldn't tell dad but I *could* tell mom. "Mom, please, please don't tell Dad! I'm sooo sorry! Honestly Mom, I didn't mean to..." As I stood sobbing, she said, "Come here. Tell me what's *so bad*." She gathered me in her arms as my body heaved, smoothed my hair and wiped away my tears. "Don't worry, I will talk to your Father. It'll be ok. I love you and your dad does too." Mary wasn't just the mother of Jesus, she was *our* mom, too. Mother to *all* of God's children, the mother longing for us despite her heartache.

by Thomas Butcher

(continued)

Mother Mary, the one who loved us unconditionally loving us and interceding on our behalf when we poured out our hearts to her in prayer.

The children's book, "Are you My Mother?" created by author P.D. Eastman in collaboration with Dr. Seuss is a simple and poignant tale of a baby bird that hatches while its mom has left the nest in search of food. The chick wanders off, only to encounter a dog, a kitten, a chicken, a cow, other animals and objects, and asks them a simple question, "Are *you* my mother?" When they don't reply, the chick moves on and then encounters a steam shovel again the question; "Are *you* my mother?" The steam shovel doesn't reply but places this curious baby bird back in its nest and its true mother returns.

This is what my new spiritual upbringing felt like as a Baptist: I felt as if I were a motherless child, alone in the house with my father. And Jesus? I knew Jesus was around here somewhere, and the place was haunted by some kind of ghost who appeared to everyone else but me. I never saw it. But then over time, as I was surrounded by believers, I realized that Dad wasn't really scary and I didn't have to hide. He was patient with me, kind and a provider instead of a punisher. And Jesus really *did* love me; I could talk to him about anything and he would really listen. And now, the Ghost shows up in my life *all the time*. And just when I think it's all too much and I feel brokenhearted, a blessing appears in the form of a person or circumstance. *Now* I understand it. The God who created us in God's image created us both male and *female*. God was with me before, with me now and is already ahead of me. God knew my fear of the punishing masculine manifestation of God in the Hebrew scripture. God knew my distrust of the rules of Catholicism and their enforcement by the patriarchal leadership. I realize now that God, the Holy Spirit, Sophia, has blessed me with *many* mothers to guide my steps. I see them now in spiritual hindsight; the mother who bore me, the grandmother who raised me, the mother/mentor who saw my potential and launched my career, the mother/colleague who encouraged me to tell my *own* narrative and the spiritual mother who led me back to God. It was *always* God who showed up; God who *always* longed for me as a mother hen gathering her precious chicks under her wing.

Roasted Red Pepper & Artichoke Spread

Ingredients

1. One small jar (6 ounces) marinated artichokes. Drained
2. Six ounces of roasted red peppers
3. One eight ounce package of cream cheese (room temperature)
4. Four ounces of plain Greek yogurt or cream cheese
5. 1/2 cup of grated Parmesan or pecorino Romano cheese
6. Two tablespoons of mayonnaise
7. One tablespoon of lemon juice
8. Salt and pepper to taste
9. 4-6 drops of Tabasco (optional)
10. 1/2 cup Panko bread crumbs
11. French Baguette
12. Celery and carrot sticks



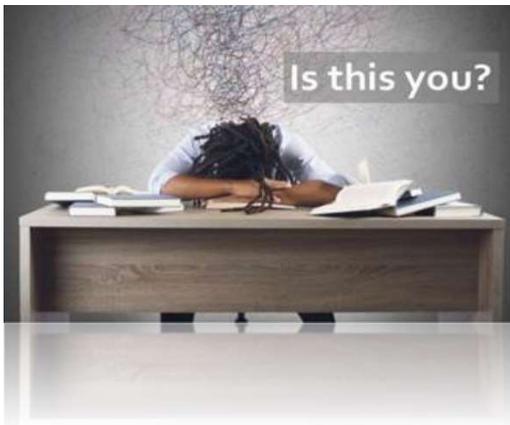
Directions

Preheat oven to 375 degrees

Place ingredients three through nine listed above in a food processor (a hand mixer can also be used). Mix until well combined. Coarsely chop drained artichokes and roasted red peppers. Add to food processor and pulse until mixed well with the cream cheese mixture. Place the mixture in a oven safe dish. Spread the panko bread crumbs on top. Bake at 375 degrees for 30 minutes. Serve with toasted baguette slices, carrot and celery sticks.

by **Kate McEvoy**

State of CT Department of Social Services
Director of the Division of Health Services



This is a challenging and uncertain time, and the most important thing that I could ever stress to each one of you is that you must take time to take care of yourself. Not just your spouse/partner, loved ones, our members, your fellow human beings . . . **YOU.**

Just a friendly reminder to put your own “mask” on first (take a deep breath, etc.) before moving on to all that you do to help others.



by **Kate McEvoy**

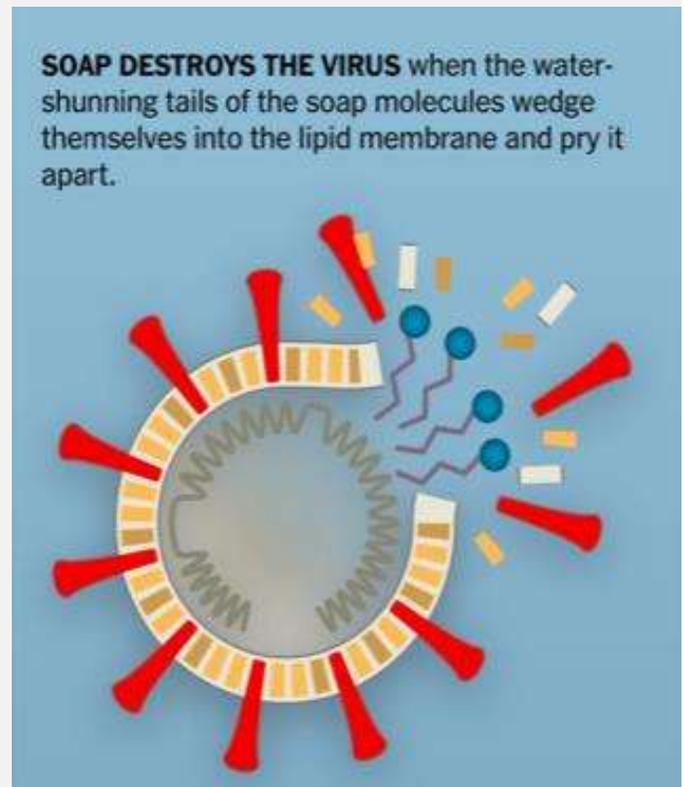
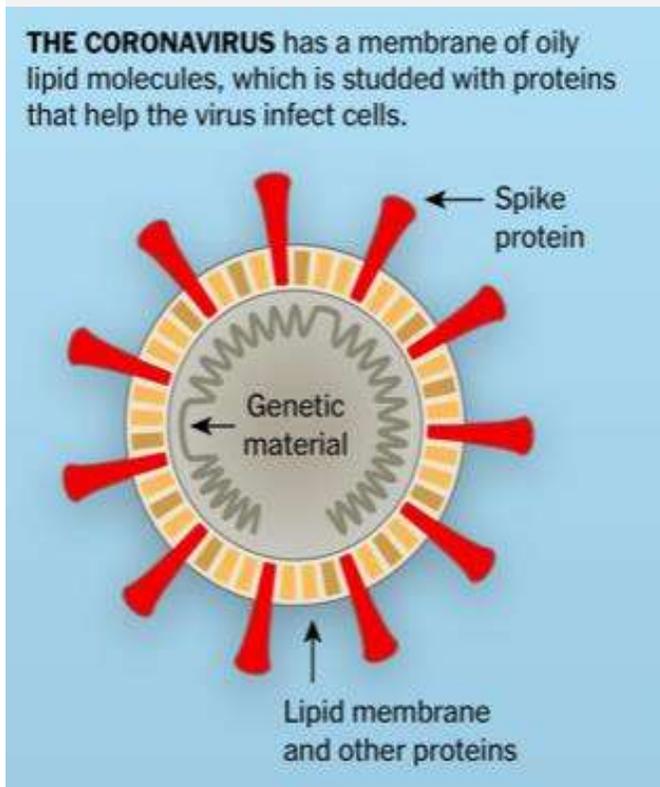
State of CT Department of Social Services
Director of the Division of Health Services

