

# MFTM

2·0·2·1

*Never would have made it*



**Psalm 94:17-23**

**17** If God hadn't been there for me, I never would have made it.

**18** The minute I said, "I'm slipping, I'm falling," your love, God,  
took hold and held me fast.

## credits

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[https://en.wikipedia.org/wiki/Tracee\\_Ellis\\_Ross](https://en.wikipedia.org/wiki/Tracee_Ellis_Ross)

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## Mount Aery Baptist Church

73 Frank Street

Bridgeport, CT 06604

Church Office: 203.334.2757

[www.mtaerybaptist.org](http://www.mtaerybaptist.org)



## Pastor's Pen

Namaste my Brothers and Sisters in Christ,

Happy New Year! Well, we made it through and that deserves a praise to God in and of itself. Yet, our praise is tempered by the many lives, many known and some unknown, that are not here physically with us in this yew year. I believe we can honor their memory by continuing to live our lives to the fullest and in the words of the Apostle Paul, to walk by faith and not just by sight.

As we move into the new year, we will continue to make plans and preparations for various events and activities. Yet, our plans will inevitably yield to the divine plan that unfolds this year. It is my prayer that in our partnership, with God's creative nature, that we do our best and literally trust God with the rest.

This time last year, we presented our plan for 2020 which was *Vision 20/20: The Year for Refocus*. Well, I believe 2020 indeed was a year of refocusing on what must receive our ultimate focus and attention; our faith, our family, our friends and flowing as the flow of the Spirit moves. And yet, no matter how challenging 2020 was, we can celebrate that God's grace covered us enough that we might begin the year 2021 in a spirit of determination, to cherish every moment that is ours.

We will be in touch during this month with our best attempts to plan this year's activities and gatherings. Stay tuned.

God bless,

A handwritten signature in black ink that reads "Pastor Anthony Bennett". The signature is written in a cursive, flowing style.

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

**COVID-19 PREVENTION**

**ACTIVITIES  
TEMPORARILY  
CANCELLED  
UNTIL FURTHER NOTICE**

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

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

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



**MOUNT AERY BAPTIST CHURCH**

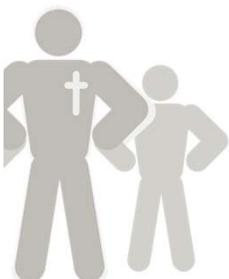


To ensure the church remains financially sound, please continue in your giving via PUSHPAY or

Mail checks to:  
73 Frank Street  
Bridgeport, CT 06604



**WWW.MTAERYBAPTIST.ORG**



## IMPORTANT DATES ✓

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



Here's an exciting way to join in worship with us.  
Simply visiting our website at [mtaerybaptist.org](http://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 Gardner & Smalls**

**Submissions of announcements  
and due dates:**

**Message From The Mount**

Send information to  
[mftm@mtaerybaptist.org](mailto:mftm@mtaerybaptist.org)  
by the second Wednesday  
after the first Sunday

**Monitors in the Sanctuary**

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

Please make sure that your  
announcement is in PowerPoint  
format.

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

## Our Vision Statement

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

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

Edify  Equip  Engage

## Please Pray for Our Prayer List

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



## Welcome Song

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

## Hospitalization & Nursing Home List

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

### Mary Ryan

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

### Paula Watkins

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

### Jena Simmons

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

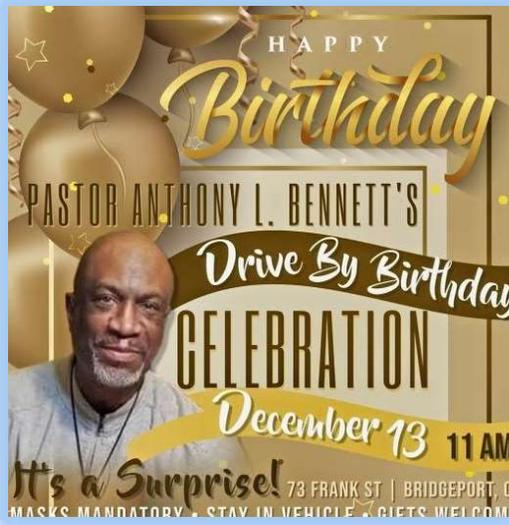
*Please address all correspondences for the above disciples to the church and the administrative office will forward all mail. Thank you for your cooperation.*

## Bereavement

- Sam and Leola Jones and family on the loss of their nephew, Kenneth Buster.
- Deacon Bo and Pam Dewitt-Smith on the loss of his brother, Gerald Dewitt-Smith.
- The Tucker family on the losses of Angela Tawana Tucker and Sylvia Tucker.
- Lonnie Spaulding and family on the loss of his cousin, Kevin Johnson.
- Mildred Dyer and family on the loss of her husband.
- Alice Hanna and family on the loss of her cousin.
- The Dennis family on the loss of Deacon Robert Dennis.
- The family and colleagues, and friends of the former State Senator, Edwin A. Gomes, on his passing.
- Linda Fulton Christy on the loss of her husband.
- Robin Shepard and family on the loss of her mother-in-law, Leora Shepard.
- Pastor Darwell Rich (Pastor D) on the loss of his Grandmother.



# Pastor Bennett's Surprise Birthday Drive-Thru





## ASSISTANCE

Are you directly impacted by the Pandemic?

### Who can apply?

- Residents of the city of Bridgeport, CT who are directly impacted by the COVID-19 pandemic

What do you need to apply?

- Identification
- Proof of need
- Complete a one-page application

What kind of assistance is available?

- Food security
  - Housing support
  - Medicine/prescriptions
  - Medical copays/deductibles/coinsurance
  - Mental health/domestic violence
  - Other basic needs (i.e., household necessities)

**For more information contact GBAPP, Inc.  
Rev. Nancy Kingwood (203) 366-8255**

**Or**

**Deidra Williams, Admin Assistant at Mount  
Aery Baptist Church (203) 334-2757**

*Resources made available by the  
generous support of the CT Health  
Foundation and GBAPP, Inc.*







ASSISTANCE

# FREE ONLINE MENTAL HEALTH RESOURCES DURING THE CORONAVIRUS EPIDEMIC

**FEELING ANXIOUS OR DEPRESSED? YOU ARE NOT ALONE!**

Although in-person support groups are not meeting during the Covid-19 pandemic, you still have options to connect ONLINE through audio or videoconferencing. Check out the FREE options below. Be #coronastrong

- NEED TO CONNECT?**
- Talk to a peer at Soundview Warmline, 800-921-0359, daily from 5pm-10pm
  - Free forums & chats at [www.7cups.com](http://www.7cups.com)
  - Older adult check-in (Greenwich), 203-862-6700
  - Community Mindfulness Project (New Canaan), free meditation daily at 7am, 12n, 7pm: 857-799-9498

- SPECIALIZED SUPPORT GROUPS:**
- SMART Recovery videoconferences: Ages 18+, Tuesdays at 6; Teens, Wednesdays at 4; ; Family & Friends Thursdays at 6:30; Join at: [meetings.ringcentral.com/j/6651939516](https://meetings.ringcentral.com/j/6651939516)
  - Hearing Voices Network: Info: Skye at [scollins@advocacyunlimited.org](mailto:scollins@advocacyunlimited.org)

