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"Claim Your Authority to Receive
Your Abundance"

The Newsletter

A Christian Education Publication

MARCH - JUNE 2023

From the Desk of

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



“THE GOOD SHEPHERD”

John 10:14-16 (NLT)

“I am The Good Shepherd; I know My own sheep, and they know Me, Just as My Father knows Me, and I know The Father. So, I sacrifice My life for the sheep. I have other sheep, too, that are not in this sheepfold. I must bring them also. They will listen to My voice, and there will be one flock with one Shepherd”.

THE GOOD SHEPHERD DEMONSTRATES A PERSONAL INTEREST IN HIS SHEEP

Jesus says, “I am The Good Shepherd; I know My Own Sheep...”

This Shepherd shows He has taken a very personal interest in each one of His sheep. His interest is such that He takes the time to get to know the intricacies of each of His sheep.

It’s obvious, He has taken the time to observe each one of His sheep to see what their habits and character traits are like, He has taken the time to note all their interests, and all their cares and their concerns.

This Good Shepherd has taken the time to note how the sheep respond to one another. He’s a Good Shepherd who knows things about the sheep that the sheep didn’t even know about themselves.

This Good Shepherd cares about His sheep. The Word of God says: “I know My Own Sheep...” I like it when This Good Shepherd includes the believers in His category of “Knowing My Own Sheep.”

He has shown a demonstrative personal desire to know more and more about His sheep. He knows our names. He knows our routines. He knows our behaviors. He knows our consistencies and our inconsistencies.

He knows our moods. He knows our attitudes. He knows our emotional highs and lows. This Good Shepherd knows His sheep’s active tendencies. He knows because He has a personal interest in each of His sheep.

That’s what a Good Shepherd does, He takes personal interest in each of His sheep.

That’s what good parents do; they take personal interest in each of their children, knowing that each of their children will be somewhat different from the others.

That’s what good grandparents do – they take personal interest in each of their grandchildren, noting their individual strengths and their individual weaknesses.

That's what good, mature neighbors do, they develop personal relationships with neighboring parents, and they then take personal interest and measured care in each of their neighborhood children - and they communicate all their actions with that same neighboring parent about their child.

All of us ought to like the personal interest This Good Shepherd takes in all His sheep, because not only does He demonstrate His desire to know each of us personally, but:

THIS GOOD SHEPHERD EARNESTLY DESIRES A RECIPROCAL RELATIONSHIP

Again, Jesus says in Verse 14: "I am The Good Shepherd; I know My Own sheep", then He adds: "And they know Me,"

This Good Shepherd demonstrates not only His desire to know each of us, but He also expresses His desire that we would get to know Him on a personal basis.

The Lord wants us to know Him as our Shepherd. He wants us to know Him on a personal level just as David expressed in the 23rd Psalm (NLT), when He said:

- "The Lord is my Shepherd; I have all that I need.

He lets me rest in green meadows; He leads me beside peaceful streams.

He renews my strength. He guides me along right paths, bringing honor to His name.

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me.

Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies.

You honor me by anointing my head with oil. My cup overflows with blessings.

-Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of The Lord forever."

This Good Shepherd wants us to get to know Him in an intimate way.

He wants us to know we can depend on Him.

He wants us to know we can call on Him.

He wants us to know that He will make all things work together for our good.

This Good Shepherd wants us to know that He will always have our best interest at heart.

He wants us to know that He will watch over us with His watchful eye.

He wants us to know that He will protect us with His loving arms of protection.

He wants us to know that He will always keep us and undergird us with His strong and mighty grip.

This Good Shepherd wants us to know Him in our relationship with Him, just as He knows and has His relationship with His Heavenly Father.

This Good Shepherd not only takes a personal interest in each one of us and He not only wants us to have a reciprocal relationship with Him, but This Good Shepherd also wants us to:

UNDERSTAND AND APPRECIATE HIS ROLE AND OUR NEW ASSIGNMENT

Verse 16 says: "I have other sheep too, that are not in this sheepfold. I must bring them

also. They will listen to My voice, and there will be one flock with One Shepherd.”

The marvel of Christianity is that it’s not always about us, as The Shepherd’s sheep; there will be many times when we will find ourselves in the newly assigned role of really helping others to take their rightful place in the Body of Christ.

