

A Christian Education Publication

September– October 2020

## **From the Desk of**

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



### **“BRING YOUR CHILDREN TO JESUS”**

The election of this year 2020 is literally a battle for the soul of this nation. This election will determine the kind of

America that will be represented both now and for years to come. Will this be a nation represented by hate, division, individualism, and fearmongering, or will this be a nation represented by love, inclusion, respect, and courageous fraternal values. Will this be a nation where children are snatched from the arms of their parents and kept separate within iron cages or will this be a nation which shows genuine appreciation for the family structure by doing all it can to keep children with their parents?

As people of God, we value all who represent the Silent Generation (those born between 1925-1945). We value the Baby Boomers. We value the Generation X’ers. We value the Millennials. We value the new Silent Generation – Generation Z and because we do, we want to ensure that everyone included in these groups will be encouraged and actually feel the power of their purpose for the lives they have been chosen to live.

Those of us whom The Lord has allowed to gain maturity should feel the obligation to willingly share our learned, instructional wisdom with those coming behind us. You remember as children how we totally depended on our parents or our guardians, or responsible adults to care for and assist us. We had total dependence on them, and we put our total trust in them. Well beloved, the

same holds true in today’s time. Children are still dependent on their parents and on responsible adults to give them all the tools they need to live productive and successful lives.

In the Gospel as recorded by Mark 10:13, (New Century Version), the Bible says: “Some people brought their children to Jesus.” As practicing believers, we know that to bring our children to Jesus is more than enough to get them started on a very productive path of successful living. Bringing our children to Jesus is the point of this article. Every parent should dedicate themselves to bringing their children to Jesus. Every parent should dedicate themselves to ensuring that their child is both introduced to and graced with the wonderful foundation of the promises and principles of Jesus Christ. In this life, they will need to depend on those promises. They will need to depend on those principles that The Master has already laid out for the benefit of His children.

Promises like: “Trust in The Lord with all thine heart and lean not unto thine own understanding and He shall direct thy path.”

Promises like: “If you abide in me and My Words abide in you, you can ask what you will, and it shall be done unto you.”

Promises like: “You have not chosen me but I have chosen you and anointed you that you would go and bear fruit, fruit that will last, and so that whatever you ask in My Name The Father will give you.”

Beloved, there are many, many promises that The Lord has recorded in His Word. Take advantage of them for yourself and at the same time, bring your children to Jesus

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and allow Him to establish His faithful foundation in their very young lives which will set them on the path to faithful, dedicated, and successful living for themselves and those traveling in their sphere of influence.■

### **Caring for Our Brothers and Sisters**

*by Sister Barbara J. Smith, Chair  
Special Needs and Hospitality Ministry*

On October 31, 2020 the members of the Deaconess, Special Needs, Hospitality & Outreach Ministries and one of our teen members from Mount Airy Baptist Church, “Showing the Greatness of Christ” filled care package giveaways for our homeless brothers and sisters. Before we started our task, we had prayer, masks, hand sanitizer, gloves and social distancing. Each time that we stopped we had prayer with whoever gather to see us. We answered their questions and then we allowed them to select what they wanted from our packages of gifts. Our selection included: hats, gloves, scarfs, socks, blankets, toiletries, hand sanitizer, masks, coats, shoes, winter shirts, children’s clothes, packages of cookies and crackers, water, bags of applies and much more.

We treated our brother and sisters with respect and they responded to us in kind. We were able to provide them with some basic things that they needed but they provided us with an understanding of What God wants us to do when we see a need in our communities. Psalm 107:5-6 states: “They were hungry and thirsty and their lives ebbed away. Then they cried out to the Lord in their trouble, and he delivered them from their distress”.

We ended our activity that day by providing Central Union Mission with some of the same items that we distributed earlier in the day to the homeless who lived on the street.

Central Union Mission was also very grateful that we stopped by.

Our Church, Mount Airy Baptist Church, has always provided assistance to the homeless and with God’s help we will continue to look after and provide whatever we can in the safest way possible. To God Be The Glory! ■

### **Don’t Be Deprived of Sleep: It Is Not Good for Your Health**

*by Dr. Robin Kelley, Health Ministry*

As we move through this 2020 election season and into the holiday season and even continue through this COVID-19 period, many of us are beset with worry. The more information from television, social media and even our family and friends, we receive, sometimes makes us even more stressed. One aspect of stress is a lack of sleep. The key ingredient for good health, however, is sleep.