- SUPPORTS FOR YOUNG ADULTS?**
- CT's Young Adult Warmline:**
- Call 1-855-6-HOPENOW daily from 12pm-9pm. (Other times: call Patricia at 860-549-2435)
- NAMI Young Adult Connection**
- Community check-In, daily from 3:30-4:30pm. Info: Val at [vlpoutre@namict.org](mailto:vlpoutre@namict.org)

- IN A CRISIS?**
- Kids in Crisis: 203-327-KIDS
  - Text the Crisis Text Line at 741741
  - Call the National Suicide LifeLine at 800-273-TALK
  - Call The Trevor Project (LGBTQ support): 866-488-7386
  - Dial 2-1-1, select option 1 for CT's mobile crisis
  - Call 911 and ask for a Crisis Intervention Trained (CIT) officer

Find more resources and behavioral health treatment options at [www.thehubct.org/treatment](http://www.thehubct.org/treatment)





ASSISTANCE

 **SMART RECOVERY DURING COVID 19!**

**FEEL OVERWHELMED OR ANXIOUS?  
USING ALCOHOL & DRUGS TO COPE?**

*SMART Recovery peer groups help you develop self-management and coping skills to make positive changes in your life or help a loved one.*

**FREE online groups (audio or video) with facilitators right here in Southwest CT:**

- Ages 18 & up: Tuesdays, 6pm-7:30pm
- Teens: Wednesdays, 4pm-5:30pm
- Family & Friends: Thursdays, 6:30-8pm



**<https://meetings.ringcentral.com/j/6651939516>**  
*Click meeting link on [thehubct.org/calendar](http://thehubct.org/calendar)*



Questions: Contact Amy at [oestreicher@thehubct.org](mailto:oestreicher@thehubct.org)  
Visit [TurningPointCT.org/smart](http://TurningPointCT.org/smart) or [TheHubCT.org/freepersupport](http://TheHubCT.org/freepersupport)



*Namaste' and Happy New Year!*

*I don't know about you, but if ever I was praying for the entry into a new year, it was this one.*

***Hello 2021!***

*Normally, this being the first month of the year, I would be sharing word of encouragement for a new beginning. This would include, diet, exercise etc. Well, I am still expressing thoughts of change, this time it is with a focus on the COVID Vaccines.*

*I want to make clear, that this article neither condones nor objects to the vaccine, for a full explanation on it benefits or side effects, please consult your physician. The intent of this article is to share details about the vaccine, that you may not have time to research yourself.*

*Over the next few months, there will be an influx of information exploding on social and mainstream media. It can and will cause brain overload and confusion, so take you time to formulate your concerns and questions, and again review that with a medical professional.*

*In the meantime, I wanted to share some initial details about the vaccines that I hope you find useful. At the end of the article there are a few links for additional access to resources. Also please check with your local organizations, colleges, and NAACP offices for information on webinars you may register for on the topic of vaccines.*

\*\*\*\*\*

**All following information is shared from Web-MD**

Dec. 16, 2020 -- With shipments of one COVID-19 vaccine underway, another shipping possibly within the next week, and even more on the way, everyone has questions.

**Q&A With Dr. John Whyte (Dec. 11, 2020)**

**John Whyte, MD, MPH, Chief Medical Officer, WebMD, answers viewers' questions about COVID-19.**

**ABOUT**

Once these vaccine instructions, or mRNA, are injected, your cells use it to make the spike protein; then the instructions are broken down and eliminated. The protein piece is displayed on the cell surface, triggering our immune system to make antibodies against it, just as it would if it were exposed to the real coronavirus that causes COVID-19. In this way, the body learns how to protect itself when and if the real virus shows up.

The mRNA vaccines don't use the live virus that causes COVID-19, nor does the mRNA get into the cell's nucleus, which is where our DNA (genetic material) is stored.

The AstraZeneca vaccine is made from a weakened version of a common cold virus, the adenovirus, taken from chimpanzees. The adenovirus is genetically altered so it can't reproduce itself. The vaccine is combined with genes of the spike protein to trigger production of antibodies against it, which allows the immune system to destroy the COVID-causing virus.



## Vaccine Development and Public Confidence

WebMD's Chief Medical Officer, John Whyte, MD, speaks with Michelle McMurry-Heath, MD, President & CEO, Biotechnology Innovation Organization (BIO), about vaccine development and public confidence.

**ABOUT:** At least two people getting the Pfizer vaccine in the U.K. had severe allergic reactions, promoting the British government to tell those prone to anaphylaxis-like reactions not to take it. As for serious side effects, it's too soon to know about rare side effects, says Bar-Zeev. That is because phase III trials do not supply enough information about rare side effects. That will become evident, if it occurs, as more people are vaccinated. Even so, Bar-Zeev says it's not a reason to avoid the vaccine. As millions of doses are distributed, if there are very rare side effects, they are expected to show up in a very short time frame, Offit says.

### After the FDA's emergency authorization (EUA) is granted, are the vaccines still tracked?

Yes. The FDA expects the manufacturers to continue their clinical trials to find out more about how safe and effective they are, and pursue full FDA approval or licensure. The EUA, which is different from FDA approval, is based on the FDA's evaluation of available evidence, assessing risks and benefits. It issues the EUA if the benefit-risk balance is favorable.

### Do the COVID vaccines not only keep the person from getting sick, but also from spreading the virus if exposed?

That is not yet known. As more data and monitoring are done, experts will be able to find out if a vaccinated person, if exposed to the virus, can still spread it even if they don't get the disease themselves, says Bar-Zeev of Johns Hopkins.

### Are the vaccines free?

Yes, for patients, but the health care providers will bill insurance companies, Medicaid and Medicare, or tap federal funds for the uninsured. In one estimate, the cost per dose was \$37 for Moderna's vaccine, \$20 for Pfizer's, and \$4 for AstraZeneca's.

### Will it be possible to choose which vaccine you prefer?

In general, it does not matter, since once a vaccine gets the FDA's emergency use authorization (EUA), they all work. And even as more vaccines become authorized and available, you may have only one choice.

### If a vaccine needs two doses, can you switch to another vaccine for the second one?

No. Experts advise staying with the same vaccine for both. That's true even for the Moderna and Pfizer vaccines, which use the same general approach yet are different.

### How much of the population is likely to get vaccinated?

It's not possible to say, although surveys have cited a problem with "vaccine hesitancy," even among health care workers. But that may change. "I think this will be a desired vaccine," Offit says.

### How much of the population needs to be vaccinated for so-called herd immunity?

"Herd protection is not a goal of the initial rounds of vaccine deployment," Bar-Zeev says.

"Only once population-wide vaccination is a reality would herd protection be even considered."