Jesus says, “I have other sheep that are not in this sheepfold. He paints the picture for each one of us that there are others in the neighborhood who will need to be a part of this fold.

There are others who may not look like us, or may not act like us, or may not even talk like us, who will need to have a place within this army of believers. Our new role will be to welcome them into the Body of Christ with open arms and a loving heart.

Our new role will not be to keep our distance and criticize them for being different. Our new role will not be to talk about the way they’re dressed or the way they act.

Our new role will not be to criticize them in any way - but instead to develop the kind of relationship with them that they will listen as we try and help them get even closer to This Good Shepherd.

There are other sheep, of which we, perhaps are not aware. But The Good Shepherd is aware, and He has already made His assignments.

He has already ordered footsteps and assigned close partnerships to ensure that these new converts will be comforted as they come into the fold.

Remember it was Jesus who came to reconcile mankind back to God, and He came thru His Jewish lineage. His ultimate mission, however, was not just for the

Jewish people, but it was for a wider audience of sheep who were not necessarily of that fold.

He came for Jews and Gentiles; He came for Muslims and Hindus; Jesus, The Savior of The World, came for Black, White, Red and Yellow sheep.

This Good Shepherd came and sacrificed His life that all others, of the whosoever will crowd, would have a right to the tree of life. The Good Shepherd paid a price that He did not owe. He fulfilled a requirement that only He could fulfil.

They nailed His hands and feet to an old wooden cross up on Calvary’s hill; but nails didn’t hold Him there. Nails would have been sufficient to hold anyone else there – but not This Good Shepherd.

He could have come down from that cross at any time – but Love held Him up there. It was love that lifted Him and it was love that held Him on the cross.

It was love that kept Him in the grave all night Friday night, all day Saturday, and all-night Saturday night; but then early Sunday morning, it was love that lifted Him again.

For God so loved the world that He gave His only begotten Son that whosoever believeth in Him shall not perish but shall have everlasting life.

This Good Shepherd continues displaying His personal interest in His own sheep. He knows us by name.

He knows our every strength and our every weakness.

He knows our emotional highs and lows; He knows our ups and our downs.

He knows our every concern and our every desire.

This Good Shepherd wants us to have a reciprocal relationship with Him and He wants us to understand and appreciate His role and our new assignment.

There are other sheep that He will be sending to be a part of this flock and we are to receive them with open arms and a loving heart.

They are our brothers and sisters – and Jesus says, He must bring them in also.

He has a must need to bring them in – for they have been equipped with gifts that this Body of Christ needs.

Invite them and welcome them into the fold.

This Good Shepherd has called them to His service. Glory Halleluiah! ☐

March is Women's History Month

by Newsletter Ministry

In March we celebrate Women's History Month. The celebration has not always been observed for a full month, but now it spans the entire month. This is a time to raise awareness about the important achievements and contributions women have made throughout history and pay tribute to them. The National Women's History Alliance selects a new theme each year and this year it was “Celebrating Women Who Tell Stories”.

The month-long celebration honors and recognizes the important roles women have played in storytelling throughout history. The accomplishments of the following popular historical figures have been highlighted: Susan B. Anthony, Amelia Earhart, Harriet Tubman, Maya Angelou, Supreme Court Justice Ketanji Brown Jackson, and so many more.

It is important to remember the countless women who have used their voices and

creativity to tell stories that educate, inspire, and entertain audiences around the world. ☐

Professor Barbara J. Smith's Endowment Breakfast Celebration

by Sister Jacquelyn Britt



On Saturday, March 4, 2023, Bowie State University and the College of Education, commemorated Professor Barbara J. Smith at a breakfast with a legacy endowment. The endowment recognizes 50 years of sacrifice, dedication and commitment to both staff and students. This celebratory event was well supported. Guest included Dr. Aminta H. Breaux, President, Bowie State University, Dr. Rhonda Jeter, Dean, College of Education, many long-standing colleagues and professional associates, Reverend and Mrs. West and a host of Mount Airy Baptist Church members.

Celebrating 50 years of sacrifice and dedication, the legacy endowment recognizes how Professor Smith intentionally lived, and how she aimed to build and invest in the next generation for their success. Psalm 127 reflects on



challenging us to consider wisely what legacy we will leave to our children and future generations. By breathing life into her legacy, Professor Smith breathed life into future generations. May her dedication and commitment breathe life into this endowment; and may her teaching be fruitful and multiply 50 times for each life touched and each life changed.

