

A Christian Education Publication

July– August 2020

## From the Desk of

*Pastor L. B. West, D.R.S.*



Grace be unto you and peace from God our Father and from The Lord Jesus Christ. I thank my God upon every remembrance of you, always in every prayer of mine for you all making request with

joy, for your fellowship in the Gospel from the first day until now; being confident of this very thing that He who has begun a good work in you will perform it until the day of Jesus Christ.

My brothers and sisters, this year of 2020 has placed, front and center, the fact that change is most definitely in the air. The pandemic that continues to threaten people all over the world, has made all of us look with an analytically concise view at the way we put forth our efforts and actions. The way we fellowship is different. The way we gather in the name of The Lord is different. The way we worship, and from where we worship is different. How we conduct Bible Studies, Prayer Sessions and Ministry meetings are all different. How we pay our tithes and offerings is different. Change is in the air, and for the believer, seeking God’s instructive direction is a necessity to make all needed, productive, creative, and precisely apportioned adjustments.

When we reopen the church facility, perhaps it would be advisable for people to look for, and expect, various changes in procedures and protocols.

- Perhaps people can expect a more casual setting in the worship experience, to affirm “The

Whosoever Will” concept that Jesus taught us.

- Perhaps people should expect to see newly printed directional/instructional signs posted outside and inside the building.
- Perhaps people should expect to enter the facility through one door only.
- Perhaps people should expect to exit out of the facility through one exit only door.
- Perhaps people should expect to have their temperature taken before they enter the building.
- Perhaps people should expect to wear their protective face masks, always while in the building.
- Perhaps due to space distancing, we should expect fewer people attending worship.
- Perhaps people should expect a shorter time in the worship experience, only one hour.
- Perhaps people should expect, in the sanctuary, to be escorted to an available seat.
- Perhaps people should expect to be in a safe, well maintained, sanitized facility.
- Perhaps people should expect to see the order of service, announcements,

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words to songs, and Scriptures on TV Monitors.

- Perhaps people should expect to give their tithes and offerings in a much different way.
- Perhaps people should expect to be dismissed from the service in an organized, orderly fashion, versus everyone being dismissed at the same time.

Beloved, change is in the air, and it is tremendously exciting to be a part of this new worship presentation. O taste and see that The Lord is good. So, at the appropriately announced date and time, come back and enjoy worship; “The Same Great Story” in a safe place and in a new way. Until then, enjoy our virtual services through “face-book Live” and “FreeConferenceCall.com.

Looking forward to seeing all of you real soon.☑

### **7 Lessons (and Warnings) from Those Who Marched with Dr. Martin Luther King, Jr.**

*by Dr. L. B. West, Senior Pastor*

*This article was published in the New York Times by Ellen Barry. It is a recollection of my Aunt Rutha’s experiences in the Civil Rights Movement versus what she is witnessing today. It is an interesting read. Enjoy!*

The tumult and passion of the past weeks have left the surviving veterans of the civil rights era with trepidation and hope.

Throughout the past several weeks, as protests over the killing of George Floyd rippled through America’s cities, a 79-year-old retired schoolteacher has spent her days watching the news in her home in Albany,

Ga., sometimes with tears running down her face.

For Rutha Mae Harris, who once marched and was jailed with the Rev. Dr. Martin Luther King Jr., it is like revisiting her past.

There have been times when she wondered what her generation had achieved. But the past weeks — particularly the sight of kneeling police officers and throngs of white faces — have offered some redemption.

“I love it, I love it, I love it,” she said. “It has surprised me, and it gives me hope. I thought what I had done was in vain.”

For the dwindling cadre of civil rights activists like Ms. Harris who took to the streets 60 years ago, this is a moment of trepidation and wonder.

Their activism gave the world images — the snarling police dogs of Birmingham, Ala., the beatings of Selma, Ala. — that changed the trajectory of race in America. Now they are watching another movement unfold, familiar but utterly changed.

Dr. King surrounded himself with a variety of thinkers, and in recent weeks, his allies took different views of the Floyd protests.

But they all marveled at their quicksilver spread. In their time, major actions were the result of months of planning, punctuated by all-night arguments over strategy and phone-tree lobbying to get reporters to show up. Five years passed between Emmett Till’s lynching and the Greensboro, N.C., sit-ins. Another year passed between the sit-ins and the Freedom Rides.

“A movement is different from a demonstration,” said Taylor Branch, a historian of the civil rights era.

“It’s not automatic — it’s the opposite of automatic,” he said, “that a demonstration in

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the street is going to lead to a movement that engages enough people, and has a clear enough goal that it has a chance to become institutionalized, like the Voting Rights Act.”