#### Other Resources

Centers for Disease Control and Prevention: Facts about COVID-19 Vaccines

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits/facts.html>

American Academy of Pediatrics

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/covid-19-vaccine-frequently-asked-questions/>

Children's Hospital of Philadelphia: Vaccine Education Center

[www.chop.edu/centers-programs/vaccine-education-center](http://www.chop.edu/centers-programs/vaccine-education-center)

World Health Organization: Coronavirus disease advice for the public: Mythbusters

[www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters)

### **After I get vaccinated, do I still have to wear a mask?**

Yes. Even after vaccination increases, say Bar-Zeev and other experts, preventive behaviors will still be needed. "The ability to reduce transmission will require not just high vaccine uptake, but ongoing social distancing and masks," he says. And herd protection may require high rates of vaccination in groups that are themselves at low risk, he says, "so [that] raises ethical questions."

### **How many doses do you need?**

Two doses are needed for each of the three "frontrunner" vaccines from Moderna, AstraZeneca, and Pfizer.

### **What is the interval between doses?**

For the Moderna and AstraZeneca vaccines, the two doses are given 4 weeks apart. For Pfizer's vaccine, the two doses are given 3 weeks apart. The U.S. government and the manufacturers have partnered to make sure there are enough doses available for everyone to get two.

### **What happens if you don't take the second dose?**

Protection is assumed to be less. In data that Moderna submitted to the FDA before its Dec. 17 review for its request for emergency use authorization, for instance, its analysis suggested that the first dose provides protection from getting COVID-19, but the data did not allow for a "firm conclusion," the FDA says. Both the Pfizer and Moderna vaccines are believed to be around 50% effective after just one dose.

### **After the required doses, how long until it takes effect and provides protection?**

That happens "about a week after the second dose," says Naor Bar-Zeev, PhD, an associate professor of international health and vaccinology and deputy director of the International Vaccine Access Center at Johns Hopkins Bloomberg School of Public Health. Once the second dose kicks in, both the Pfizer and Moderna vaccines have shown in studies to be about 95% effective.

### **How well do the vaccines work?**

Overall, the Pfizer and Moderna vaccines are about 95% effective. AstraZeneca's is about 70% overall, but that protection was found to be higher in some groups.

### **How long does the protection last?**

Because the vaccines are new, this is not yet known for sure. Based on other viruses that are similar to the coronavirus that causes COVID-19, the COVID-19 vaccines that are shown to be highly effective might protect people for a few years, says Paul Offit, MD, director of the Vaccine Education Center and a professor of pediatrics at Children's Hospital of Philadelphia. That's an educated guess based on his expertise and known facts about the virus that causes COVID-19.

### **What about side effects?**

People should expect to have some side effects, similar to what some people report after getting a flu vaccine, according to experts meeting recently with the CDC. These experts said to expect temporary side effects such as soreness in your arm where you got the shot, fatigue, body aches, and perhaps a fever.

*This article was last updated Dec. 18, 2020.*

Dec. 13, 2020 -- Two vaccines could be approved for use in the United States by the end of next week, a third is coming soon. Here's a closer look at all three and what it might mean for you.

Vaccine developer:	Pfizer	Moderna	AstraZeneca
How it works	Messenger RNA	Messenger RNA	Inactivated cold virus
When approved/expected approval	Dec. 11	FDA advisory committee approved Dec. 17; full FDA approval expected 24 to 48 hours after.	Has not submitted application for emergency use authorization in U.S.
What percentage of people did it protect from getting infected in clinical studies?	95%	94.1%	70%
How many shots do you need?	Two doses, 3 weeks apart	Two doses, 4 weeks apart	Two doses, a month apart
What are the side effects?	Fatigue, headache, chills, muscle pain, especially after the second dose	Fever, muscle aches, headaches lasting a few days. Effects worse after second dose.	Not yet known
How many doses will be available, and when?	50 million, starting Dec. 18; 1.3 billion in 2021	20 million, starting Dec. 21; 80 million for U.S. in 2021	3 billion planned for 2021
Who is it recommended for?	People 16 years and older	Not yet available.	Not yet available.
What about pregnant women and nursing moms?	Pregnant women or nursing moms who want the COVID-19 vaccine should get one, experts say, although there is not much data yet for pregnant women. Read guidelines <a href="#">here</a> .	Not yet available.	Not yet available.
Is there anyone who shouldn't get the vaccine?	People with a history of serious allergic reactions. There is not enough data to make a recommendation for people with a compromised immune system.	Not yet available.	Not yet available.

## Ground Turkey Meatloaf

### Ingredients

1. 1Lb of ground turkey
2. 1/2 cup of oatmeal
3. 1 small white onion (diced and sautéed in 1 tablespoon of olive or canola oil )
4. 1 package onion soup mix
5. 2 eggs
6. 1 tablespoon Worcestershire sauce
7. 1/2 teaspoon black pepper
8. Pinch of salt
9. Cooking spray



### Directions

Preheat oven to 375 degrees. Spray a 9x5 loaf baking pan with cooking spray and set aside. In a large bowl place ingredients 1-8 listed above and mix together with until the ingredients are well combined. Place the meatloaf mixture in the loaf pan and shape into a loaf. Bake at 375 degrees for 40 minutes or until the internal temperature reaches 165 degrees. Remove from oven and let rest for approximately ten minutes before serving.

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*\*Correction from December 2020 Buckeye Peanut Butter Ball Recipe:  
Instead of ½ cups of peanut butter, please use 1 ½ cups of peanut butter.*

# WILL A COVID-19 Vaccine Be Mandatory for Students?



E+/Getty

As the coronavirus pandemic continues to upend schooling across the country, many educators, policymakers, parents, and students have staked their hopes of returning to normal on the development of a vaccine.

There are three coronavirus vaccines that show promising results from late stage trials, and two—from drug makers Pfizer and Moderna—that have applied for emergency authorization from the federal government.

But once a vaccine becomes widely available, will lawmakers leave it up to families to choose to get inoculated or will they require schoolchildren to get a COVID-19 vaccine to attend school? Public polling shows that large swaths of the public are hesitant about getting a newly developed vaccine.

Fifty-eight percent of American adults said in a [Gallup poll](#) released in November that they would get a COVID-19 vaccine. The most common reason cited for not wanting to get a vaccine was the speed at which it has been developed. Forty-four percent of educators indicated in a recent EdWeek Research Center poll that they were very likely to get a COVID-19 vaccine once it's available. Another 27 percent said they were somewhat likely. But while states have the ultimate authority to mandate vaccines, the question, some experts say, is whether they should.

“When a vaccine is brand new, our first order of business is educating people,” said Kelly Moore, the associate director for immunization education at the Immunization Action Coalition, a national group that promotes vaccines and vaccine education. “We’re not talking about requirements even in a situation like this where there is an urgent need.”

## Can states mandate a COVID-19 vaccine for children in schools?

A COVID-19 vaccine for children is still a long way off. While Pfizer, one of three drug makers that has a vaccine on the runway, has started testing its vaccine in children 12 and older, it could be well into the 2020-21 school year before children can start getting vaccinated against the coronavirus.

But when a vaccine is available, states have the power to mandate it, per a 1905 Supreme Court ruling, *Jacobson v. Commonwealth of Massachusetts*. All 50 states require vaccines—typically for diseases such as polio, measles, and tetanus—for children to attend school. However, most states allow families to opt out of getting their children vaccinated for either religious or personal reasons.