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Taking Care

Keep Washing Your Hands
(and stop touching your face!)

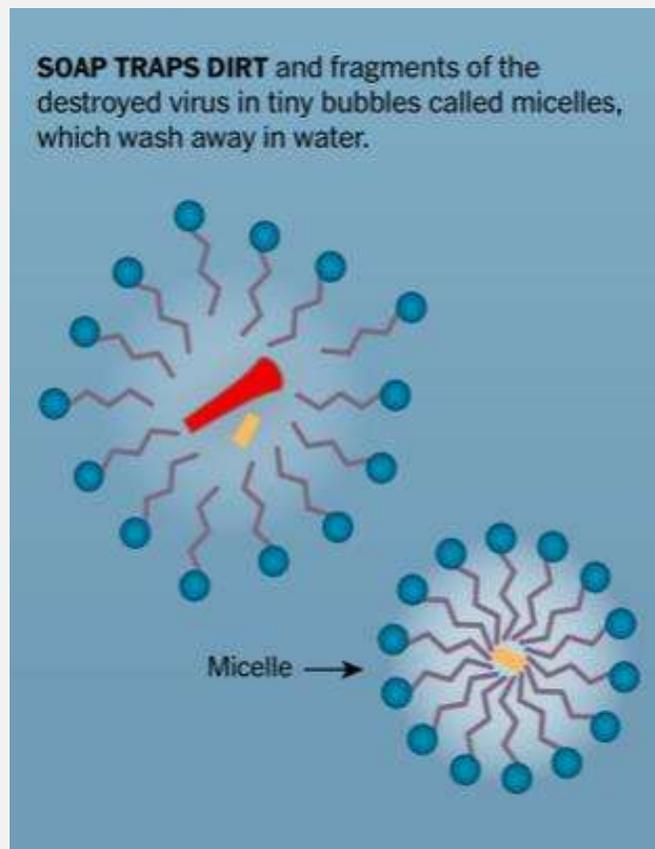
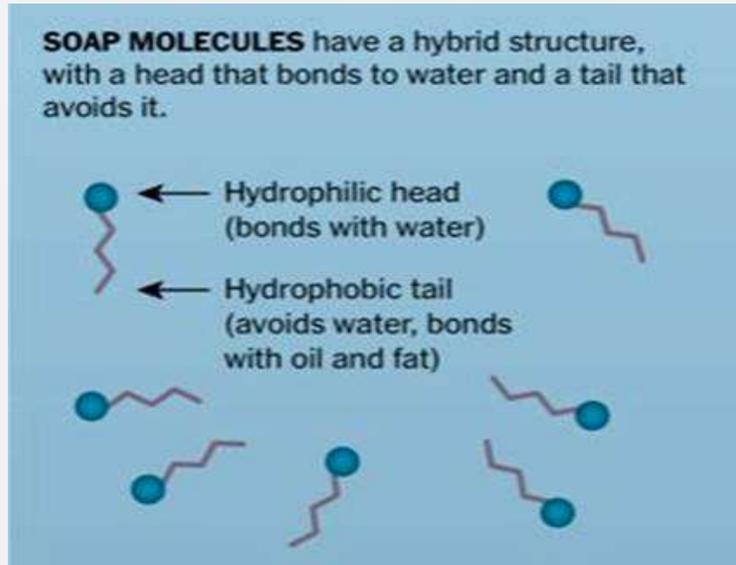
The New York Times published these helpful graphics about exactly how soap attacks COVID-19. I found it very satisfying to think of the soap molecules moving in for the kill as I was singing the ABCs and washing my hands, several times today.



by **Kate McEvoy**

State of CT Department of Social Services
Director of the Division of Health Services