Sleep is extremely beneficial to our health. The Centers for Disease Control and Prevention (CDC) says, “Adults need 7 or more hours of sleep per night for the best health and wellbeing. Short sleep duration is defined as less than 7 hours of sleep per 24-hour period” (<https://www.cdc.gov/chronicdisease/resources/infographic/sleep.htm>).

### **The Hidden Costs of Insufficient Sleep**

Researchers at Harvard University have said, “Sleep is often one of the first things to go when people feel pressed for time” (<https://bit.ly/368Hduu>). We feel that we can “catch up on sleep” at some point in time in the future. Some even think of sleep as a “luxury” and think, “the benefits of limiting the hours they spend asleep outweigh the costs” (<https://bit.ly/368Hduu>). In other words, people feel that they can do without sleep not realizing that they often overlook the potential long-term health

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consequences of insufficient sleep, even their own productivity. In other words, sleep impacts our health and lack of sleep compounds our problems.

### **According to the Centers for Disease Control and Prevention,**

Not getting enough sleep is linked with many chronic diseases and conditions—such as type 2 diabetes, heart disease, obesity, and depression—that threaten our nation’s health. Not getting enough sleep can lead to motor vehicle crashes and mistakes at work, which cause a lot of injury and disability each year. Getting enough sleep is not a luxury—it is something people need for good health

(<https://www.cdc.gov/chronicdisease/resources/infographic/sleep.htm>).

### **Who Does Not Get Enough Sleep?**

It also seems that many people of color suffer most from lack of sleep. The populations that are most sleep deprived are as follows in the order of those who receive less sleep

#### **POPULATION % OF THOSE WITH LESS SLEEP:**

NATIVE HAWAIIANS/PACIFIC ISLANDERS - 46.3%  
BLACKS/AFRICAN AMERICANS - 45.8%  
MULTI-RACIAL PERSONS - 44%  
AMERICAN INDIAN/ALASKA NATIVE - 40%  
HISPANICS - 34.5%

### **How Do You Know if You Are Sleep Deprived? Assess Your Sleep Needs**

Many people routinely get an average of 6 hours of sleep each night. ONLY a few people can perform well with that little sleep said one researcher (<https://bit.ly/368Hduu>).

### **Takeaway:**

- Although there is some genetic variation, most adults need between 7.5 to 8.5 hours of sleep per 24-hour period to function optimally
- You can find your optimal sleep time if you set aside several days (perhaps during a vacation) to allow yourself to sleep as long as possible
- Once you know how much sleep you need, it’s important to allot that amount of time in your daily schedule for sleep.

The majority of healthy adults require between 7.5 to 8.5 hours per 24-hour period. This is true from young adulthood through late in life, though many older people have difficulty sleeping in a single block of time each night. Generally, sleep needs during a 24-hour period follow this pattern according to researchers from Harvard University (<https://bit.ly/368Hduu>):

- Newborns (1 to 2 months) – 10.5 to 18 hours
- Infants (3 to 11 months) – 10 to 14 hours
- Toddlers (1 to 3 years) – 12 to 14 hours
- Preschoolers (3 to 5 years) – 11 to 13 hours
- School-aged children (5 to 12 years) – 10 to 11 hours
- Adolescents (12 to 18 years) – 8.5 to 9.5 hours
- Adults (18 years to the end of life) – 7.5 to 8.5 hours

Even without considering genetics and age, the National Sleep Foundation's 2008 Sleep in America, poll found that many adults are apparently not meeting their sleep needs, sleeping an average of only 6 hours and 40 minutes during the week, and about 7.5 hours on the weekends. How can you tell if your sleep is adequate and meets your

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needs? Sleep scientists and physicians have a variety of methods to help determine if you are getting enough sleep.