- State leaders are only beginning to broach the issue of whether a COVID-19 will be required for schoolchildren and other populations.
- Tennessee [Governor Bill Lee](#) said in a recent press conference that the COVID-19 vaccine will be optional for kids attending schools.
- Pennsylvania’s health secretary has said the state will not require students to get the vaccine, according to local media.
- In August, New Mexico Governor Michelle Lujan Grisham said schoolchildren could be among the groups the state is considering requiring a vaccine for.

# WILL A COVID-19 Vaccine Be Mandatory for Students?

## What are the challenges to requiring a vaccine for school?

While it's common to require children to be vaccinated before attending public school, and important for ensuring a safe learning environment, the calculus for mandating a brand new vaccine is different, said Moore of the Immunization Action Coalition.

There are still important questions to be answered about the vaccine, such as how long it will protect people, how effective it will be in children, and whether there might be rare or longer-term side effects that haven't cropped up in clinical trials, which began over the summer.

"We always monitor the safety of the vaccines after we start using them," she said. "We will learn a lot early on with these vaccines, and eventually when there is ample vaccine for the public, and we have studied the vaccines in children, if we find that the vaccines are especially helpful in children, then we will look at whether a requirement will be appropriate for children."

Some public health experts also worry that immediately mandating that children receive a new vaccine may backfire.

The HPV vaccine, which prevents cancer-causing infections, serves as an example.

"When it was just approved by the FDA, there were efforts to require it for girls as soon as it was licensed," said Moore. "However, regrettably, they jumped over the part where you really educate parents about what this vaccine does ... you ran into a situation where parents were being told to give their children something they weren't familiar with."

Moore said that resistance to the HPV vaccine lingers even today, despite the vaccine's strong track record on effectiveness and safety.

Even among parents who generally trust the science behind vaccines, there can be hesitancy when it comes to inoculating their children with something new, said Allison Winnike, the president and CEO of the Immunization Partnership, a vaccine advocacy and education nonprofit based in Texas.

**"That's a trend—when new vaccines come out, a lot of people say, 'I'm going to give it a little bit of time to see what happens,'" she said. "There will be people who say, 'I don't want to be first in line with my kids, I'm going to wait a year or two.' This is going to be a process to get out of the pandemic."**

But even if states don't require a COVID-19 vaccine for schoolchildren right off the bat, said Moore and Winnike, that doesn't mean states won't at a later time.

What does this all mean for schools?

In the short term, it means that schools will likely have to continue with mitigation efforts such as social distancing and mask wearing. How soon things can start returning to normal, Moore said, will depend largely on how many adults get vaccinated against the coronavirus.

Teachers may get priority over some groups in receiving a coronavirus vaccine, which would likely help control the spread in schools.

Schools will have a vital role in educating and connecting families to public health information from state and federal governments about the COVID-19 vaccine—why it's safe and important to get, as well as free or low-cost ways to obtain it, said Winnike.

"That's the place where all the parents are having daily or weekly touchpoints" already, she said, so it makes sense for schools to help get the messaging out from public health officials.

Schools will also be crucial to making sure children get caught up on any regular vaccinations they may have missed during the pandemic. Public health officials are worried that with a drop in vaccination rates overall, there could be a resurgence of diseases such as measles.

"Measles is still out there and once we start traveling again it can get into U.S. schools very easily," said Moore. "Schools can play an important role in enforcing those school entry requirements rather than giving [parents] a pass or waiving those requirements even temporarily."

# HELLO NEW YEAR! HELLO NEW ME!

by Samantha Burton

YOUTH SPEAK 

## Hello New Year! Hello New Me!

Hello New Year! Hello New Me!

It's time to say goodbye to the old year

It's time to say goodbye to the old me

It's time to say goodbye to the stress of life's uncertainty

It's time to say goodbye to the doubtfulness

It's time to say goodbye to the worries from the past

It's time to say Hello Lord, I'm going to trust your plan

It's time to say Hello Joy, Hope is here again

It's time to say Hello Peace, thank you for setting me free

It's time to say Hello Brave One, You're fearless and strong as can be

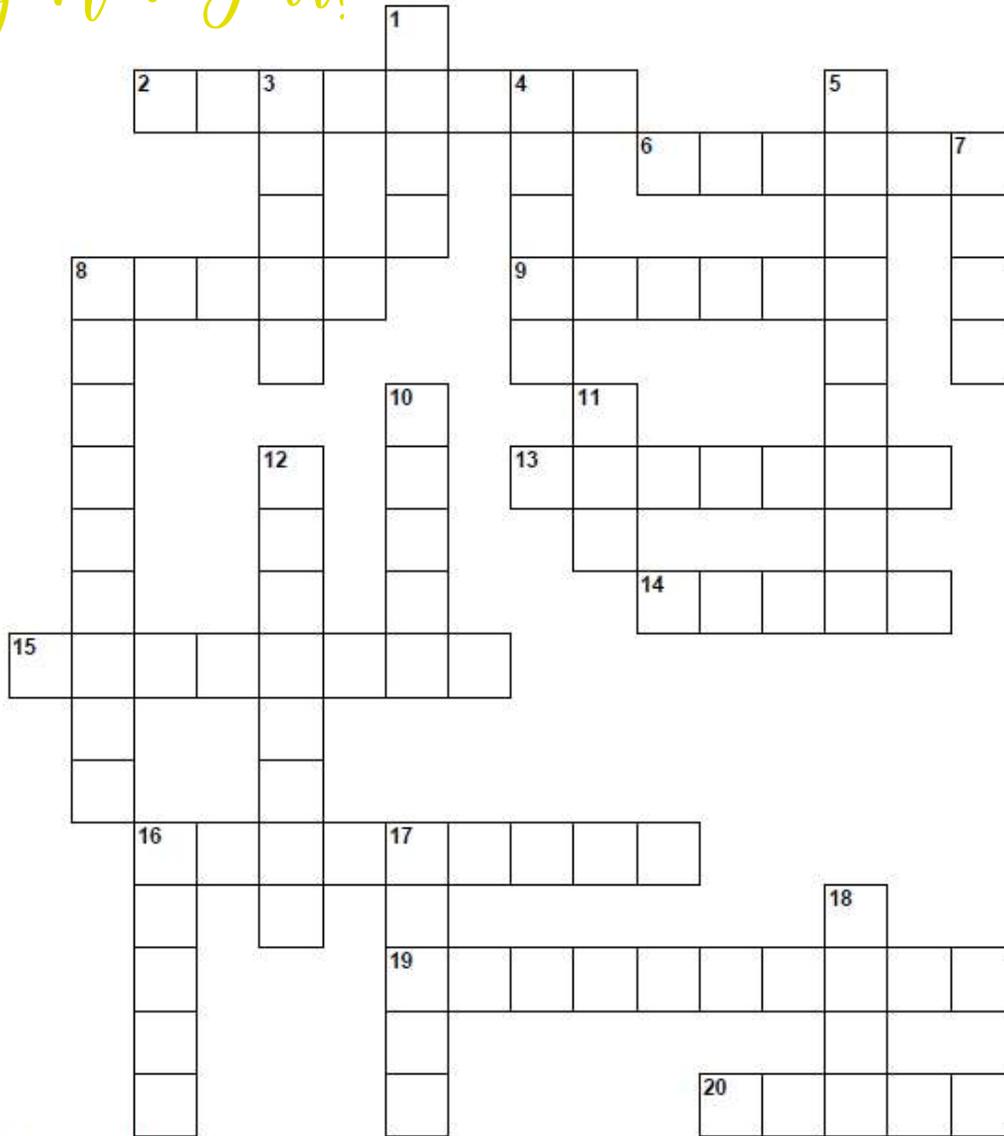
It's Time to Say Hello Lord, thank you for always carrying Me

It's time to say Hello to a New Year!