Dr. King’s confidant Bernard Lafayette, 79, could not contain his excitement about recent demonstrations; he has been offering advice to young activists from his home in Tuskegee, Ala. Andrew Young, 88, a former mayor of Atlanta, has vented his frustration over looting and vandalism. And Bob Moses, 85, was cautious in his comments, saying the country seemed to be undergoing an “awakening.”

“I think that’s been its main impact, a kind of revelation about something that has been going on for over a century, a century and a half, right under your noses,” Mr. Moses said. “But there isn’t any indication of how to fix it.”

ImageProtesters gathered at a monument for the Rev. Dr. Martin Luther King Jr. in Washington this month.

Protesters gathered at a monument for the Rev. Dr. Martin Luther King Jr. in Washington this month.Credit...Cheriss May for The New York Times

Here are some excerpts from those conversations, edited for length and clarity.

### **When a police officer kneels with protesters, pay attention.**

*Rutha Mae Harris, 79, was one of the Freedom Singers who toured the South encouraging black people to register to vote. She has spent the past week at her home in Albany, Ga., “glued to MSNBC,” she said.*

What we did, you know, we started singing. Sometimes the singing worked, and sometimes it didn’t. The marches I was on, we started singing, and the policemen would

drop their billy clubs, and we knew they were no longer planning to hit us. I am a witness of that.

And I have seen this day, this day in time, policemen walking with the protesters, hand in hand with the protesters. I was so happy to see that. We had a little protest here in Georgia, and our police chief was part of the march. You know, back then, the police chief at that time was Chief Pritchett. He’s the one who arrested all of us, and, of course, he arrested Martin Luther King.

What we had, it was not equivalent. When you see the cops kneeling, I just love that. And there are a lot of young white people. I’ve never seen that. We had some white people, but not as many. It is a surprise, and it gives me hope.

Don’t assume this moment will last.

*Bob Moses, 85, an educator who in the 1960s led a drive to register black voters in Mississippi, has watched the protests from an apartment in Hollywood, Fla. He said he was moved by a viral video clip of three black men from different generations — including a 45-year-old and a 16-year-old — in a shouting match at a protest in North Carolina, arguing with raw emotion about whether violence was an appropriate response to systemic racism.*

It’s like an awakening: We’re trapped. He was trapped, he’s 45. You’re trapped, you’re just 16. What we’ve been doing isn’t working. What are we going to do? That level of consciousness really is new. And it’s not just the broader white population that is waking up to some extent, but also within the African-American population, too.

It may be that the person who killed George Floyd was an aberration. But the system they were a part of, that protects them and is as American as apple pie. So waking up to

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that — it's not clear whether the country is capable of waking up to that to its full extent.

*Unlike Ms. Harris, he was skeptical that gestures of solidarity from the police were meaningful.*

You are talking to an individual policeman in the street, you want him to express empathy about what is happening, but behind the scenes you have high politics. The system works to protect the people who are involved in all of this at different levels, not just the guy who pulls the trigger and puts the knee on the throat.

It's catharsis for the person asking and for any policeman that responds. It's what the country has always wanted, to try to solve the problem at the level of the individual. This individual you know directs his or her behavior or tones, and the system just keeps rolling on and producing more atrocities.

It is revelatory that the pressure now is coming from within. It's been sparked by this one event, but the event really has opened up a crevasse, so to speak, through which all this history is pouring, like the Mississippi River onto the Delta. It's pouring into all the streams of TV, cable news, social media. So that is quite different. And the question is, can the country handle it?

We don't know. I certainly don't know, at this moment, which way the country might flip. It can lurch backward as quickly as it can lurch forward.

Protesters and members of the clergy held hands to form a barrier between law enforcement standing on Interstate 70 and the larger group of protesters earlier this month, in the St. Louis suburb of St. Charles, Mo. Credit...Whitney Curtis for The New York Times

White people are now experiencing police violence firsthand.

*Don Rose, 89, a white man who served as Dr. King's press secretary in Chicago, and went on to mobilize protests against the Vietnam War, was exhilarated by the George Floyd demonstrations. He said video clips and the ability of the internet to spread messages had pulled white people into the current movement.*

I wish we had had that. I keep marveling at how wonderful it would have been, rather than using mimeograph machines.

In those days, when we spoke of police brutality, we weren't often believed. I often pointed to the behavior of the police in Chicago in 1968 — that was really the thing that showed a lot of people that police brutality was a real thing. That was white people's lesson for what black people had undergone in their own communities.