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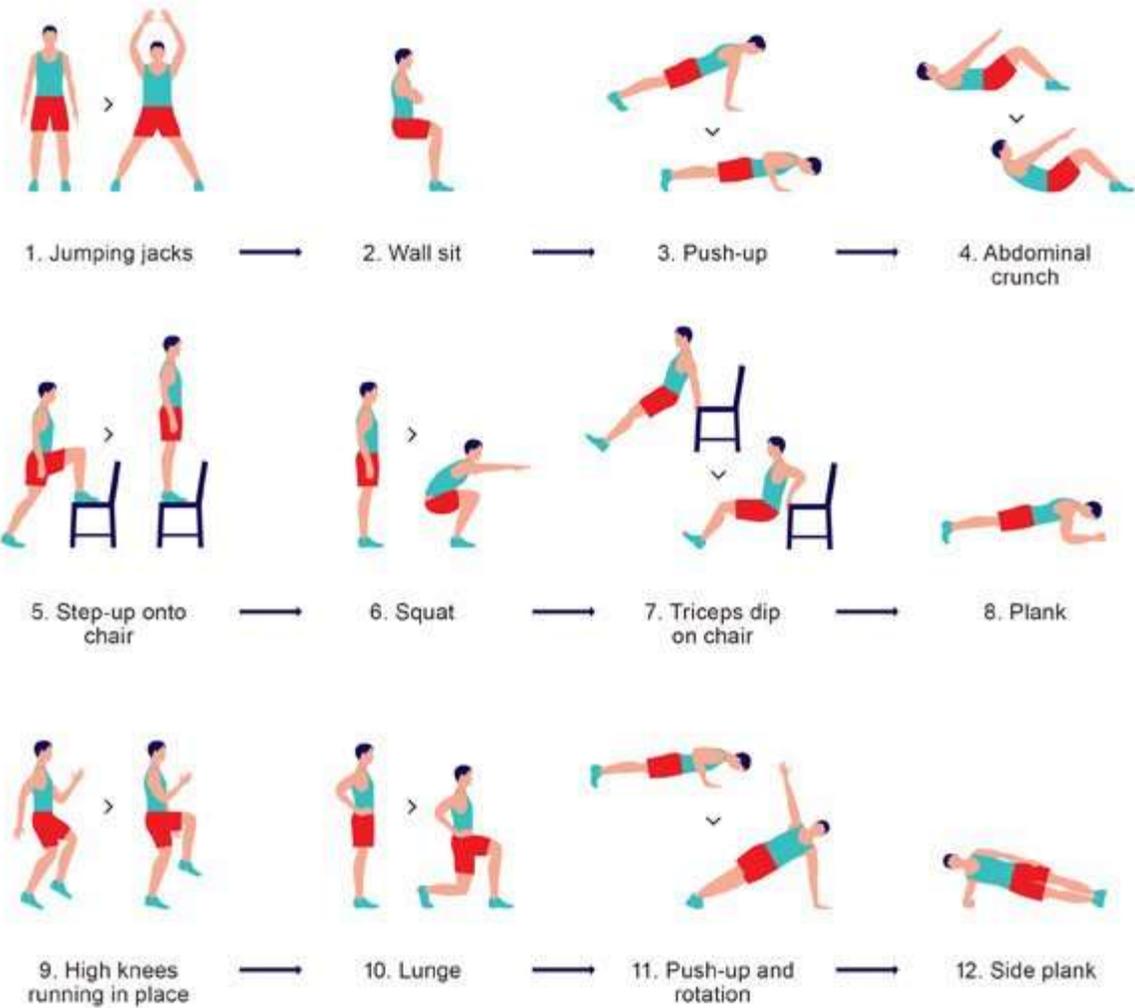
by **Kate McEvoy**

State of CT Department of Social Services
Director of the Division of Health Services

(continued)

(continued)

Do A Brief Workout



by **Kate McEvoy**

State of CT Department of Social Services
Director of the Division of Health Services

(continued)

Sleep

The Centers for Disease Control and Prevention reports the following:

"While we often consider sleep to be a "passive" activity, sufficient sleep is increasingly being recognized as an essential aspect of health promotion and chronic disease prevention in the public health community. Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression—which threaten our nation's health. Notably, insufficient sleep is associated with the onset of these diseases and also poses important implications for their management and outcome. Moreover, insufficient sleep is responsible for motor vehicle and machinery-related crashes, causing substantial injury and disability each year. In short, drowsy driving can be as dangerous—and preventable—as driving while intoxicated. More than one-quarter of the U.S. population report occasionally not getting enough sleep, while nearly 10% experience chronic insomnia."

So what are some good "sleep hygiene" tips?

1. Go to bed at the same time each night and rise at the same time each morning.
2. Make sure your bedroom is a quiet, dark, and relaxing environment, which is neither too hot or too cold.
3. Make sure your bed is comfortable and use it only for sleeping and not for other activities, such as reading, watching TV, or listening to music. Remove all TVs, computers, and other "gadgets" from the bedroom [← the advice about gadgets is a hard thing for me!].
4. Avoid large meals before bedtime.

Drink Tea

Tea is tasty. It can perk you up.
It's warm on cool days.



The **Harvard Medical School** provided the following overview of the benefits of drinking green tea:

"Tea's health benefits are largely due to its high content of flavonoids — plant-derived compounds that are antioxidants. Green tea is the best food source of a group called catechins. In test tubes, catechins are more powerful than vitamins C and E in halting oxidative damage to cells and appear to have other disease-fighting properties. Studies have found an association between consuming green tea and a reduced risk for several cancers, including, skin, breast, lung, colon, esophageal, and bladder. Additional benefits for regular consumers of green and black teas include a reduced risk for heart disease. The antioxidants in green, black, and oolong teas can help block the oxidation of LDL (bad) cholesterol, increase HDL (good) cholesterol and improve artery function."

Specific Guidelines

Remain calm and reassuring

- Children will react to and follow your nonverbal reactions
- What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety.
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

Make yourself available

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- It is important that they know they have someone who will listen to them; make time for them.
- Tell them you love them and give them plenty of affection.

Avoid excessive blaming

- When tensions are high, sometimes we try to blame someone.
- It is important to avoid stereotyping any one group of people as responsible for the virus.
- Bullying or negative comments made toward others should be stopped and reported to the school.
- Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home.

Monitor television viewing and social media

- Limit television viewing or access to information on the Internet and through social media.
Try to avoid watching or listening to information that might be upsetting when your children are present.
- Speak to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information.
- Talk to your child about factual information of this disease—this can help reduce anxiety.
- Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this.
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young.
- Engage your child in games or other interesting activities instead.

Maintain a normal routine to the extent possible

- Keep to a regular schedule, as this can be reassuring and promotes physical health.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

Be honest and accurate

- In the absence of factual information, children often imagine situations far worse than reality.
- Don't ignore their concerns, but rather explain that at the present moment very few people in this country are sick with COVID-19.
- Children can be told this disease is thought to be spread between people who are in close contact with one another—when an infected person coughs or sneezes.
- It is also thought it can be spread when you touch an infected surface or object, which is why it is so important to protect yourself.
- For additional factual information contact your school nurse, ask your doctor, or check the <https://www.cdc.gov/coronavirus/2019-ncov/index.html> website.

Know the symptoms of COVID-19

- The CDC believes these symptoms appear in a few days after being exposed to someone with the disease or as long as 14 days after exposure:
 - Fever
 - Cough
 - Shortness for breath
- For some people the symptoms are like having a cold; for others they are quite severe or even life threatening. In either case it is important to check with your child's healthcare provider (or yours) and follow instructions about staying home or away from public spaces to prevent the spread of the virus.

Review and model basic hygiene and healthy lifestyle practices for protection

- Encourage your child to practice every day good hygiene—simple steps to prevent spread of illness:
 - Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds).
 - Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow. Do not share food or drinks.
 - Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.
- Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness.