And it's time to say Hello to a New Me!



*Happy New Year!*



By Evelyn Johnson - www.qets.com

**ACROSS**

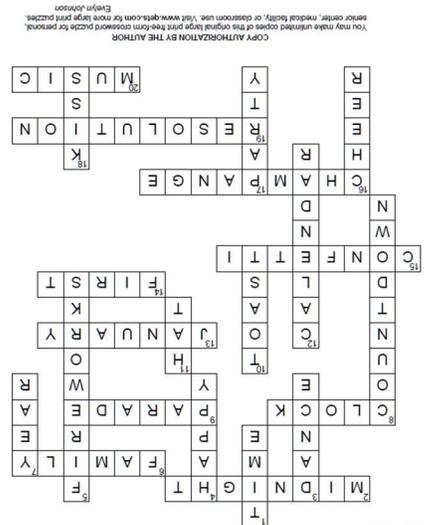
**DOWN**

- |   |  |
|---|--|
| 2 Twelve o'clock at night                             | 1 Father _____   |
| 6 Group consisting of parents and their children      | 3 Move feet and body to music                              |
| 8 Mechanical or electrical device for indicating time | 4 Feeling of joy   |
| 9 Public procession of people or things               | 5 Devices that explode to produce noise or bright light    |
| 13 First month of the year                            | 7 Unit of time equal to 365 days                           |
| 14 New Year's Day                                     | 8 Act of counting in reverse in preparation for some event |
| 15 Small pieces of colored paper                      | 10 Call on other people to drink in honor of someone       |
| 16 White wine with bubbles                            | 11 Party favor   |
| 19 Promise to change something in the future          | 12 Chart of the days, weeks, and months                    |
| 20 Sound that has rhythm, melody, and harmony         | 16 Happiness or gaiety                                     |
|   | 17 Social gathering or event                               |
|   | 18 Press with lips as a sign of love                       |



# INSTRUCTIONS FOR A HEALTHIER, HAPPIER NEW YEAR

LESS SUGAR (YOU'RE SWEET ) EAT MORE  
 ENOUGH ALREADY )  
 SAY NICE THINGS DON'T FORGET TO GREEN THINGS  
 ABOUT OTHERS BREATHE ASK FOR  
 HELP  
 WHEN U  
 NEED IT  
 THIS TOO SHALL PASS DRINK MORE WATER  
 MAKE NEW GIVE YOURSELF YOUR BODY IS 55% WATER AFTER ALL  
 A BREAK  
 FRIENDS YOU'RE TALK LESS ADD  
 DOING MORE  
 COLOUR  
 TO YOUR  
 LIFE  
 CHOOSE GREAT LISTEN MORE  
 TO BE HAPPY GET MOVING EVEN IF IT'S JUST  
 AROUND THE BLOCK  
 TAKE RISKS STEP OUTSIDE OF YOUR  
 NORMAL ROUTINE  
 FORGET MILESTONES SMILE  
 REMEMBER MAGICAL  
 MOMENTS



# ZOOM

YOUTH SATURDAYS

## GENERATION NEXT

MEETING CODE EMAILED WEEKLY



EVERY SATURDAY



11:00 AM

AGES 3 & UP

SEND YOUR EMAIL TO [ADMIN@MTAERYBAPTIST.ORG](mailto:ADMIN@MTAERYBAPTIST.ORG) TO GET ON THE LIST

# FEELING GOOD

by Nina Simone

G.R.A.C.E. 

## "Feeling Good" – It's A New Day (Lyrics)

Birds flyin' high, you know how I feel  
Sun in the sky, you know how I feel  
Breeze driftin' on by, you know how I feel  
It's a new dawn, it's a new day, it's a new life for me  
Yeah, it's a new dawn, it's a new day, it's a new life for me, ooooooooh  
And I'm feelin' good

Fish in the sea, you know how I feel  
River runnin' free, you know how I feel  
Blossom on the tree, you know how I feel  
It's a new dawn, it's a new day, it's a new life for me  
And I'm feelin' good

Dragonfly out in the sun, you know what I mean, don't you know?  
Butterflies all havin' fun, you know what I mean  
Sleep in peace when day is done: that's what I mean  
And this old world is a new world and a bold world for me

Stars when you shine, you know how I feel  
Scent of the pine, you know how I feel  
Oh, freedom is mine, and I know how I feel  
It's a new dawn, it's a new day, it's a new life for me

And I'm feelin'... good

*Source: AZLyrics*



# IT'S A NEW DAY!

G.R.A.C.E. 

by Deacon Kathy Tabb-Small

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

AGE

BEGINNING

BIRTH

CHAPTER

DAWN

EPOCH

ERA

FRESH

FUTURE

INSIGHT

LEAF

MORNING

NEWBORN

NEXT

OUTLOOK

PERSPECTIVE

PHASE

REBIRTH

REBORN

REINCARNATION

RENEWAL

RESCHEDULE

RESTART

RESTORATION

RESURGENCE

RESURRECTION

REVIVAL

START

TIME

VISION

# NEW YEAR WISHES FOR OUR SENIOR SAINTS

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

*G.R.A.C.E.*

*God's Reward Attained through Christian Engagement*



*Welcome 2021!*

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, **Snowstorms and Extreme Cold**

# SECURITY CORNER

by Deacon Henry Smalls, Jr.



It's time to prepare for Snowstorms & Extreme Cold, and the best time to prepare is now because if you wait until a storm is imminent, you run the risk of running out of supplies or having to venture out into the elements and possibly having to repair equipment in the midst of these crippling conditions. Look around now and see if ice melt is needed, a window needs repair, or furnace/heating unit is serviced for the season, or anything else that could cause an issue during inclement weather. An unexpected snowstorm or extreme cold can put a strain on things you've been getting by with, and the last thing you want to do is test those items in the middle of a snowstorm or extreme cold, therefore prepare now and it can go a long way in the long run.

## Snowstorms & Extreme Cold Know your risk

### What

A winter storm occurs when there is significant precipitation and the temperature is low enough that precipitation forms as sleet or snow, or when rain turns to ice. A winter storm can range from freezing rain and ice, to moderate snowfall over a few hours, to a blizzard that lasts for several days. Many winter storms are accompanied by dangerously low temperatures.

Winter storms can cause power outages that last for days. They can make roads and walkways extremely dangerous or impassable and close or limit critical community services such as public transportation, child care, health programs and schools. Injuries and deaths may occur from exposure, dangerous road conditions, and carbon monoxide poisoning and other conditions.

### Where

Winter storms and colder than normal temperatures can happen in every region of the country.