### **TIPS for Getting Enough Sleep**

- Go to bed and get up at the same time each day, including weekends
- Keep the bedroom quiet, dark, and a comfortable temperature
- Remove electronic devices from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Avoid large meals, caffeine, and alcohol before bedtime

Learn more about good sleep habits at [www.cdc.gov/sleep](http://www.cdc.gov/sleep). ■

### **Free Mammograms**

*by Deacon Winona Nixon*

Below is information of FREE mammograms. Spread the word. <https://awcaa.org/events/mobilemammo-program/>

Thank you for choosing Breast Care for Washington's MobileMammo Program for your annual screening mammogram. Our program allows us to bring life-saving early detection services to women all over the Washington, DC area, and we are honored to have you as our guest.

You must meet all the following requirements to have a screening mammogram with Breast Care for Washington:

- You are 40 years of age or older.
- Your last mammogram was at least one year ago.
- You are not pregnant or breastfeeding.
- You have no history of breast issues (including cancer, lumps, discharge, or pain).

- You are insured.

If you are uninsured, please call us at 202.465.7164 to discuss your options.

Please follow these instructions to prepare for your scheduled screening:

- Arrive 10 minutes prior to your appointment time.
- Wear a two-piece outfit.
- Do not wear lotion, powder, perfume or deodorant.
- Bring a valid picture ID and your insurance card. We will also need to know: (your physician's name, your date of birth, and your phone number).

Your appointment on the MobileMammo unit will take about 15 minutes.

Location: AFRICAN WOMEN'S CANCER AWARENESS ASSOCIATION.

8955 EDMONSTON ROAD, SUITE D GREENBELT, MD 20770

Date and Time: DECEMBER 1, 2020 9AM-2PM

Appointment Suggested — Please Call: 301-565-0420■

### **"I Survived It"... L-O-V-E Virtual Retreat**

*by Deaconess Taff Hollingsworth, Ladies of Vision and Empowerment*

L-O-V-E held their virtual Women's Retreat via Zoom. On Saturday, September 19, 2020. Our theme was "I Survived It", Acts 27.

We opened with Praise and Worship with "I Survived It" by Ricky Dillard and New G. The reading of the scripture (Acts 27: 31-44) was read by Sister Shauna Odom Parks, prayer was rendered by Deaconess Rena Agee, and Dr. Phyllis Mayo extended a warm welcome. Immediately following the welcome Armanda Farnum performed a Ministry in Dance.

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The Workshop Facilitator was none other than Rev. Collette Rice, Executive Pastor, Mount Ennon Baptist Church. She encouraged us to look at some Life Circumstances and she provided a Survival Kit.

Rev. Rice mentioned that in this life we will have trials and tribulations, but we will overcome.

Here is our survival kit:

- Believe in the Power of Prayer. James 5: 16B –“The effectual/fervent prayer of a righteous man availeth much”.
- Embrace the Peace of God. John 14: 27 – “Peace I leave with you; my peace I give to you. Not as the world give you. Let not your hearts be troubled, neither let them be afraid”. In general, we cannot be afraid especially during this pandemic.
- Think Positive. Philippians 4: 8-9 – “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you”.
- Be Patient and Persevering. James 5: 7 – “Be patient, then, brothers and sisters, until the Lord’s coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains”. We need this to let God work.
- Remember the Possibilities. Luke 1: 37 – “For with God, nothing shall be impossible”.

We must know the worth and the value of prayer as well as learn to embrace the peace of God.

**WE ARE SURVIVING IT!!!**

The Word for the Retreat was given by Rev. Miranda Williams, President, God’s Way Family Ministries, Inc. Her message was entitled “Storm Survivors” taken from Acts 27: 20-22.

We do not live a storm free life. We read in the scriptures about people enduring storms, trials and all kinds of issues. There are three kinds of storms: self-storms, storms by others and storms by God.

- If you want to survive your storm, you must adhere to wise counsel. You cannot make decisions without God, otherwise you have deal with your consequences.
- Understand that you do not have time to overreact. An over reactive person acts on their own; but when you seek God, you have to stop what you are doing ---stop, drop to your knees and roll your troubles over to the hands of God to see you through.
- You must have faith in God’s plan.
- You must stay focused on God and not your storm. The storm ain’t over until God say so.

If you are going through, know that God is with you and He will never leave or forsake us.