MY HAIR

by Samantha Burton

As I sit on my bed, I look up at the pale blue sky and the rain dropping on my window pane. I see my reflection, I see my big brown eyes, I see my thick eyebrows, I see my broad nose, I see my full lips, and last but not least, I see my hair, yes, my coarse, thick hair.

God, why did you choose me to have thick coarse hair? Why can't I have curly hair like some of my friends? My mother always told me that hair is beautiful no matter what texture it is, but I believe if I had curly hair, the kids wouldn't tease me at school, and my hair would be easier to comb.



I guess I'm just stuck with this thick coarse hair for the rest of my life. I wrap a towel around my hair and imagine my hair being long and curly. I imagine myself dancing in the mirror, moving my long curly hair from front to back. I imagine putting water and grease in my hair to make it curly.

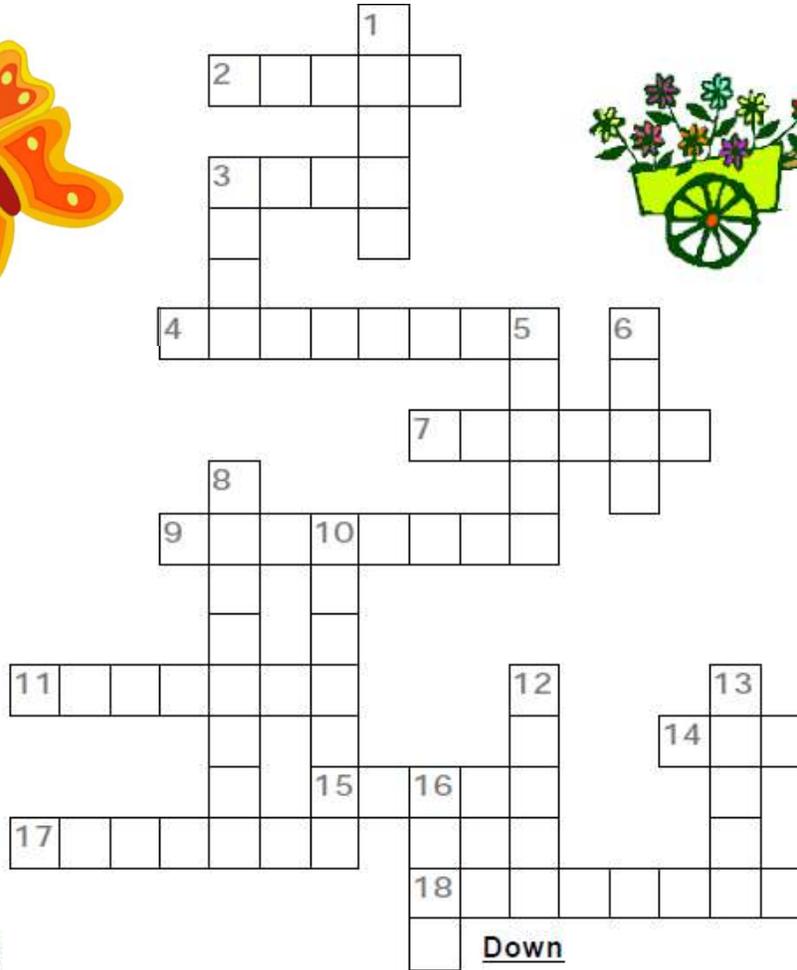
Well enough daydreaming...back to reality. I'm so disappointed. There's nothing nobody can say or do to make me like my hair. My mother and father are going away for the weekend so off to Grandmother's house I go. Hello grandmother! Hello Claudette, it's nice to see you! It's so nice to see you too Grandma! Claudette, is there something troubling you? Oh Grandma, I don't want to talk about it. Claudette, I'm your grandmother, you can tell me anything. Oh Grandma, I hate my hair. It's so thick and coarse and the kids at school tease me. I wish I had curly hair. I think God doesn't like me, that's why he has chosen me to have thick coarse hair.

Oh Claudette, come sit next to me and have some milk and cookies. Claudette, you are a beautiful African Nubian Queen, and don't you forget it! God loves you! God has no favorites. God's beauty comes in all different colors, shapes, sizes, and hair textures. Claudette, your hair texture goes back many, many years ago. Your ancestors were proud African Nubian Warriors with strong features and roots. Their hair came in all different textures, curly, wavy, long, short, straight, thick and coarse, and God made your ancestors hair texture all different because when it was time for them to go to war to fight for their land, their enemies couldn't tell them apart because of their hair texture. Their enemies didn't know who was for them or against them, and your ancestors, who had thick coarse hair like yours, were able to wear their hair in the most beautiful braided designs that were out of this world.

Their braids also had beautiful beads on top of them that represented the power of their culture and accentuated their African Pride. This made them stand tall and strong. Claudette, God chose you to have thick coarse hair for a reason. Claudette, just like your ancestors wore their hair with pride, God wants you to wear your hair with pride. So, Claudette, you walk into that school Monday morning with your head held high like a proud African Nubian Warrior!

Thank you, Grandma! I feel much better. Monday morning came and I was full of nerves, but I did what my grandmother said...I walked into the school with my head held high like a Proud African Nubian Warrior, and everybody was staring at me. People started coming up to me, complimenting me on my hair. Everybody liked my hair...they kept on asking me who did my hair. They even said how lucky I was to have hair like that because I could wear it in so many different styles.

My grandmother had styled my hair; she braided my hair in the front and left some of my natural hair out in the back, and she also put beads in my hair. I never felt so good about myself, not because everybody liked my hair, but because my mother and grandmother were right! Hair is Hair! It doesn't matter how long, short, straight, curly, wavy, thick, or coarse your hair is. We are all created in God's image and in God's love. I've learned to love myself and my hair! I dedicate this story to all the Young Girls all around the world. **Love yourself! Be yourself!**



Across

Down

- 2. Dutch spring flower
- 3. Fast moving air
- 4. Rain protection
- 7. A season
- 9. Yellow spring flower
- 11. Appears after a rain
- 15. Spring bird
- 14. Spring month
- 17. Small formations of water
- 18. _____ savings time



- 1. Winged animals
- 3. Temperature in spring
- 5. Spring month
- 6. Spring month
- 8. Game played with a bat and ball
- 10. April showers bring May _____
- 12. Type of weather
- 13. Spring month
- 16. The beginning of flowers