### When

Winter storms can occur from early autumn to late spring depending on the region.

**WINTER STORMS**

**What Can I Do?**

- Prepare Your Home:** Make your home winter ready. Buy needed supplies before the storm arrives. Have a plan to use via food power or are unable to leave your home.
- Monitor Your Forecast:** Stay up to date with the latest forecast information as the storm approaches, monitor your favorite source for weather information.
- Prepare Your Vehicle:** Make your vehicle weather ready. Be sure to include a safety kit, add weather gear, and all the necessities you may need to deal with the storm ahead.
- Have A Plan:** Before weather threatens, be sure to have a communications plan, change travel plans, and prepare for the impacts to your routine.

**Know The Terms**

- Blizzard:** A severe storm with a combination of high winds and heavy snowfall.
- Winter Weather Advisory:** Winter weather is expected and may cause inconveniences.
- Winter Storm Warning:** A significant winter storm is imminent and is dangerous to life and property.
- Blizzard Warning:** A significant winter storm with strong winds, snow, and low visibility is imminent and is dangerous to life and property.
- Ice Storm Warning:** Dangerous ice accumulation is expected.

**NATIONAL WEATHER SERVICE**  
www.weather.gov/winter

(continued)

## Before Snowstorms and Extreme Cold

- Make a **Family Communications Plan**. Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Make an **emergency kit** for at least three days of self-sufficiency.
- Keep space heater safety in mind: Use electric space heaters with automatic shut-off switches and non-glowing elements. Remember to keep all heat sources at least three feet away from furniture and drapes.

## Prepare your home:

- Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the warm air inside.
- Make sure you have a working carbon monoxide detector.
- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.
- Learn how to **shut off water valves** (in case a pipe bursts).
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow - or water, if drains on flat roofs do not work.
  - ✓ If you have a wood burning fireplace, consider storing wood to keep you warm if winter weather knocks out your heat. Also, make sure you have your chimney cleaned and inspected every year.
  - ✓ Have at least one of the following heat sources in case the power goes out:
    - Extra blankets, sleeping bags and warm winter coats
    - Fireplace or wood-burning stove with plenty of dry firewood, or a gas log fireplace

## Prepare your vehicle:

- ✓ Fully winterize your vehicle: Have a mechanic check antifreeze, brakes, heater and defroster, tires, and windshield wipers to ensure they are in good shape. Keep your gas tank at least half full.
- ✓ Keep an **extra emergency kit specifically created for your car**. In addition to the basic essentials, consider adding a portable cell phone charger, ice scraper, extra blanket, sand for traction and jumper cables.
- ✓ Rock salt or more environmentally safe products to melt ice on walkways. Visit the **Environmental Protection Agency** for a complete list of recommended products.
- ✓ Sand to improve traction.

Sources: FTC, FCC, FBI, SEC, AARP

## SECURITY CORNER

by Deacon Henry Smalls, Jr.



- Make sure you have a cell phone with an emergency charging option (car, solar, hand crank, etc.) in case of a power failure.
- People who depend on electricity to operate medical equipment should have alternate arrangements in place in case power is out for an extended period of time.
- Plan to check on elderly/disabled relatives and neighbors.
- Plan to bring **pets** inside.
- Know where the manual release lever of your electric garage door opener is located and how to operate it in case you lose power.
- Fill a gallon container with water and place them in the freezer to help keep food cold.
- A NOAA Weather Radio broadcasts alerts and warnings directly from the NWS for all hazards. You may also sign up in advance to receive notifications from your local emergency services.



## During Snowstorms and Extreme Cold

- Stay indoors during the storm.
- Drive only if it is absolutely necessary. If you must drive: travel in the day; don't travel alone; keep others informed of your schedule and your route; stay on main roads and avoid back road shortcuts.
- Walk carefully on snowy, icy, walkways.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. Use caution, take breaks, push the snow instead of lifting it when possible, and lift lighter loads.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.
- If you must go outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Wear mittens, which are warmer than gloves.
- Wear a hat and cover your mouth with a scarf to reduce heat loss.

## Cold Related Illness

- **Frostbite is a serious condition that's caused by exposure to extremely cold temperatures.**
  - ✓ a white or grayish-yellow skin area
  - ✓ skin that feels unusually firm or waxy
  - ✓ numbness
  - ✓ **If you detect symptoms of frostbite, seek medical care.**
- **Hypothermia, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures.** Hypothermia is caused by prolonged exposures to very cold temperatures. When exposed to cold temperatures, your body begins to lose heat faster than it's produced. Lengthy exposures will eventually use up your body's stored energy, which leads to lower body temperature.
  - ✓ Warnings signs of hypothermia:
  - ✓ **Adults:** shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech drowsiness
  - ✓ **Infants:** bright red, cold skin, very low energyIf you notice any of these signs, take the person's temperature. **If it is below 95° F, the situation is an emergency—get medical attention immediately.**

## Carbon Monoxide

Caution: Each year, an average of 430 Americans die from unintentional carbon monoxide poisoning, and there are more than 20,000 visits to the emergency room with more than 4,000 hospitalizations. Carbon monoxide-related deaths are highest during colder months. These deaths are likely due to increased use of gas-powered furnaces and alternative heating, cooking, and power sources used inappropriately indoors during power outages.

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors. Keep these devices at least 20 feet from doors, windows, and vents.
- The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

## Stay or Go

### STAY:

- If stuck on the road to avoid exposure and/or when rescue is likely
- If a safe location is neither nearby or visible
- If you do not have appropriate clothing to go outside
- If you do not have the ability to call for help

### GO:

- If the distance to call for help is accessible.
- If you have visibility and outside conditions are safe.
- If you have appropriate clothing.
- Once the storm has passed, if you are not already home, follow instructions from your local transportation department and emergency management agency to determine if it is safe to drive and, if so, which route will be safest for you to get home. Drive with extra caution.

## After Snowstorms and Extreme Cold

- If your home loses power or heat for more than a few hours or if you do not have adequate supplies to stay warm in your home overnight, you may want to go to a designated public shelter if you can get there safely. Text **SHELTER** + your **ZIP code** to **43362** (4FEMA) to find the nearest shelter in your area (e.g., SHELTER20472)
- Bring any personal items that you would need to spend the night (such as toiletries, medicines). Take precautions when traveling to the shelter. Dress warmly in layers, wear boots, mittens, and a hat.
- Continue to protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.

## Winter Weather Watches and Warnings

- Familiarize yourself with these terms to help identify an extreme winter weather alerts:
- **Freezing Rain** - Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.
- **Sleet** - Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.
- **Wind Chill**- Windchill is the temperature it “feels like” when you are outside. The NWS provides a Windchill Chart to show the difference between air temperature and the perceived temperature and the amount of time until frostbite occurs. For more information, visit: <http://www.nws.noaa.gov/om/winter/windchill.shtml>.
- **Winter Weather Advisory** - Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening. The NWS issues a winter weather advisory when conditions are expected to cause significant inconveniences that may be hazardous. If caution is used, these situations should not be life-threatening.
- **Winter Storm Watch** - A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information. The NWS issues a winter storm watch when severe winter conditions, such as heavy snow and/or ice, may affect your area but the location and timing are still uncertain. A winter storm watch is issued 12 to 36 hours in advance of a potential severe storm. Tune in to NOAA Weather Radio, local radio, TV, or other news sources for more information. Monitor alerts, check your emergency supplies, and gather any items you may need if you lose power.
- **Winter Storm Warning** - A winter storm is occurring or will soon occur in your area.
- **Blizzard Warning** - Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.
- **Frost/Freeze Warning** - Below freezing temperatures are expected

## Finances During a Tragic Year

The Coronavirus Pandemic has made all of us change our behavior to some degree. I also believe it has changed the way we think things out, including our finances.