Know that a legacy has no ending; as a wise woman once said, “If you’re going to live, leave a legacy. Make a mark on the world that can’t be erased.”, by Dr. Maya Angelou. It is done. The Barbara J. Smith Legacy Endowment lives on. 📌

Congratulations!!!

by Sister Jaki Britt

On Thursday, May 4, 2023, Professor Barbara Jean Smith presented a check for \$50,000.00 to Dr. Aminta Breaux, president of Bowie State University and the Bowie State University Foundation, Inc. for the Barbara Jean Smith Legacy Endowment. This presentation completed the goal set by the Department of Teaching, Learning and Professional Development to raise \$50,000 for 50 years of service.

This goal could not have been met without your generous contribution. Her endowment will be a lasting legacy for her alma mater in support of the students at Bowie State University.

If you wish to support her endowment in the future, you can give via <http://community.bowiestate.edu/barbarasmith> or by mail to Bowie State University Foundation, Inc., Attention: Barbara Jean Smith Legacy Endowment, P.O. Box 939, Bowie, Maryland 20718-0939.

Understanding this (silent) Killer of African American Men!

by Dr. Robin Kelley, Health Ministry

He's DEAD!!! She was still incredulous as she stated this, even to this day. Because of all the black men she knew, it could and should not have been him. He ate right and exercised. He was the one who was doing everything correctly in terms of his health, except to get his physical exam-Watch the film.

<https://www.youtube.com/watch?v=Qkf7jTQClrc>.

What Killed Him?

Cancer is the malignant growth of cells which can be in various parts of the human body. There is stomach cancer, liver cancer, breast cancer, bladder cancer, colon cancer, pancreatic cancer, and prostate cancer, to name some types. During summer and, in particular, June, as we focus on Father's Day and Men's health, attention typically shifts to prostate cancer, a cancer found in male glands and is very treatable if caught in time.

According to the American Cancer Society, the prostate is the hollow organ below the bladder where urine is stored and in front of the rectum (the last part of the intestines), or as some have described it, a walnut-sized

gland found between the penis and the bladder that stores fluid for semen. In other words, the urethra, which is the tube that carries urine and semen out of the body through the penis, goes through the center of the prostate. The prostate gland transports sperm, aids urine control, and secretes the Prostate Specific Antigen (PSA). Prostate cancer is one of the most common types of cancer in males but is usually highly treatable if detected early enough

This form of cancer is one of the most common in the world.

Prostate cancer may grow slowly and remain confined to the prostate gland, where, according to research, it may not cause severe harm and require minimal, if any, treatment. However, other types are aggressive and can spread quickly. Prostate cancer that's detected early — when it's still confined to the prostate gland — While data show that across races, lung cancer rates are similar, prostate cancer rates are highest among African American men.

There is good news! The key is early detection, which can lead to fewer deaths and better outcomes. Unfortunately for African American men, early detection often does not happen.

Statistics on Prostate Cancer

Prostate cancer is more likely to develop in older non-Hispanic black men. 60% of cases are diagnosed in men ages 65 or older, with yet, in the world, African American men have the highest prostate cancer incidence (new cases). According to research, this rate of new cases of prostate cancer among African American men reveals that they are:

60% higher rates than among Caucasian men

55% of all deaths occurring after 65 years of age. (Although only 1 in 350 men under the age of 50 years will be diagnosed with prostate cancer, the incidence rate increases to 1 in every 52 men aged 50 to 59 years)

3 years earlier does this cancer occur in African American men than Caucasian men. (In fact, a study estimated that men of African descent were approximately twice as likely to be diagnosed with prostate cancer before the age of 45 as Caucasian men.)

2 x the death rate of Caucasian men and 3 to 4 times higher than Asian Americans. (However, race-specific differences in survival estimates of prostate cancer appear to be narrowing over time).

Causes and Risk Factors for Prostate Cancer
There are no specific causes of prostate cancer. However, there are some risk factors for it which, according to the Epidemiology of Prostate Cancer 2021, include:

Age: 50 and above, but it can occur before age 45, especially in African American men.

Race or ethnicity: Common in black males. Asian and Hispanic males have a lower risk than black or white males.