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www.SquiglysPlayhouse.com

Answers-Spring Crossword Puzzle
 Across Down
 2 Tulip 1 Birds
 3 Wind 3 Warm
 4 Umbrella 5 April
 7 Spring 6 June
 9 Daffodil 8 Baseball
 11 Rainbow 10 Flowers
 14 May 12 Sunny
 15 Robin 13 March
 17 Puddles 16 Buds
 18 Daylight

BPS Emergency Food Services



Service Sites

Breakfast - 8:30AM - 9:30AM

Lunch - 11:30AM to 12:30PM

*All children under 10 years of age should be accompanied by an adult

Barnum School
Cesar A. Batalla School
Black Rock
Blackham
Bryant School
Geraldine Claytor Magnet Academy
Columbus School
Wilbur Cross School
James J. Curiale
Hall School
Hallen School
Harding High School
Hooker School
Geraldine Johnson School
Luis Munoz Marin School
Park City Magnet School
Read School
Roosevelt School
Jettie S. Tisdale School
John Winthrop School



[bpsnutritionctr](#)



[bpsnutritioncenter](#)

Bridgeport Public Schools

Thomas E. Carroll Nutrition Center

WORD SEARCH

by Deacon Kathy Tabb-Small

G.R.A.C.E. 

WISDOM

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

ASTUTENESS

BALANCE

BRAINS

CAUTION

DISCERNMENT

ENLIGHTENMENT

EXPERIENCE

FORESIGHT

GUMPTION

HONESTY

INFORMATION

JUDGMENT

KNOWLEDGE

POISE

PRACTICALITY

PRUDENCE

REASON

SAGENES

SANITY

SAVVY

SHREWDNESS

SOPHISTICATION

STABILITY

WISDOM

WISE

4 TIPS FOR SENIORS TO STAY CONNECTED DURING CORONAVIRUS OUTBREAK

G.R.A.C.E. 

1. Learn the new technology

FaceTime, Zoom, Skype, Facebook, Twitter, Snapchat and lots more. All sorts of online options exist to talk with family and friends. And you don't have to be tech-savvy. Doing the basics is easy, and for most people, fun. If setting up an account is daunting, ask a neighbor, niece or nephew for help and a quick tutorial.

2. Stay active in the community from home

It may sound counterintuitive. How can you remain a part of the community if the goal is to separate from the community? But maybe there's a remote option. Many organizations — political parties, faith-based groups, nonprofits — rely on volunteers to make phone calls. You can do that clearly community-based activity right at home.

3. Go on a news diet

Stay informed, know what's going on but don't get locked into endlessly watching "breaking news" on the 24-hour news channels. Typically, not much changes hour to hour. But enduring the repetitious pummeling from TV all day long can bring needless anxiety. My patients have found the following advice helpful: Watch a news update in the morning, then check in again at night. Don't stay with it all evening — 30 minutes or an hour is plenty.

4. Reach out to family and friends

Stay in touch with the people close to you, especially those who are social distancing too. **The Centers for Disease Control and Prevention is recommending** that communities create "buddy systems" to make sure vulnerable and hard-to-reach people stay connected, particularly to news about COVID-19. This can be done through your church, social group or daily neighborhood email blasts. And for those of you who are not elderly — why not make it a point to check in on your older friends and relatives? Such thoughtfulness is always greatly appreciated.

Social distancing does not mean social isolation, and even a potentially deadly virus should not force us to be alone. Now, more than ever, people need to find smart ways to stay connected.

PBS News Hour-Laurie Archbald-Pannone, The Conversation, an associate professor of geriatric medicine at the University of Virginia.



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:



31 Ways to make your home safer

Generally your home is a safe place, but there are risks. After this two-part series, you will be more aware and knowledgeable about seen and unseen dangers inside and outside your home.

Check out the following US stats:

- Thousands of people die yearly from accidental home injuries.¹
- One home is burglarized about every 23 seconds.²
- From 2013 to 2017, about 2,600 civilians died annually in home fires.³

Other preventable home deaths include falls, accidental poisoning, and indoor pollution.

The good news is that by incorporating just a few tips, your home can be even safer than it is now. By combining several different products and approaches, you can begin to create a home security plan.

Here are 31 tips to make your home a safer place:

Home security tips

1. Get an alarm system

It's hard to determine exactly how many potential intruders are put off by [home alarm systems](#). You'll see conflicting answers as you peruse the web. Some burglars won't mess with security systems. Some are comfortable disabling certain brands.

But regardless of how they feel about alarm systems, most would-be burglars don't want to be caught. So get a security system, preferably one that still alerts even when disabled. Chances are a burglar will skip over your place to go for an easier target.

2. Permit/license your alarm

Own an alarm? Check if your city requires a permit or license.

Operating an alarm system without a valid permit can be a misdemeanor.

Licensing your alarm makes it easier for the police department to respond to you. It also helps you avoid potential fines should they respond to your unregistered alarm. In some cities, operating an alarm system without a valid permit is a misdemeanor. That means you could face a hefty fine and even potential time in the county jail.

3. Add window sensors

Window sensors are also known as open/closed or entry sensors. When added to a window or a door, they'll let you know if it opens or shuts. Protecting potential entrances is a great step toward securing your home.

Sensors can be part of both a home security system and a home automation system. You can create cause and effect actions that span both. For example, you could set the sensor to turn on your bedroom light if your door opens after midnight. Or you can have it send you a text if the door opens while you're away.

4. Add glass break sensors

A glass break sensor listens for the sound of glass breaking. These little beauties are especially handy in a room with more than one window. Most door/window sensors sell for around \$40 each, and you have to get one for each window you want monitored. In contrast, a single glass break sensor can monitor an entire roomful of windows for \$80ish.

5. Add a security sign

If you aren't in the market for a full-blown security system, a security sign is the next best thing. Burglars look for easy targets, and the threat of a security system may be enough to deter them. Be sure to use a legitimate sign; professionals won't be fooled by a phony.

Fake security sign risks

Using fake security signs can be effective, but there's no guarantee that they'll stop a burglar in their tracks. Don't say we didn't warn ya.

6. Add security stickers

A surprising number of burglars enter through a door, but a window's also a possible entry point.⁴ Add security alarm stickers to all first-floor windows as a warning.

Like security signs, stickers can put off thieves, but there are no guarantees—especially if you don't really have a security system



7. Add a security camera

[Security cameras](#) work both with a home security system and on their own. A camera's presence may deter burglars, and if that doesn't work, it'll help catch them. Cameras are especially effective in catching porch pirates in the act.

8. Turn old cell phones into security cameras

There are lots of free apps that can turn your old phones and tablets into security cameras. We recommend Camio for this.