When you're trying to focus on what's important make sure you simplify your financial life. The less debt a person has to pay out, the more money you will have to cover other necessities. Simple is better.

- **Trim back on credit cards**
- **Do not hoard a stash of cash in your home**
- **Don't stop paying monthly bills without contacting creditors**
- **Minimize the amount of accounts you pay into.**

Sit down during these hard times and make hard decisions. You will be glad you did. The decisions you make will likely fit your lifestyle comfortably.

I appreciate each and everyone of you for reading the finance articles throughout the year. Twenty-Twenty was a bittersweet year and as we grapple with this crisis, we are learning simple yet profound lessons in life.

I would like to take this opportunity to wish each of you, your families and the homes you represent a Very Merry Christmas and a Happy, Healthy and safe New Year.

Remember: GOD will supply ALL of our needs.

Trust Him and trust His process for our lives...

**Tracee Joy Silberstein** (born October 29, 1972), known professionally as Tracee Ellis Ross, is an American actress, singer, television host and producer. She is known for her lead roles in the television series *Girlfriends* (2000–2008) and *Black-ish* (2014–present).<sup>[1]</sup> Ross owns Pattern Beauty, a hair-care line for curly hair.<sup>[2]</sup>

Ross is the daughter of actress and Motown recording artist Diana Ross and Robert Ellis Silberstein. She began acting in independent films and variety series. She hosted the pop-culture magazine *The Dish* on Lifetime. From 2000 to 2008, she played the starring role of Joan Clayton in the UPN/CW comedy series *Girlfriends*, for which she received two NAACP Image Awards for Outstanding Actress in a Comedy Series. She also has appeared in the films *Hanging Up* (2000), *I-See-You.Com* (2006), and *Daddy's Little Girls* (2007), before returning to television playing Dr. Carla Reed on the BET sitcom *Reed Between the Lines* (2011), for which she received her third NAACP Image Award.

Since 2014, Ross has played the starring role of Dr. Rainbow Johnson in the ABC comedy series *Black-ish*. Her work on the series has earned her three NAACP Image Awards and a Golden Globe Award for Best Actress – Television Series Musical or Comedy. She has also received nominations for two Critics' Choice Television Awards and four Primetime Emmy Awards for Outstanding Lead Actress in a Comedy Series. In 2019, she co-created a prequel spin-off of *Black-ish* titled *Mixed-ish*. In 2020, Ross starred and recorded the soundtrack album for the musical film, *The High Note*.

Born Tracee Joy Silberstein in Los Angeles, California, she is the daughter of Motown singer/actress Diana Ross and music business manager Robert Ellis Silberstein. Actor and musician Evan Ross is her half-brother.<sup>[3]</sup> Her father is Jewish.<sup>[4][5][6]</sup> Her mother is African American and a Baptist.<sup>[7][8]</sup> She adopted the name Tracee Ellis Ross, wishing to retain both of her parents' names after her father dropped the name Silberstein.<sup>[9]</sup> She has two sisters: Rhonda Ross Kendrick and Chudney Lane Silberstein.



When her mother married Arne Naess Jr. in 1985, Tracee gained three step-siblings: Katinka, Christoffer, and folk singer Leona Naess; she remains on close terms with all of them. Before her mother and Naess divorced in 1999, they welcomed her two half-brothers, Ross Arne in 1987 and Evan Ross in 1988. After the divorce Naess married Camilla Astrup.

Ross attended The Dalton School in Manhattan, Riverdale Country School in the Bronx and the Institut Le Rosey in Switzerland. She was a model in her teens. She attended Brown University, where she appeared in plays, and graduated in 1994 with a theatre degree.<sup>[10]</sup> She later worked in the fashion industry, as a model and contributing fashion editor to *Mirabella* and *New York* magazines.<sup>[11]</sup>

Ross made her big-screen debut in 1996, playing a Jewish/African-American woman in the independent feature film *Far Harbor*. The following year, she debuted as host of *The Dish*, a Lifetime TV magazine series keeping tabs on popular culture.<sup>[10]</sup> In 1998, she starred as a former high school track star who remained silent about having been abused at the hands of a coach, in the NBC made-for-TV movie *Race Against Fear: A Moment of Truth*.<sup>[12]</sup> Her next role was an independent feature film titled *Sue*. In 2000, she landed her first major studio role in Diane Keaton's *Hanging Up*. That same year, she broke into comedy as a regular performer in the MTV series *The Lyricist Lounge Show*, a hip-hop variety series mixing music, dramatic sketches,

(continued)

and comedic skits.<sup>[13]</sup> In February 2006 she starred in [Kanye West's "Touch The Sky" MTV music video](#), playing the role of the best friend of Kanye's ex. Ross's biggest career achievement came when she landed the lead role in the hit [UPN/CW series \*Girlfriends\*](#), starring as the show's main [protagonist](#) Joan Carol Clayton — a successful (and often neurotic) lawyer looking for love, challenges, and adventure. The series centered on four (later three) young [African-American](#) women, and their male best friend.<sup>[14]</sup> In 2007, Ross won an [NAACP Image Award](#) in the category, Outstanding Actress in a Comedy Series for her role on the series. She won a second Image Award for the role in 2009.<sup>[15]</sup>

In 2007, Ross starred with her brother [Evan Ross](#) and [Queen Latifah](#) in the HBO movie [Life Support](#).<sup>[16]</sup> That same year, she appeared in the [Tyler Perry](#) theatrical movie [Daddy's Little Girls](#).<sup>[17]</sup> She appeared in the 2009 film [Labor Pains](#).<sup>[18]</sup>

In 2010, she appeared in an episode of [Private Practice](#) as a pregnant doctor.<sup>[19]</sup> In 2011, Ross appeared in four episodes of [CSI](#) as the estranged wife of [Laurence Fishburne's](#) character.<sup>[20][21]</sup>

Ross starred in the sitcom [Reed Between the Lines](#) with [Malcolm-Jamal Warner](#) airing on BET starting in October 2011. She won a third [NAACP Image Award for Outstanding Actress in a Comedy Series](#) in 2012 for her performance in the series. In August 2012, it was announced that Ross would not return for Season Two.<sup>[22]</sup> In 2011, she appeared in the [Lifetime](#) film [Five](#) directed by [Alicia Keys](#).<sup>[23]</sup> The performance in the film earned her nominations for an [NAACP Image Award](#) and [Black Reel Awards](#) for Outstanding Actress in a Television Movie or Mini-Series. In 2012, Ross starred in the [NBC](#) drama pilot [Bad Girls](#).<sup>[24]</sup> In 2014, Ross was cast in the [ABC](#) comedy series [Black-ish](#), opposite [Anthony Anderson](#).<sup>[25][26]</sup> She plays the female lead role of Dr. Rainbow Johnson. The series debuted with generally positive reviews from critics.<sup>[27]</sup> Ross received three [NAACP Image Awards](#) and received nominations for two [Critics' Choice Television Awards](#), four [Primetime Emmy Awards](#), and two [Screen Actors Guild Awards](#) for her performance

in the series.<sup>[28]</sup> Ross's 2016 nomination for Outstanding Lead Actress in a Comedy Series was the first for an African-American woman in that category in 30 years.<sup>[29]</sup> The same year, Ross and Anderson faced off on [Spike's \*Lip Sync Battle\*](#). She emerged victorious with performances of [Nicki Minaj's "Super Bass"](#) and [Pat Benatar's "Love Is a Battlefield"](#).