Family history: If there is a close relative who has/had prostate or other cancers, there is a higher chance of developing it

Genetic factors: Inherited features may increase the risk, including BRCA1 and BRCA2 gene changes. Mutations in these genes also increase the chance of breast cancer in females. Men born with Lynch syndrome also have a higher risk of prostate and other cancers.

Diet: Obese men have a slightly higher chance of getting prostate cancer (some also say that men who eat a lot of dairy products and calcium have an increased risk).

Smoking: Active and passive exposure to cigarette smoke is considered carcinogenic for many human cancers (IARC, 2004).

Exposure to chemicals: The Herbicide Agent Orange

Inflammation of the prostate gland

Sexually transmitted infections
Vasectomy

Signs and Symptoms

It is very common for no symptoms to appear during the early stages of Prostate cancer. But according to research men who experience symptoms may notice the following:

1. Difficulty starting and maintaining urination
2. A frequent urge to urinate, especially at night
3. Blood in the urine or semen
4. Painful urination
5. In some cases, pain during ejaculation
6. Erectile dysfunction
7. Pain or discomfort when sitting if the prostate is enlarged.

Men at the more advanced stage of prostate cancer experience the following symptoms:

1. Bone fracture or bone pain, especially in the hips, thighs, or shoulders
2. Edema or swelling in the legs or feet
3. Weight loss
4. Tiredness
5. Changes in bowel habits
6. Back pain.

Prevention

Again, according to research, some recommendations include:

- Eating a healthy diet full of fruits and vegetables (choosing healthy meals over supplements), including green leafy vegetables and lycopene, which is plentiful in cooked or processed tomatoes, has been shown in some studies to slow the growth of prostate cancer cells. Cruciferous vegetables (e.g., broccoli and cauliflower) contain sulforaphane that may protect against cancer.
- Reducing fat intake. Eat less trans fats and saturated fats. Focus on healthy fats such as omega-3 fatty acids from nuts, seeds, and fish.
- Consuming green tea and soy. Clinical trials have suggested that soy may lower PSA levels and that green tea may help men at high risk for prostate cancer reduce their risk
- Maintaining a healthy weight
- Exercising most days of the week
- Getting regular physical exams
- Notifying a doctor immediately if there is a problem.

Treatment

Prostate cancer treatment options depend on several factors, such as how fast the cancer is growing, whether it has spread, the affected person's overall health, and the potential benefits or side effects of the treatment. Early-stage prostate cancer, if small and localized, will lead the doctor to recommend the following:

1. Be watchful: waiting or monitoring: The doctor may check PSA (Prostate Specific Antigen) regularly but take no immediate action.
2. Surgery: A surgeon may carry out a prostatectomy. They can remove the

prostate gland using either laparoscopic or open surgery.

3. Radiation therapy: Brachytherapy which involves the doctor implanting radioactive seeds to deliver targeted radiation treatment. Conformal radiation therapy .

If the cancer grows and/or has metastasized (spread) throughout the body, the treatment plan will change to the following:

1. Hormonal therapy: Blocking and reducing testosterone and dihydrotestosterone can delay or stop the growth of cancerous cells
2. Chemotherapy: This usually kills cancer cells around the body. However, it comes with adverse effects
3. Cryotherapy: Cryotherapy is the use of extreme cold to freeze and remove abnormal tissue. Doctors use it to treat many skin conditions (including warts and skin tags) and some cancers, including prostate, cervical, and liver cancer. This treatment is also called cryoablation
4. High-intensity focused ultrasound (Cleveland Clinic)
5. Immunotherapy: Uses the immune system to fight cancer (Mayo Clinic, 2021).

TAKE ACTION EVEN TODAY!!

It is better to be proactive. Get yourself (if you are a man) or the men in your life screened for prostate cancer. Volunteer, donate, and be aware of this type of cancer and what it means to have it. The Mount Airy Baptist Church has partnered with Zero Prostate Cancer for the last two years to learn more about this treatable cancer.

Why ZERO?

As the leading national nonprofit that aims to end prostate cancer and help all impacted, ZERO helps lead the national dialogue on prostate cancer through its awareness campaigns, social media, Website, and blog, Journey to ZERO. They have regional chapters that are the boots on the ground to engage local communities and encourage grassroots action.