Most phones and tablets aren't waterproof, so you can't use your new cameras outdoors. But you can put them around the house. (These are especially effective if you live with someone you don't trust, like an adult child who might be stealing from you. Most people won't think twice about an outdated phone sitting on a bookshelf.)

9. Create a burglar decoy

No, not a decoy of a burglar, a decoy for a burglar. Some burglars "smash and grab," especially if an alarm goes off. Fill a box with some cash, costume jewelry, and a few papers to shove in your sock drawer. A harried burglar will check the sock drawer in the master bedroom, grab the box, and go.

10. Answer the door the right way

Tell your kids not to answer the door without your express permission. Even someone they know can pose a danger to them. And when you see an unexpected stranger at your door, don't let them inside. It's better to be safe than polite.

11. Add a door brace

Bolt a door brace behind your entryway door. When in the locked position, the bolt helps a door sustain several hundred pounds of blunt force. If someone thinks they'll kick down your braced door, they've got another think coming.

12. Lock your doors and windows

Entering a home can be super easy for an intruder. Way too many people leave the door unlocked! So even if you live in a small, sleepy neighborhood . . . just [lock](#) your doors and windows. It's better to play it safe.

31 Ways to make your home safer (continued)

13. Don't put a picture of your key on Facebook

In the glorious days of 2020, you can copy a house key with only a photo.⁵ It's super convenient if you want to make a copy without surrendering the original, but it's also potentially dangerous. Don't share photos of your keys with anyone who isn't welcome to enter your home at all hours.

If you're thinking, "Why would I ever share a photo of my keys with someone?" just think of people doing it for the 'gram. An influencer might snap a shot of a complimentary keychain (keys included) from their new sponsorship partner and post it on every social media channel they've got. They may never realize that showing their house key poses a danger to them and their belongings.



14. Secure sliding doors

Sliding glass doors are, well, made of glass, so a lock might not cut it. Secure a sliding glass door from sliding open with a metal or wood rod to reinforce the door.

Pro tip: add a [jimmy plate](#) (latch guard). The plate will prevent a burglar from lifting the door off its tracks.

15. Reinforce door jambs

Non-glass doors can be weak too. In general, the weakest points on a door are the lock, jamb, and the hinges. We suggest reinforcing all three points on all external entryways. You can get the [supplies from Amazon](#) and do the job yourself—no carpentry skills necessary.

16. Add a peephole

peephole's a \$25 piece of home security gold. It'll provide a wide-angle view of your visitors so that you can decide to let them in . . . or not.

17. Don't rely on chain locks

Please don't rely on chain locks for security. With enough force, intruders can break them relatively easily. We're not saying that you can't have a chain lock at all, but if you do, you should have a peephole, a deadbolt, or a door brace to go with it.

18. Install a deadbolt

A single-cylinder deadbolt lock with a 1-inch throw never hurts. But word on the street is that a deadbolt can be a fire hazard, so we suggest locking it only when you're asleep or need extra protection. For example, if you have a known stalker, it's better to keep the deadbolt on.

19. Install a safety door

Screen doors, like glass doors, are what they sound like. They can be cut or punctured for easy entry. Every screen door needs a safety door to go with it. That puts an extra layer between an intruder and the screen.

20. Use window film

Front doors with side pane glass look nice but add a home security complication: privacy. At night, you can see right through these windows into your yard. While it's good that you can see other people, it's bad that they can see you. For just a few dollars, add decorative window film to solve the problem. Lights on, dark outside? Keep your blinds shut. You'd be surprised by how many burglars (and, let's face it, creeps) take advantage of that time of night when they can see straight into your home.

21. Shut your blinds at night

Lights on, dark outside? Keep your blinds shut. You'd be surprised by how many burglars (and, let's face it, creeps) take advantage of that time of night when they can see straight into your home.



22. Make porch lights automatic

A peephole isn't very helpful in the dark. We suggest adding [automated porch lights](#). That could cover everything from motion-based lights to a setup that allows you to turn your lights on at sunset and off at sunrise.

23. Light up the dark

Porch lights are just the beginning. Lighting up your backyard with motion lights makes it harder for intruders to sneak around. Especially ensure that all potential entrance areas into your home are well lit.

24. Trick intruders with light automation

Light automation is a great way to make your home look lived in. Companies like BeON base their entire home security model around light automation that mimics your at-home behavior. Other home automation companies allow you to create custom schedules or even actions like "turn on lights if motion is detected" or "turn off lights when I'm not at home."

25. Trick intruders with noise

Burglars generally look for empty houses. If a burglar hears a sound in your home, there's a good chance they'll hightail it. There are [inexpensive products on Amazon](#) that mimic the lights of a television. You could even play clips of people talking with a smart speaker like [Sonos](#) or [Echo](#).

26. Invest in a smart doorbell

[Smart doorbells](#) act as your eyes and ears. When someone rings your doorbell, you can use the equipment to visually confirm who's at the door. Some products also feature two-way communication, which is especially handy when you're not at home but want to appear that you are.

27. Shut the garage door

A [garage door](#) is also a common point of entry for a burglar. To improve your home's security, keep the door shut while mowing the lawn, playing outside, or even running in to grab a forgotten item. An open door is an open invitation. If you don't want to extend it, keep the door closed.



28. Lock the linking door

If you have an attached garage, lock the door between your house and the garage. So many people leave this door unlocked even though it's an entry to the home like any other.

It may sound tedious, but it doesn't take that much time to lock and unlock the door. You could even add an [automated lock](#) that will open as you approach.

29. Don't leave garage door openers in the car

Don't leave your car in the driveway with the garage door opener inside. Cars are easy to break into. You put your home security at risk by leaving a key to your home in the vehicle.

30. Change your locks

Any time you move into a new place, it's never a bad idea to change the locks. This applies to renters, who should demand a new lock from their landlord, but also to homeowners.

A keyless lock is another option. Smart locks are extremely useful for giving out temporary keys to workers and keeping track of who comes and who goes.

31. Double-check when workers leave

If you let a cleaning or construction crew into your home, check all doors and windows to make sure they're locked after they leave. Many previous burglars first visited a home as a guest. It's easy enough for a worker to leave a door or window unlocked for easy entry into your house later on.





FINANCIAL FREEDOM



The Parable of the Talents Latter-day Finance

by Deacon Cynthia Seabrook

You've likely heard of the Parable of the Talents that Christ taught in the New Testament. While the meaning is mostly spiritual, there is also a lesson we can learn specifically regarding how we manage our money.

To summarize, the parable of the talents is about a rich ruler who leaves for an extended period and bestows some cash to his servants. He gave each servant a different amount, according to their ability.