In 2015, Ross was awarded an honorary doctorate of fine art ([honoris causa](#)) by [Brown University](#).<sup>[30]</sup> Ross hosted the [BET Awards](#) in 2015 and 2016, and the [American Music Awards](#) in 2017 and 2018.<sup>[31]</sup> She also hosted [The Fashion Awards](#) in 2019.<sup>[32]</sup>

As of 2018, as CEO of Pattern Beauty LLC of [El Segundo, California](#), Ross produces a line of "Juicy and Joyful" beauty hair care products made with safe ingredients for curls and promotes support organizations to empower women and people of color. Ross appeared in the fourth episode of [A Little Late with Lilly Singh](#), an [NBCUniversal](#) daily late-night TV talk show format series discussing popular culture.<sup>[33][34]</sup>

In 2019, Ross created, alongside [Kenya Barris](#), a prequel spin-off of [Black-ish](#) called [Mixed-ish](#). Ross serves as a narrator for the series starring [Tika Sumpter](#) and [Mark-Paul Gosselaar](#).<sup>[35][36]</sup> Ross will star in and executive produce the adult animated comedy [Jodie](#), the first in a series of spin-offs based on MTV's [Daria](#) franchise. Ross will voice the title character, Jodie.<sup>[37]</sup>

In 2020, Ross played the leading role as Grace Davis, the legendary superstar singer, in the musical comedy-drama film [The High Note](#) for [Focus Features](#).<sup>[38]</sup> [The High Note](#) marks the first big-screen role for Ross since the 2007 comedy-drama [Daddy's Little Girls](#). The film was scheduled to be theatrically released on May 8, 2020, but the theatrical release was cancelled due to the [COVID-19 pandemic](#).<sup>[39]</sup> The film later moved its release date to May 29, 2020, through [video on demand](#).<sup>[40]</sup> In [The High Note](#) Ross made her singing debut, recording a soundtrack album titled [The High Note \(Original Motion Picture Soundtrack\)](#). The lead single, pop-ballad "[Love Myself](#)" was released on May 15, 2020 through [Republic Records](#).<sup>[41][42]</sup>

Ross emceed the second night of the [2020 Democratic National Convention](#).<sup>[43]</sup> More recently, she signed a deal with [ABC Signature](#).<sup>[44]</sup>



# BIRTHDAYS

## January

### January 1st

Antoine, David  
 Feliciano, Pablo  
 Jackson, Karen  
 Smith, Joanne  
 Smith, Neil  
 Sunsræ, 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  
 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  
 Page, Natalie  
 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

### January 11th

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

### January 12th

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



### January 13th

Black, Martin  
 Earley, Rematha  
 Gordon, Janelle  
 Maxwell, Eugene  
 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  
 Coplon, Joseph  
 Cummings, Dyane  
 Davis, Melvin  
 Green, Hubert  
 JeanBaptiste, Tracey  
 Johnson, Deborah  
 Lewis, Quiana

### January 16th

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

### January 17th

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

### January 18th

Harriott, Mikara  
 Karol, Anthony  
 Lein, Sarah  
 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  
 Tabb-Small, Kathy

### 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, Davonnah  
 Tompkins, Derek

### January 23rd

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

### January 28th

Hunter-Craig, Robin  
 Johnson, Tina Marie  
 Mayes, Nathan  
 Nixon, Clara

### January 29th

Richardson, Kelcey  
 Spillane-Dixon, Juanita  
 Williams, Carol

### January 29th

Blackwell, Sandy  
 Bradley, Michelle  
 Cannon, Jaydah  
 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

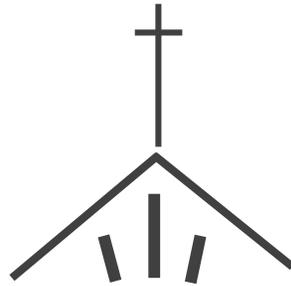
### January 30th

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

### January 31st

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





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!**

# JANUARY 2021 - DISCIPLESHIP THROUGH THE PANDEMIC AND BEYOND

## Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 1/1/2021 through 1/31/2021. Conference Bid-in Number: 319-527-3510, Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. To playback prayer: 319-527-3518, access code is 111933#. This is not a toll free call. Long Distance Charges May Apply. Note: Do not announce yourself if you call after 6:58am. Please mute your phone so that prayer will not be disturbed. Hobbskuk 2-2-3 NIV. Reference number for January 1, 2021 is 3291#

SUN	MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8	9
Galatians 4:4-7 Deac. Jean-Baptiste	Philippians 2:5-11 Deac. Johnson	Luke 2:15-21 Deac. Dewitt-Smith	Isaiah 60:1-6 Rev. Sherwood	Psalm 72:1-7 Deacon Gardner	Ephesians 3:1-12 Deacon Seabrook	Matthew 2:1-12 Deacon Jones
10	11	12	13	14	15	16
Genesis 1:1-5 Pastor Williamson	Psalm 29 Deacon Paul	Acts 19:1-7 Deacon Gist	Mark 1:9-11 Bro. Cummings	Matthew 3:13-17 Deacon Smith	Luke 3:21-22 Rev. Tucker	1 Samuel 3:1-10 Min. Langley
17	18	19	20	21	22	23
1 Samuel 3:11-20 Rev. Cooper	Psalm 139:1-6 Pastor Kingwood- Smalls	Psalm 139:13-18 Pastor Bossiere	John 1:43-47 Deac. P. Jackson	John 1:48-51 Rev. Plummer	Matthew 21:18-22 Deacon Vermont	Mark 11:12-21 Rev. Kearney
24	25	26	27	28	29	30
Jonah 3:1-5 Sis Ellis	Jonah 3:10 Rev. Walton	Psalm 62:5-12 Deacon Hurst	1 Cor. 7:29-31 Bro. Newton	Mark 1:14-16 Min. Langley	Mark 1:17-20 Deac. J. Seawright	Deut. 18:15-17 Deacon Adetona
31						
Deut. 18:18-20 Deacon A. Febres						

(319) 527-3510  
Add Number

1 2 3  
4 5 6  
7 8 9  
\* 0 #

PRAYER  
7AM & 7PM  
UNTIL INAUGURATION DAY

319.527.3510  
ACCESS CODE  
111933#

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