*He reflected on the violence and looting at some recent protests.*

Of course, violence is very disheartening and fearsome. But the polling and the reactions of people all around suggests that they certainly understand what was going on. Obviously no one was supporting the violence and opportunistic looting. I don't know if it is understood or forgiven, but it has apparently not caused a white backlash.

The fact that more whites are participating in these marches all over the country is evidence that over the years, more and more has been heard. The messages are getting across.

**Don't write off anyone as an enemy. Persuade them.**

*Andrew Young, 88, a former mayor of Atlanta and ambassador to the United Nations, called the wave of protests "a*

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*phenomenal moment,” but said they cried out for organization and structure.*

What the difference is, is social media. Not only did we not have social media, we hardly had phones. That was a blessing, in many ways, because it took us three or four months in Birmingham to organize. It gave us time to define what we really thought would work, and how to go about it. We knew what we wanted. We knew what victory was. That’s the only thing I’m concerned about.

*He offered sharp criticism when initial protests in Atlanta led to looting and violence.*

I was upset because there were no marshals that were keeping order. We always made sure, in the organizing community, we tried to keep people who did not adhere to our values and vision, we asked them to stay out.

*He described a march in St. Augustine, Fla., in 1964, when Ku Klux Klan members had been deputized by the sheriff to disperse the crowd.*

I didn’t know who they were, but I just feel like I can talk to anybody, so I went over there to try to explain to them why we were marching. They were shocked that I went up there by myself. It just didn’t make sense, to me, to beat up women and children who only wanted to get the right to get a hot dog at the lunch counter. So I picked the leaders, and I was doing a pretty good job of talking to them when someone came up behind me and hit me with something. I got stomped a little while, and somebody came up and pulled me up and across the street.

What we were demonstrating was the power of nonviolence. The reason I had to talk to them is that you don’t write people off as the enemy. I didn’t get arrested very much, I usually talked my way through it. When you

enter a confrontation, it is with an intention to move to reconciliation.

People held up their phones as a man sang during a march in Washington this month. “Not only did we not have social media, we hardly had phones,” Andrew Young, a former mayor of Atlanta, said of protests during the civil rights era.

**You may be disappointed. We were.**

Fred Gray, 89, who defended Rosa Parks against charges of disorderly conduct, still goes to his law office in Tuskegee, Ala., every day. He said it was discouraging to see young people fight the same battle as he and his contemporaries did.

The same problems we tried to resolve, they have not been solved. I think that what the Constitution requires, we’re still a long way away from solving the problems we need to have solved. That needs to start from the top and come all the way down.

What I tried to do was protect and assist people obtaining their constitutional rights. That’s what I tried to do for 65 years. I was not one of those people who tried to do all of it. My role was to deal with the legal aspect of it.

We didn’t solve it. Several generations later, we have to deal with the same troubles of racism. I was hopeful 60 years ago that we would solve them. I’ve been disappointed so often.

I’m disappointed by the fact that I thought the white power structure, once they saw what black Americans were capable of, that they could perform equally. I thought it would change their hearts, but I don’t think the hearts and minds of many people have changed.

**Maybe young people now have the urgency we had then.**

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Xernona Clayton, 89, who helped organize marches for Dr. King, has been monitoring the protests so raptly from her home in Atlanta that, at times, she has switched on two televisions to follow local and national news. She was deeply dismayed by the initial outbreak of violence, but has since been reassured.

I'm hoping — I'm a positive thinker — I believe this day will create the change we all want.

You can't just hurt people and kill people and wipe out businesses. It's frightening, you see burning and looting. That's frightening. It scares some people. But you have to recognize, if change is going to come, there is pain and suffering, sometimes, that goes with that.

I used to criticize the young people. I thought maybe we, the older people, had solved the biggest problems — you got equal treatment, employment opportunities, civil rights laws, you don't have to drink from the other fountain. We have made those major changes. I said, "Maybe we solved their problems, and they don't got the urgency."

Well, now they got the urgency. Now I think the young people are really bringing the problem to the fore. They got everybody's attention.

A protester in New York waved an American flag with George Floyd's plea.

**Organize, organize, organize. (And, whatever it takes, vote.)**

Bernard Lafayette, 79, who, like Mr. Young, accompanied Dr. King on the 1968 trip to Memphis where he was assassinated, has spent recent years training young activists in nonviolent social change. He traveled to Ferguson, Mo., to advise protest leaders

there, and has spent the past weeks fielding phone calls from young organizers.

Oh, I'm very hopeful, but also excited, because I see some very strategic things happening. The only thing we have to be concerned about is the sustainability.