When the ruler returns, he finds that one servant doubled his amount. The next servant doubled his amount as well. The third servant hid the amount given to him and never used it.

There are a variety of interpretations regarding this parable. Some have also interpreted this story as a smart money management system.

There are 4 (four) financial lessons you can learn from the Parable of the Talents.

It's not your money! Everything we've been given on this Earth comes from GOD. When money is not put to good use, it shows a lack of understanding of the gift we are given.

GOD expects us to grow. Technically one servant did not lose any money but did not gain any. He did not try to improve his circumstances due to fear of losing the money.

Don't let fear hold you back. The servant was afraid to take a risk. He did not have a plan. Make a plan and try to adhere to it.

Stop comparing yourself. Some people appear to be blessed more than others but only because they know how to utilize their money. We all come from different walks of life.

Let us be wise with the blessings that have been bestowed upon us. Continue to pray, fast and meditate over all things and you will be a good and faithful servant.

**There is a phrase that always stays in my mind,
"You can't beat GOD's Giving"
-Rev. Ron Blackwell... You really can't!**

Deacon Cynthia Seabrook
Matthew 25: 14-30
Taken from Rho Lall
Personal Finance Stewardship

Luvvie Ajayi is an award-winning author, speaker and digital strategist who thrives at the intersection of comedy, technology and activism. Her debut book, [I'M JUDGING YOU: The Do-Better Manual](#), was released to critical acclaim and became an instant New York Times best-seller. It's a collection of essays that critiques our fame-obsessed, social media-centric lives, while encouraging us to do better. The book is the good, yet snarky, angel on your shoulder, in word form. Luvvie's ability to create content that make people laugh heartily while thinking critically has been honed after 15 years of blogging. [AwesomelyLuvvie.com](#) is the site where she covers all things pop culture, from TV and movies to race, politics and life's random adventures.



Luvvie recently launched [Rants and Randomness](#), a podcast where she covers her most pressing rants, raves and faves from this crazy thing called life. Set in the same honest and funny perspective Luvvie is known for, the podcast also features interviews with some amazing guests. The podcast was chosen as “New & Noteworthy” by Apple Podcasts and is featured under their “Bold Women” banner. *Luvvie’s work as a culture critic and activist has brought her much acclaim. She was selected as a part of Oprah Winfrey’s inaugural SuperSoul 100 list, as someone who “elevates humanity.”*

She was voted as the Influencer of the Year at the Iris Awards and was chosen as a Black Innovator by XFINITY Comcast. She is a past winner of the Women’s Media Center’s Social Media Award for using her voice and humor to amplify issues surrounding gender, racial and social justice.

She’s been on the cover of *ESSENCE Magazine* and has been featured by *The New York Times*, *Good Housekeeping*, *Forbes*, *Fortune*, *Inc.*, *NPR*, *Marie Claire*, *Chicago Sun-Times*, *Black Enterprise*, *The Root* and more. As a writer and columnist, Luvvie has contributed to *Vulture*, *EBONY* and *Uptown Magazine*. *The University of Illinois alum is a sought-after speaker, host and correspondent who leverages her background in marketing, communications and new media.*

She has interviewed bosses like Oprah Winfrey, Geena Davis, Gloria Steinem and Shonda Rhimes. She has spoken on numerous notable stages in the U.S. and abroad, including The Obama White House, MAKERS Conference, Pennsylvania Conference for Women, SXSW, Social Media Week (Nigeria, South Africa), Her TEDWomen opening talk, “Getting Comfortable with Being Uncomfortable” got 1 million views in less than a month. One of her gifts is her ability to communicate grand ideas in small bytes.

With her background and love for marketing, communications and new media, Luvvie created [Awesomely Techie](#). It’s a resource site for entrepreneurs, small business owners and everyday people who want to use technology to make their work and personal lives more efficient.

The drive to leave the world better than she found it is the foundation of her work with [The Red Pump Project](#), a nonprofit she co-founded with Karyn Brianne Lee. From March 2009 to 2018, Red Pump empowered and educated women and girls of color about HIV/AIDS. As Executive Director, Luvvie lead the national organization’s work in driving conversation to decrease stigma associated with the HIV epidemic. Red Pump’s work earned them a Congressional Record from the U.S. House of Representatives and Resolutions by the Illinois State Senate as well as the City Council of Chicago. A proud Chicago girl, Luvvie enjoys laying around in her plush robe, eating a warm bowl of jollof rice in her free time.

BIRTHDAYS

April

April 1st

Cruz-Junes, Zenaida
Hovanec, Tyisha
Riddick, Lillian

April 2nd

Gary-Jackson, Arnethia
Gaylord, Jacqueline
Glover, Iris
Green, Clinton
Junes, Jerry
Smith, James A.
Stackhouse, Michael
Whren, Chenee
Williams, Tanisha
Woods, Marie

April 3rd

Adams, Virginia
Felder, Alice
Johnson, Raquon
Jones, Maisha
Santiago, Matilda
Smith, Lola
Tyson, Dyllan

April 4th

Francis, Miriam
Jones-Mendenhall, Lisa
King, Dwain
Salmon, Verona
Simmons, Linda
Starling, Janeen
Turkvan, Alessandria
Underwood, Raymond
Wooten, Rhonda

April 5th

Black, Lawanda
Boyd, Thomas
Dixon, Shaun
Edwards, Gina
Graham, Lakisha
Hardison, Freeman
Mosley, Isaac
Nolen, Lisa
Oliver, Wilton
Thomas, Carole

April 6th

Alers, Dawn
Griffin, Annie
Guiles, Evon
Mercer, Lyndon
Offet, Reginald
Taylor, Jack
Turner, Dale

April 7th

Jackson, Robert
Lanham, Robin
Morrow, Kawana
Taylor, Justin

April 8th

Fields, Madiline
Harrell, Gilda
Robinson, Danalyn
Sharpe, Audrey
Thomas, Osborne

April 9th

Domond, Erica
Eady, Marlene
Leach, Renee
Lesperance, Soledad
Riddick, Vonte

April 10th

Hines, Ginia
Maxwell, Chandra
McKenzie, Roger
Rochester, Ann Marie
Sargent-Dunbar, Dontre'
Simpson, Malek
Upchurch, Keryna

April 11th

Failey, Esau
Lazaro, Marguerite
Lynch, Louise
McDowell, Michael
Piper, Shalepia
Sims, Vaughn

April 12th

Brown, Charles
Davis, Jovan
Elliott, Tyronda
Hill, Janasia
Pratt, Edward
Sloan, Pamela
Tucker, Da'ron