**WE ARE SURVIVORS!!!!!!**

We are pleased that 79 ladies were able to join us for our first virtual retreat. 🍷

## THE TEACUP STORY

There was a couple who used to go to England to shop in the beautiful stores. They both liked antiques and pottery and especially teacups. This was their twenty-fifth wedding anniversary. One day in this beautiful shop they saw a beautiful teacup. They said, "May we see that? We've never seen one quite so beautiful."

As the lady handed it to them, suddenly the teacup spoke. "You don't understand," it said. "I haven't always been a teacup. There was a time when I was red and I was clay. My master took me and rolled me and patted me over and over and I yelled out, 'Let me alone', but he only smiled, 'Not yet.'"

"Then I was placed on a spinning wheel," the teacup said, "and suddenly I was spun around and around and around. 'Stop it! I'm getting dizzy!' I screamed. But the master only nodded and said, 'Not yet.'"

"Then he put me in the oven. I never felt such heat. I wondered why he wanted to burn me, and I yelled and knocked at the door. I could see him through the opening and I could read his lips as he shook his head, 'Not yet.'"

"Finally the door opened, he put me on the shelf, and I began to cool. 'There, that's better', I said. And he brushed and painted me all over. The fumes were horrible. I thought I would gag. 'Stop it, stop it!' I cried. He only nodded, 'Not yet.'"

"Then suddenly he put me back into the oven, not like the first one. This was twice as hot and I knew I would suffocate. I begged, I pleaded, I screamed, I cried. All the time I could see him through the opening nodding his head saying, 'Not yet.'"

Then I knew there wasn't any hope. I would never make it. I was ready to give up. But the door opened and he took me out and placed me on the shelf. One hour later he handed me a mirror and I couldn't believe it was me. 'It's beautiful. I'm beautiful.'"

"I want you to remember, then," he said, "I know it hurts to be rolled and patted, but if I had left you alone, you would have dried up. I know it made you dizzy to spin around on the wheel, but if I had stopped, you would have crumbled. I knew it hurt and was hot and disagreeable in the oven, but if I hadn't put you there, you would have cracked. I know the fumes were bad when I brushed and painted you all over, but if I hadn't done that, you never would have hardened; you would not have had any color in your life. And if I hadn't put you back in that second oven, you wouldn't survive for very long because the hardness would not have held. Now you are a finished product. You are what I had in mind when I first began with you."

JEREMIAH 18:6B - "BEHOLD, LIKE THE CLAY IN THE POTTER'S HAND, SO ARE YOU IN MY HAND."



## Senior Connection

### In and Around L Street...80 Years Ago

by Sister Carol Preston

In 1936, my family moved to Washington D.C. from my birth place in Norristown Penn. I began my first day of school in a small 8 room school house, Jones school, on the Southeast corner of First and L street NW. This old school had only 8 classrooms for first, second and third grades. Then I attended Douglas Simmons across the street for my fourth grade. And fifth and sixth grade I attended Twinning School. All of my teachers were excellent because every child could read and do arithmetic. After Twinning I was happy to be transferred to

Jr. High school at Terrell, the same school building which still exists on 'M' street.

I vaguely remember the church my family attended which was around Third and L Street NW. I recall that it was a small church and sometimes we would have to stand because all the seats were taken. My father was concerned about how he would get our family out if some fire broke out. Right after that my mother said 'I think there is a big church on the other side of L Street with high steps going up. I fondly remember the first time we entered Mount Airy because my parents joined the first Sunday we attended.

I will never forget the Friday night my sister and I were baptized in the pool in the basement of the church by Rev. Earl Tyler. I enjoyed Sunday school with teachers Ms. Lillie Murray, Mrs. Inez Peyton. These teachers taught us to be young ladies and we never wanted to go before them unless we had studied our lesson. During my early years I formed many friendships with my peers. During my teen years a Jr Church was established; I believe it was the first Jr. Church known in the city. We had service every Sunday downstairs while the main church service was upstairs. Rev. R. L. Tucker was the Jr. Pastor. It was a replica of the main Church. We had Jr. Choir, Jeanette Fair Director, Jr. Nurses, Jr. Ushers, Jr. Deacons and Jr. Deaconess. We were served communion every first Sunday during our service.

After graduating from Dunbar High School, I attended Morgan State University at Baltimore. After Rev. Tyler died Rev C.M. Long was the Pastor and he built the church extension building. After Rev. Long came Rev. Rafe Taylor.