I am more or less thinking about strategy, and that's where I'm turning my energy. They call me on the phone all the time. I get 15 to 20 calls a day. I answer their questions. Mainly they need training. They need to build coalitions. I prepare folks to take different roles in the movement. You can't do everything. People have different roles.

Now what I'm looking for is leadership among the young people. I'm looking for a new Student Nonviolent Coordinating Committee. The next thing that we need if we're going to have a movement that is going to sustain itself — we need music, OK? Once you get those artists singing songs about change and the movement that helps to stimulate people and bring them together. There is nothing like music to bring people together.

The other most, most important thing, you got to get people who are ready to register to vote. You have got to have people in power who represent you. You've got to be negotiating and talking to the people who will make decisions. You can't just put it out there and be screaming in the air. The air can't make the change. ■

## **COVID 19**

*by Dr. Robin Kelley, Health Ministry*

The Health Education Ministry is strongly encouraging each person to take the coronavirus disease seriously. This disease can affect all of us, including children. The CDC has stated that older adults and people who have severe underlying medical conditions like heart or lung disease or

diabetes or some cancers may be at higher risk for developing serious complications from COVID-19 illness

(<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>).

The best way to take action against this virus is to have knowledge, not only of the COVID-19, but also of your status. Get tested.

Here are COVID testing locations in the DC metropolitan area where you can get a test. Scroll Down to the map towards the bottom of the link. (The link title says DC, but towards the bottom, you put in your zip code to get information on any testing site.)

Link: <https://coronavirus.dc.gov/testing>

Be knowledgeable, safe and above all, be blessed by Praising God!☑

## **Senior Connection**

### **Did You Know That???**

*by Sis. Joan Jackson, Daughter of Mrs. Ruth Matthews*

### **MRS. RUTH FRANCES BARNES MATTHEWS**



- Was born on July 17, 1920 at Columbia Hospital in Washington, D.C.; the second child five children born to Mary Agnes Hawkins Barnes

and James Arthur Barnes. Has affectionately been called “Shorty”, Little Bits” and “Pig Tails” ?

- Was married to Walter Francis Matthews for over 40 years until his passing 1981?
- Is a devoted and loving mother of five children; Gloria (deceased), Roland, Walter, Joan, and Gregory (deceased); grandmother of 13, great-grandmother of 20+, and great-great grandmother of 10+?
- Was baptized at the age of 11 at Mount Airy Baptist Church to which she is still a faithful member and has sang with the senior chorus recently?
- Was Captain of the girls’ volleyball team in high school and also played the violin?
- Graduated from Cardoza High School in 1938 and was the Salutatorian of her graduating class as Terrell Junior High School?
- While employed as a clerk during her first federal job with the National Youth Administration in 1939, was mentored by Mary McLeod Bethune, the Director of the Division of Negro Affairs at that time, from whom she received a letter of recognition?
- Was employed by the federal and district governments for over 20 years upon retirement?
- Loves the Lord and people, believes in the power of prayer, has unlimited faith in God?
- Has lived in the same house at 3440 23rd Street, SE since 1956?

- Her favorite colors are pink and blue?
- Loves to eat out and her favorite food is fish, but she does not like shrimp. Also eats oatmeal and/or Cheerios cereal every morning?
- Loves to dance, listen to classical and jazz music, write poetry (has written several poems and two have been included), read, tutor, and wishes to visit Paris, France?

After reading this, now you know! □



## Poems written by Mrs. Ruth Matthews

### GOD'S GOODNESS

God of the sunshine  
 God of the rain.  
 He's always with us  
 In joy or in pain.

We just don't trust Him  
 In ways that we should,  
 Nor believe and obey Him  
 For all of His good.

Just why aren't we grateful  
 For good days and bad?  
 For each day brings some good,  
 So let's not be sad!

### SEASONED SENIOR REFLECTIONS

Our steps are slower ~  
 But we walk!  
 Our eyes are dimmer ~  
 But we see!  
 Our voices are weaker ~  
 But we sing!  
 God is still our Refuge and our Wings!☑

### YOUTH SPEAKS...

#### "Surviving Life Got Me Like"

by Kavontae' Lee, CCYP

Surviving Life Got Me Like how do I survive in this cold, cruel, chaotic world. Surviving Life Got Me Like why am I being labeled a criminal because of the color of my skin.

Surviving Life Got Me Like why can't me and my mans walk in a group and people not assume we up to no good

Surviving Life Got Me Like I can show you better than I can tell you. You make me angry I take it out on the field. You tell me to freeze, put your hands up, I do it and you still treat me like an animal.