April 13th

Gibbs, Minerva
Hill, Andrea
Lopez, Carole
Stewart, Nancy
Walden, Terry

April 14th

Cauthen, Lucille
Davis, Vernica
Freeman, James
Gordon, Shantall
Haggans, Leroy
Kendrick, Opel
Lazarus, Diane
Smith, Donald

April 15th

Digman, Bonnie
Graham, Sedaka
Jones, Loretta
Simmons, Jerry

April 16th

Johnson, Jenetta

April 17th

Blank, Beverly
Bryan, Volney
Cameron, Paul
Johnson, Madonna
Osuna Lofton, Sonia
Timmons, Karyn
Trofort, Naomie
Wilson, Liisha

April 18th

Alcino, Rishon
Barr, Audra
Cathey, Reginald
Cooper, Corbin
Dicks, Alana
Fleming, Glenn
Gee, James
Gist Sr., Rodney
Huesch, Donna
Lowe, Margie
Santos, Demetria
Stewart, Harry

April 19th

Cole, Herman
Farrar, Kenneth
Fogle, Henry
Hanna, Alice
Harper, Deshawn
Salmon, Nicole
Walker, Chelsea
Wiggins, Evelyn

April 20th

Dotson, Felicia
Gibbs, Cecil
Hudson, Laura
Jackson, Melanie
Leger, Rony
Pettway, Cloretta
Williams, Rhoda

April 21st

Adetona, Cornelius
Bradley, Trina
Mason, Latresha
Thompson-Bennett, Donna

April 22nd

Edwards, Janay
Green, Jodi
McCoy, Nichelle
Wesley, Daniels
Wilson, Louella
Yancey, Annette

April 23rd

Caple, Lori
Gause, James
Gipson, Ramon
Johnson, James
Morey, David

April 24th

Edwards, Derrick
Jordan, Ashirah
Lewis, Wanda
Norris, Lester Ann
Thomas, Loretta

April 25th

Adams, Evan
Azeez, Jay
Bradley, Barbara
Day-Johnson, Edna
Jean-Baptiste, Eddyne

April 26th

Barton, Matthew
Boyd, Rhonda
Coles, Keya
Logan, Christine
Tomlin, Lula
Weidele, Renee
Winding, Roosevelt

April 27th

Antoine, Susan
Hall-Gibbons, Tre
McAllister, Jakea
Squire, Victor
Thomas-Washington, Shahidah
Tyson, Cindy
Wood, Marie

April 28th

Alexandre, Huguette
Baldwin, Eugene
Figueroa, Jose
Heath, TaShawn
James, Mecca
Swilling, Steven

April 29th

Craig, Traci
Jennings, Kathy
Maignan, Cynthia

April 30th

Ayers-Paulin, Stacey
Freeman, William
Honorat-Joseph, Marjorie
Hough, Louise
Irby-Langley, Tonya
Wright, Willie Mae
Young, Gary



APRIL 2020 - VISION 2020 - THE YEAR FOR REFOCUS

Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 4/1/2020 through 4/30/2020. 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 9:58am. Please mute your phone so that prayer will not be disturbed. Habakuk 2:2-3 NEV. Reference number for April 1, 2020 is 2980#

SUN	MON	TUE	WED	THU	FRI	SAT							
5	Jeremiah 3:15 Sis. Thompson-Bennett	6	Acts 14:23 Rev. Sherwood	7	2 Timothy 4:2 Deacon Gardner	8	Genesis 14:19-20 Sis. Smith	9	Proverbs 3:9-10 Sis. Simmons	10	Proverbs 11:24-25 Rev. Williamson	11	Matthew 6:1-4 Deacon Paul
12	Luke 18:9-14 Sis. Hasan	13	1 Cor. 16:2 Bro. Cummings	14	Hebrews 7:1-2 Deacon Smith	15	Matthews 22:37-39 Rev. Tucker	16	1 Thess. 5:11 M.I.T. Langley	17	2 Cor. 1:3-4 Sis. Alston	18	1 Thess. 3:12 Sis. Crosby
19	Ephesians 6:10-18 Rev. Boissiere	20	Romans 12:7-8 Deacon P. Jackson	21	Romans 12:9-10 Bro. Easley	22	Romans 12:1 Deacon Vermont	23	Psalms 139:13-14 Bro. White	24	Isaiah 43:4 Sis. Ellis	25	Exodus 18:18-19 Rev. Walton
26	Jeremiah 29:11 Deacon Hurst	27	Philippians 4:8 Bro. Newton	28	Luke 5:16 M.I.T. Langley	29	Isaiah 54:17 Deacon J. Seawright	30	1 Samuel 2:9 Deacon Adetona	DEVELOP A PLAN OF SAFETY			
SUPPORTING OUR PASTOR AND LEADERSHIP TEAM													
SUPPORTING THE MINISTRY WITH OUR TITHES AND OFFERINGS													
PRAY AND CHECK ON EACH OTHER VIA TEXT OR PHONE													
PRACTICE DEVOTIONAL AND SELF-CARE													

COVID-19 PREVENTION

**ACTIVITIES
TEMPORARILY
CANCELLED
UNTIL FURTHER NOTICE**

**SUNDAY WORSHIP 9:30 AM
VIA FACEBOOK LIVE & LIVE STREAM**

**BIBLE STUDY WEDNESDAYS 12 NOON
VIA FACEBOOK LIVE & LIVE STREAM**

**LIKE US ON FACEBOOK
FOR ALL UPDATES &
LIVE VIDEOS**



MOUNT AERY BAPTIST CHURCH

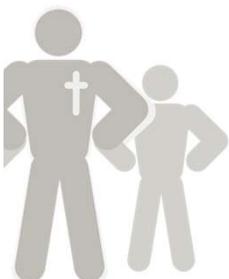


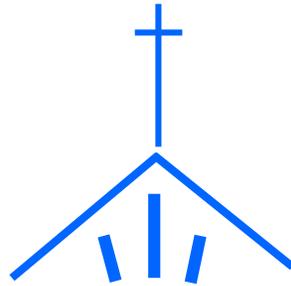
To ensure the church remains financially sound, please continue in your giving via PUSHPAY or

Mail checks to:
73 Frank Street
Bridgeport, CT 06604



WWW.MTAERYBAPTIST.ORG





**For those who are unable to watch LIVE,
You can call into the prayer line at 9:30 a.m.
on Sundays to hear Pastor Bennett preach**

**And at 12:00 noon on Wednesdays
tune into Bible Study at**

**319-527-3510
Access Code:111933#**

Please remember to mute your phone once you join the line by pressing the mute button, or if you don't have a mute button, please press the symbol * and the number 6. Muting your phone cancels out any background noises.

Thank you and God Bless!