Their vision is a "Generation ZERO – the first generation of men free from prostate cancer."

As a national leader in prostate cancer advocacy, they have protected and grown federal research funding that has led to several key prostate cancer treatments for extending and improving the lives of men. Their annual Summit brings together hundreds of advocates from around the country to make prostate cancer a priority within the federal government, state legislatures, and communities .

ZERO has been on the front lines fighting for a cure for more than twenty years and has significantly impacted the fight against the disease. ZERO is also rated four stars by Charity Navigator, America's largest independent charity evaluator. Specifically, ZERO offers comprehensive support for prostate cancer patients. Starting with education on their Website, printed materials, videos, and webinars. They have a ZERO360 team of experienced case managers who help patients access financial resources, cut through insurance and Medicare red tape, and find emotional support. For men with advanced prostate cancer who cannot afford treatment, they have a financial assistance program to provide grants. Thus far, they have assisted more than 48,000 men.

They have engaged in community activities. They have pioneered mobile testing for prostate cancer, alerting men nationwide to lifesaving information and reducing prostate

cancer mortality rates through early detection with free testing with local partners nationwide.

They have the ZERO Prostate Cancer Run/Walk Series, which is the nation's largest event series dedicated to men's health. For over a decade, the series has helped raise awareness and unite men and their families across the country as a powerful force in the fight against prostate cancer.

The Mount Airy Baptist Church participated in the Zero Prostate Cancer Walk/Run on June 17th, 2023, through a team representing many of the church's ministries. Brenda Botchway, Nurses Ministry, Deacon Aaron Lewis, Deacon Stephanie Glover, and Robin T. Kelley, Health Education Ministry The Recreation, Deacon, Nurse, and Health Education Ministries confidently participated in the walk starting at 7:30 am at the Pentagon City Row site, VA. The walk was free to join, but teams were asked to raise money for Zero Prostate Cancer's efforts to research, lobby, and advocate for an end to Prostate Cancer. Our team continues to encourage donations through this web link: https://support.zerocancer.org/site/TR/RunWalk/RunWalk23?team_id=23137&pg=team&fr_id=2910 Or go to their Website: zerocancer.run/DC and search for Mount Airy Baptist Church.

Zero Cancer's Walk/run has raised a total, to date, of \$119,397 out of its goal of \$140,000.

There was a total of 408 runners/walkers that day. If anyone would like to hear their Mission Speaker during the post-5K presentation, a video can be found here on Facebook here on Facebook (he starts at about the 4:45 mark).

Proceeds from the Capital Area ZERO Prostate Cancer Run/Walk benefit prostate

cancer research, early detection, and patient support programs locally and nationally. One of ZERO's signature patient programs is ZERO360: Comprehensive Patient Support. This is a one-on-one case management service that helps alleviate the financial and emotional burdens prostate cancer patients face during treatment. This robust service goes above and beyond typical patient navigation programs with specialized case managers with experience in benefit enrollment, medical debt negotiation, and local transportation and emotional support resources. To learn more about ZERO360 and their other patient programs, visit zerocancer.org or reach out with questions to Lishey@zerocancer.org. Don't forget, together we can overcome the challenge that is a high rate of Prostate cancer among African American men! ■

Pastor Larry B. West Celebrates 21 Years at Mount Airy Baptist Church

by Deacon Phillis Anderson, Pastor's Helpers Ministry

On May 1, 2005, Dr. Larry West entered the pulpit of the Mount Airy Baptist Church, as pastor for the first time. What a celebration!

Pastor West is a man who possesses a Godly manner and wisdom. His trust in our Lord and Savior Jesus is always evident and at work in making disciples for Christ. Pastor West has a great love for people; he personally ministers to all who are under his pastoral care providing instruction as well as spiritual covering.

Pastor West has demonstrated his obedience to his calling and dependence on our Lord and Savior Jesus Christ. He is a man of God appointed for this time. During his pastorate we have increased our Church School classes to include a Transition class and broadened the worship experience to include Children's Church. We have new

Ministries- Men Knowing Christ (MKCs), and Ladies of Vision and Empowerment, (LOVE) and the establishment of Solemn Assembly. Mount Airy Baptist Church has been enriched through his teachings. Praise God from whom all blessings flow!