During this time, membership was increased because most of the neighbors in Sursum Corda, Sibley Plaza and Tyler house attended our church.

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In 1979, the Pacesetter program was organized to meet the needs of the many children who lived in the neighborhood and it was a structured, Bible-based program which was in existence for more than 20 years. The goal of the program was to build self-esteem and become aware of their many talents and direct them in Christian growth and development. Greater emphasis was placed on values and these experiences developed self-pride and confidence in themselves.

It was a joy to teach the Pacesetters and to witness their growth. Great effort was placed on enlisting families who were unchurched.

Being associated with a loving and friendly church like Mount Airy for more than 80 years was and still is the joy of my life. TO GOD BE THE GLORY!!!!



## **YOUTH SPEAKS...**

### **"Surviving Liefé 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 man's 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, 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 boys scouts troop and I attend church regularly. I am a child of God but no one

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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 a 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). ☐

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

**"The Garden of Daily Living"\***

*by Sister Deloris Agee*

**Plant Three Rows of Peas**

**Peace of Mind**

**Peace of heart**

**Peace of soul**

**Plant Four Rows of Squash**

**Squash gossip**

**Squash indifference**

**Squash grumbling**

**Squash selfishness**

**Plant Four Rows of Lettuce**

**Lettuce be faithful**

**Lettuce be kind**

**Lettuce be patient**

**Lettuce love one another**

**No Garden is Without Turnips**

**Turnip for meetings**

**Turnip for service**

**Turnip to help one another**

**To Conclude our Garden,**

**Must Have Thyme**

**Thyme for each other**

**Thyme for family**

**Thyme for friends**

**Water freely with patience and cultivate with love. There is much fruit in our garden because you reap what you sow☐**

### **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 [tcholly@comcast.net](mailto:tcholly@comcast.net).

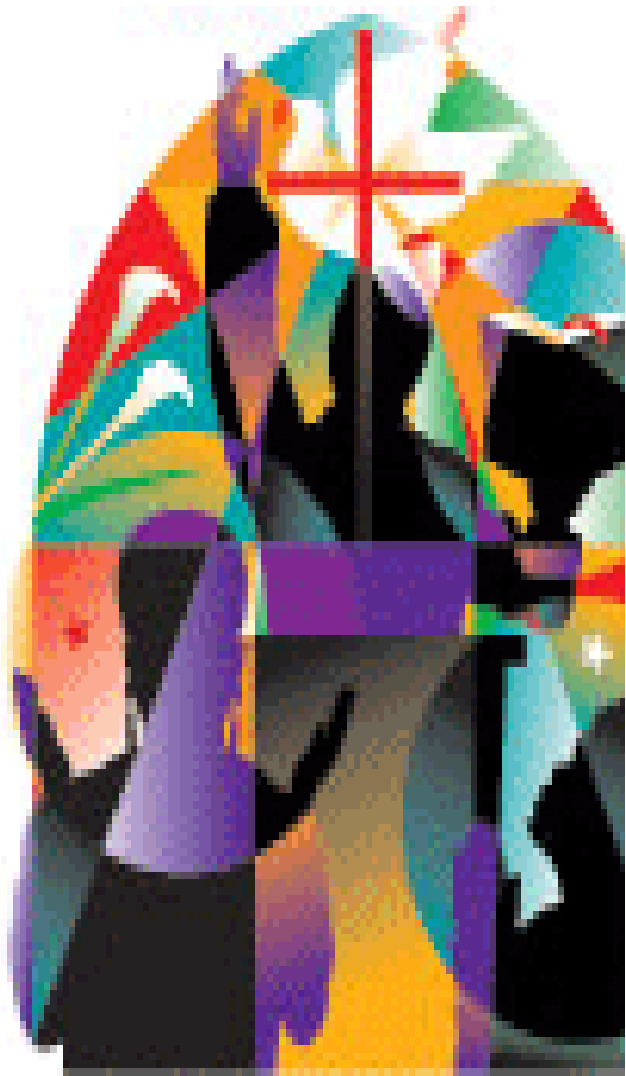
Documents are accepted at any time.

We prefer that articles be limited to 220 words or 1/2 page due to space. We will no longer accept hand written articles.

Next Issue: Sunday, December 20, 2020

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





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