Surviving Life Got Me Like confused as to why this man is saying I am a football player because I am as big as a truck. He said I look like I can crush someone in half.

Surviving Life Got Me Like why I gotta be an athlete why can't I be a poet or a genius.

Surviving Life Got Me Like why when I burp and say excuse me everyone looks at me like I have two heads.

Surviving Life Got Me Like I hold the door open for ladies, I say please and thank you,

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and I help those in need but all you see is the thug that is supposed to be in me.  
Surviving Life Got Me Like I will give you the shirt off my back I won't come at you like a thief in the night I am a lover not a fighter

Surviving Life Got Me Like do you see me, or do you see what the media has portrayed someone like me as. I am not just another troubled black boy I am the leader of my boy scouts troop and I attend church regularly. I am a child of God but no one sees this because they see what a black boy has been portrayed to be.

Surviving Life Got Me Like I will be optimistic and have Faith that in the future I won't be stereotyped because of the color of my skin or what my name is. I will be given a chance to show who I am and not what society sees someone like me as. I control my thoughts and actions and will show that being black is being powerful and overcoming the negativity surrounding being a black boy.

Surviving Life Got Me Like I am Kavontae' and not aye black boy I have a name and a purpose that will continue to progress over time just wait and see. ◼

### **Donations During Pandemic**

*by Sis. Jackie Smith*

During these challenging times we are reaching out to our Church family and friends to give. Donations can be given via US mail by sending your tithes to the Church, PayPal/Credit Card via [mountairybaptist.org](http://mountairybaptist.org). or by CashApp to \$MABCDC (add your envelope number in the "For" field). ◼

### **VIP'S On the Move**

*by Deacon Calvin Hollingsworth, CIT*

We are about to enter another phase in the transition of the Christian Education, Very

Important People Ministry (VIP). In November 2019, the Church recognized several VIPs for their completion of the Seniors Technology Enrichment Program (STEP).

STEP (Seniors Technology Enrichment Program) is a Christian Education training initiative designed to partner the Communications & Information Technology (CIT) and VIP ministries to enhance bible study using computerized tools & techniques.

Training offered.

- General PC operation
- Internet usage
- Word Processing
- E-mail & mobile phone usage

Despite the various challenges encountered (computer viruses, fear of breaking the computer, learning styles, hand & eye coordination, scheduling conflicts, homework, surprise quizzes) throughout their training sessions, most VIPs managed to overcome these obstacles with patience & reassurance by the instructors. The learning styles of senior adult students was another issue that required some adjustment. Ironically, these students learned better with instructor-led, hands-on, step-by-step, slower paced lessons. This training approach will also serve as a model for the next group of VIPs and/or other senior adults.

Based on the feedback from students, church officers and other observers, we believe the STEP program was a huge success. This is further evident by the VIPs involvement in a major project such as the Church Anniversary celebration. Currently, CIT is making plans to reopen the training center with sanitization, social distancing, facial masks and other precautions to keep future

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students safe. We will distribute more details on upcoming training classes and schedules.■

Next Issue: Sunday, October 18, 2020

*The Newsletter Ministry reserves the right to edit all submissions.* ■

## **For Your Meditation...**

### **“9 LESSONS TO LIVE BY”\***

*by Newsletter Ministry,  
Rev. Dr. Sinclair Grey III*

- 1. Keep God as the center of your life and ask the Creator to order your steps**
- 2. Remain positive and productive**
- 3. Never stop learning. Read more than the Bible**
- 4. Invest in order to get a positive return**
- 5. Eliminate drama**
- 6. Choose friends wisely**
- 7. Refuse to 'sell your soul' to the enemy**
- 8. Be morally and ethically sound**
- 9. Understand you're the captain of your destiny**■

## **Inclement Weather Notification**

*by Newsletter Ministry*

Be mindful that if inclement weather occurs please consult the Mount Airy website ([www.mountairybaptist.org](http://www.mountairybaptist.org).) and/or Facebook page. You may also tune into NBC-4, Fox- 5 DC, WJLA-7, Newschannel-8, and WUSA-TV-9 for any weather-related information. ■

## **Submitting Newsletter Articles**

*by Newsletter Ministry*

To submit something for the Newsletter, you need to...  
Prepare article in Microsoft Word format and email it to [cholly@comcast.net](mailto:cholly@comcast.net).  
Documents are accepted at any time.

We prefer that articles be limited to 220 words or ½ page due to space. We will no longer accept hand written articles.



*Peace and Blessings  
from God the Father  
and Our Lord Jesus  
Christ!*