Pastor West has inducted seven (7) women into the Diaconate Ministry. Glory to God! He has a dynamic clerical staff under his leadership in Assistant to the Pastor, Rev. Karen R. Taylor, and Associate Ministers: Rev. Johnnie L. Sudds, Rev. Roderick K. Moore, Rev. Alvin Jackson, Min. Kenneth Robinson, and Min. Theodore Hale.

Mount Airy Baptist Church certainly gives all praises and honor to our Lord & Savior Jesus Christ for Pastor L. B. West and his 21 years of faithful and dedicated service to God, God's people, and the community. ■

Juneteenth 2023

by Newsletter Ministry

Monday June 19, 2023, we celebrated Juneteenth. Juneteenth (officially Juneteenth National Independence Day) is a federal holiday commemorating the end of slavery in the United States. Its name is a portmanteau of "June" and "nineteenth", as it is celebrated on the anniversary of June 19, 1865, when in the wake of the American Civil War, Major General Gordon Granger ordered the final enforcement of the Emancipation Proclamation in Texas. Originating in Galveston, Juneteenth has since been observed annually in various parts of the United States, often broadly celebrating African American culture.

Early celebrations date back to 1866, at first involving church-centered community gatherings in Texas. They spread across the South and became more commercialized in the 1920s and 1930s, often centering on a food festival. Participants in the Great Migration brought these celebrations to the rest of the country. During the Civil Rights

Movement of the 1960s, these celebrations were eclipsed by the nonviolent determination to achieve civil rights but grew in popularity again in the 1970s with a focus on African American freedom and African American arts. Beginning with Texas by proclamation in 1938, and by legislation in 1979, every U.S. state and the District of Columbia has formally recognized the holiday in some way. Juneteenth is also celebrated by the Mascogos, descendants of Black Seminoles who escaped from slavery in 1852 and settled in Coahuila, Mexico.

Celebratory traditions often include public readings of the Emancipation Proclamation, singing traditional songs such as "Swing Low, Sweet Chariot" and "Lift Every Voice and Sing", and the reading of works by noted African American writers, such as Ralph Ellison and Maya Angelou. Juneteenth celebrations may also include rodeos, street fairs, cookouts, family reunions, parties, historical reenactments, and Miss Juneteenth contests. The day was recognized as a federal holiday in 2021, when President Joe Biden signed the Juneteenth National Independence Day Act into law. Juneteenth became the first new federal holiday since Martin Luther King Jr. Day was adopted in 1983. ■

Mount Airy Baptist Church Celebrates 130 Years

by Sister Jackie Smith, Co-Chair, 130th Anniversary Committee

July 2023 commemorates the 130th anniversary of the Mount Airy Baptist Church. We were honored to have as our guest preachers, two of our sons, Pastor Robert Pines, Georgetown Baptist Church (DC) for our Memorial Service, and Pastor Reginald Farmer, True Gospel Tabernacle Baptist Church (DC) during the church anniversary. The spirit of the Most High was ushered in by our guest psalmists, Shante Williams and Kimise Lee.

These services included a tribute to five of our deceased members: Gilbert Dickinson, Stanley Garnett, Cheryl Hood, Verna Rena Smith, and Annie Stewart. We witnessed a phenomenal skit delineating our history by a creative duo, Jennifer Lee and Ramona Oliver, followed by an unveiling of a rendition of the church through the eyes of Michael Agee. To further acknowledge this monumental occasion, we utilized our green space for a church, family, and friends cook-out with great fellowship, fun, festivities, and food. Kudos to all who played a part in this memorable celebration.

Thanks to our Anniversary Co-Chairs Rev Karen Taylor and Sister Jackie Smith for their outstanding job! ☐

Three Things in Life...

by Deaconess Ministry



WHATEVER

by VIP Ministry

Whatever your trial,
God sees.
 Whatever your struggle,
God knows.
 Whatever your cry,

God hears.
 Whatever your difficulty,
God cares.
 Whatever your problem,
God understands.
 Whatever your need,
God provides. ☐

Mount Airy Announcements:

Join us for our **Virtual Corporate Prayer Sessions** Monday – Friday from 7:00 am – 7:30 am **and** from 7:45 pm – 8:15 pm. Join us by calling (267) 807-9611. Once connected, use access code 996801 and press the # button.

Join us in our **Corporate Worship Service** on Sunday mornings from 9:30 am– 10:30 am by one of the following:

1. **In-person in the Sanctuary**
2. **Freeconferencecall.com** (Dial-in (267) 807-9611; Access code 996801 #)
3. **Facebook Live** (Search: Mount Airy Baptist Church)

To attend in-person service, face masks are **optional**. **The North Capital Street door will be opened until 9:20 AM**; after that you must enter through the “L” Street door entrance.

ADULT SUNDAY CHURCH SCHOOL (CLASS #1) on Sundays at 8:15 - 9:15 am. Join by calling

(202) 926-1080. Once connected, use access code 507598 and press # button.

ADULT SUNDAY CHURCH SCHOOL (CLASS #2) on Sundays at 8:15 - 9:15 am. Join by calling (667) 770-1920. Once connected, use access code 2549975 and press # button.

TRANSITION CLASS on Sundays at 8:00 - 9:15 am. Join by calling (425) 666-4245, (NO ACCESS CODE).

ADULT BIBLE STUDY on Tuesdays at 6:30 - 7:30 pm. Join by calling (267) 807-9611. Once connected, use access code 996801 and press the # button.

YOUNG ADULT BIBLE STUDY on Thursdays at 6:30 - 7:30 pm. Join by calling (202) 926-1080. Once connected, use access code 507598 and press # button.

WAYS OF GIVING:

- **In sanctuary: use a church envelope and place in box located along the wall on the elevator side**
- **CashApp: \$MABCDC**
- **PayPal:**
<http://www.mabdc.org>
- **By Mail: Mount Airy Baptist Church, 1100 North Capitol Street, NW, WDC 20002**

Golden Time of Day

by Newsletter Ministry

We take pleasure in highlighting our Mount Airy trailblazers who have paved the way for us here at Mount Airy. We salute them for sharing their beginnings and wisdom with us. Enjoy!!!

Deacon James and Deaconess Delores Anderson





Mr. James Anderson, Jr. started coming to Mount Airy Baptist Church when he was five years old. He was baptized on May 30, 1958. Mrs. Delores Anderson started coming to Mount Airy Baptist Church when she was nine years old. She was baptized on July 5, 1957. They were active and involved in Mount Airy's Junior Church. They met when they were 10th graders. They started out as friends, but as time went by, brother James started to notice sister Delores. Brother James said he noticed sister Delores when she would walk by wearing fancy and fashionable clothes. He said, "She caught my eye because of her sharp style of dressing." Brother James said, "I know she has a good paying job because she sure wears some nice clothes." Brother James asked sister Delores to go with him on a church outing. Initially, sister Delores said, "No, I am not going out with you!" Brother James didn't give up. Sister Delores finally gave in, and the rest is history.

Brother and sister Anderson started their lives as husband and wife on June 15, 1963. They became one when they said, "I do" to one another at the Mount Airy Baptist Church. During their time at Mount Airy, they served the Lord with gladness. Brother Anderson remains active as Deacon Emeritus. He was a dedicated and faithful member of the following ministries: Sound Ministry, Sunday School, Choral Singing

Group, Junior Church, and Boy Scouts. Sister Anderson remains active as a Deaconess. She was a dedicated and faithful member of the following ministries: Finance, Hospitality, Sunday School, Choral Singing Group, Junior Church, and Girl Scouts.

Their fondest memories are enjoying the blessing of receiving the gifts of love, care, and support from their four children; and the fun heartfelt times spent with their six grandchildren and three great grandchildren. Words of wisdom from brother James... "If you have a job, you should never run out of gas." When their children started driving, Brother James would say, "I don't ever want to get a phone call from you crying that you are stranded on the side of the road because you ran out of gas." Brother James said, "If you have a job and a paycheck, you should always have gas in your tank." Words of wisdom from sister Delores... "Even if you stay in bed all day in your pajamas and your head scarf, put some earrings on because a pair of pretty earrings will always make you look good and feel better."

Sixty years of marriage does have its benefits. It has kept this couple close, and they are certainly bonded together forever. As Mark 10:9 states, "Therefore what God has joined together, let no one separate. They both share the 23rd Psalms as their favorite scripture. They both have the strong Christian beliefs of giving back and paying tithes. Even though they are dealing with medical challenges, they make sure their tithes are paid. They always ask, "Have you paid our tithes yet?" Deacon and Deaconess Anderson are grateful and appreciative to their Mount Airy family for this opportunity to be featured in this newsletter.





Sister Ruth Lee Ferguson

Mrs. Ruth Lee Ferguson was a God fearing, praying, caring, and giving woman. She had the uncanny ability to have nothing and make something. One of her favorite songs was “If I Can Help Somebody” and she worked diligently to live her life in that vain. She lived a life of giving and sharing which was instilled in her as a southern lady full of good old-fashioned hospitality. Her greatest passion was preparing the most delicious southern comfort food for all who desired to eat. It was food that filled the belly, nourished the mind, and warmed the soul and is what has won over the hearts of many throughout her life until God graciously kissed her and called her home on March 20, 2014.

As the matriarch of her large family, she never neglected to serve God and His people wholeheartedly. She was a devoted and faithful member of Mt. Airy Baptist Church for 55 years, wherein she left an indelible impression on its members, leaders, and ministries. She was elated to serve as a

faithful member of many ministries including the Senior Usher Board, Emergency Club, Pastor’s Aid Club, and avid attendee of Wednesday Noon Day Prayer Service, Sunday School and so much more.

Mrs. Ferguson loved the Lord. She was most proud that she completed reading the entire Bible, in order from Genesis to Revelation. With her prayer partners, she arose early at least five days a week to pray and study God’s Word to show herself approved unto God, as well as, living the Word that she would not perish due to lack of knowledge. She loved her family, and she adorned her walls at home with a myriad of family photographs. Her memories continue to linger at our place we call home!



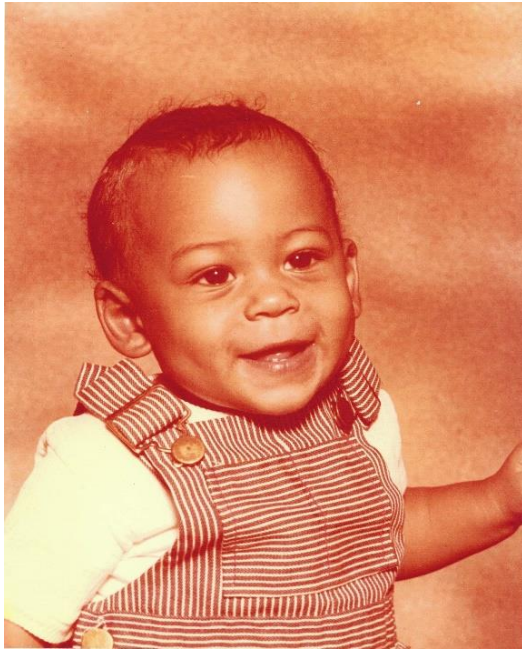
Can You Guess???

by Newsletter Ministry

Picture #1



Picture #2



Would you like to post a photo, send to Newsletter Ministry? If so, send your photo to taff@mabcdc.org. ☐

Inclement Weather Notification

by Newsletter Ministry

As we experience global warming, be mindful that in the event of inclement weather we have precautions in place. Please consult the Mount Airy website (www.mabcdc.org.) and/or The Mount Airy 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 taff@mabcdc.org. 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.

Next Issue: September 10, 2023

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

FOR YOUR MEDITATION...

by Newsletter Ministry

What If

What if God couldn't take the time to bless us today because we couldn't take the time to thank Him yesterday?

Picture #3



See answers under "For Your Meditation" ...

What if God decided to stop leading us tomorrow because we didn't follow Him today?

What if we never saw another flower bloom because we grumbled when God sent the rain?

What if God didn't walk with us today because we failed to recognize it as His day?

What if God took away the Bible tomorrow because we would not read it today?

What if God took away His message because we failed to listen to His messenger?

**What if God didn't send His only begotten Son because He wanted us to prepare to pay the price of sin?
What if God stopped loving and caring for us because we failed to love and care for others?**

What if God would not hear us today because we would not listen to Him yesterday?

What if God answered our prayers the way we answered His call to service?

What if God met our needs the way we give Him our lives?

WHAT IF??? ■

***Can You Guess??? Answers:**

Picture #1 – Rev. Roderick Moore

Picture #2 – Min. Kenneth Robinson

Picture #3 – Rev. Karen Taylor ■

