




MESSAGE

from the Mount



Volume 13

*spring
forward*



Haiti: The Real Story
By Reine C. Boyer - p.12



The Pastor's Pen

Upcoming at the Mount

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Namaste my Brothers and Sisters in Christ!

We greet you in the name of the Resurrected One, the name we celebrate today. Happy Resurrection Day! Today we honor the live legacy and ministry of Jesus, The Christ. In all of Christendom, today is the day we celebrate the salvific work of God come to completion. Although Jesus said "it is finished," on the cross, it was God's raising His Son from the grave on Sunday morning that took the power out of death. Because of Jesus' resurrection, we now enjoy life everlasting. Jesus' resurrection teaches us there is life beyond the grave. Hallelujah!

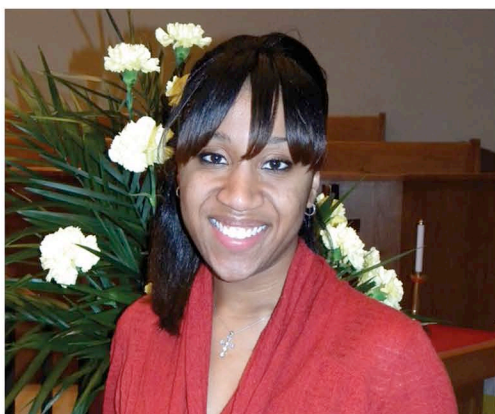
Providentially, 16 years ago, on the first Sunday, which was also Resurrection Sunday, God brought Pastor & People of Mount Aery together for the first time. It was a miraculous and marvelous experience back then and 16 years later, all we can say is, **"LOOK WHAT GOD HAS DONE."** Although we will celebrate officially in July (the actual month of installation), let me take this time to thank God and you, Mount Aery, for this powerful and productive partnership. I look forward to many more years of meaningful and miraculous ministry.

March was very full month for us in that we commenced and culminated our 40 days of lent, Profiles in Anonymity: From Anonymous to Emerging Voices and indeed from the bible studies to our men's weekend to our leadership institute, God was moving and strengthening our voices for His glory and honor.

April is also a time for spring cleaning, where April showers bloom in May, this is also a time where we will ask families of whatever configuration to come out for our 2nd Friday night worship and praise service on April 9th at 7:30pm. We look forward to having a great time in God.

God bless,

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



Editor's Desk

Spring Forward

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Namaste Mount Aery Church Family,

I pray that this Resurrection Sunday is a blessed one for you and that the power of Jesus Christ's life, death and resurrection can be a mighty force in your life that continues to strengthen and sustain you daily. In Him, there is life and prosperity.

During this season when the remnants of winter away, and the promise of a new season blooms, I encourage you to also "Spring Forward" in the purpose that God has for life. Whether that means going back to school, writing that book, entering that competition, taking that much needed vacation, looking for that more fulfilling job; whatever transition you have been hoping to make, I pray that you gain the determination, confidence in yourself, and faith in God to move forward in that venture.

In the past month, one of our own, Reine C. Boyer stepped out on faith and took a life-changing trip back home, to Haiti. As you read through this issue, please take a moment to read the Haiti Expose feature that captures each day of her 5-day stay in the capitol of Haiti, Port-au-Prince, that was devastated by the earthquake.

You will also find our WPCM Enterprises, LLC, featured in our "Entrepreneur of the Month section," in this issue. If you have not yet completed your taxes, you may want to take advantage and support those in our own church family with this expertise. And remember, if you have your own business that you would like featured in Message from the Mount, please visit the Front Office to complete a directory form that we will use to contact you.

I would like to take this moment to also gear you towards the What's Next section of the MFTM. In this section of the magazine, you can stay up-to-date with all the upcoming events at the Mount. So, if you have been meaning to get more involved in the church activities, you will find all events listed there.

I pray that this issue is a blessing to you and that you find informational, encouraging, inspiring and even entertaining, items that help you through the month of April. Be blessed and be a blessing to others.

Natasha Noel,
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Goodbye Ol' Man Winter and Hello Spring!

...EXCEPT if you are an Allergy Sufferer!



by Veronica Carter, RN, BSN, MBA

As we welcome in warmer days, blooming flowers and trees, there is a part of spring that brings some of us absolute misery.....Allergy Sufferers! There are over 35 million Americans who suffer with seasonal allergies.

The biggest spring allergy trigger is pollen. The higher the pollen count... the greater the misery. The pollen count measures the amount of allergens in the air. You can find out the daily pollen count in your area by watching your local weather forecast.

SYMPTOMS

Allergy symptoms tend to be particularly high on breezy days when the wind picks up pollen and carries it through the air. Rainy days, on the other hand, cause a drop in the pollen counts because the rain washes away the allergens. The symptoms of spring allergies include:

Runny nose

Itchy / Watery eyes and nose

Coughing

Sneezing

DIAGNOSIS / TREATMENT

If you've never been diagnosed with spring allergies but you notice that your eyes and nose are itchy and runny during the spring months, see your doctor. Your doctor may refer you to an allergist for tests. Some allergy sufferers turn to natural therapies for relief. If you are considering natural therapy, please consult with a certified Naturopathic doctor to monitor your treatment along with other medical conditions treated by your primary care physician.

Although there is no magical cure for spring allergies, however some over-the-counter allergy drugs are effective for many people and include the following:

- Antihistamines – to reduce sneezing, sniffing, and itching
- Decongestants - to clear up mucus from the nasal passageways
- Nasal spray decongestants - relieves congestion and clear clogged nasal passages.
- Eye drops - relieve itchy, watery eyes.

Even though you can buy allergy drugs without a prescription, it's a good idea to talk to your doctor first to make sure you choose the right medication.

It's nearly impossible to completely avoid spring allergies . Here are a few tips to avoid the triggers:

- Try to stay indoors whenever the pollen count is very high (pollen counts usually peak in the mornings).
- Keep your doors and windows closed whenever possible during the spring months to keep allergens out. An air purifier may also help.
- Clean the air filters in your home often. Also, clean bookshelves, vents, and other places where pollen can collect.
- Wash your hair after going outside, because pollen can collect there.
- Vacuum twice a week. Wear a mask because vacuuming can kick up pollen, mold, and dust that were trapped in your carpet.

“There are over
35 million
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The biggest
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trigger is pollen.”

WHAT'S NEXT?

Joint Ministry Event Announcement

The MABC AIDS ministry in cooperation with the Sisters at the Well ministry and the MABC Men's Ministry would like to invite the entire Mount Aery Baptist Church family to a "Special" joint ministry event. The topic and focus of this event will be startling for you to hear about. We will need to toss out all of our old baggage, as we glean new and pertinent information about a crisis afflicting our community. You will hear, in clear and concise language, why we must place a spotlight on this epidemic. And you will understand why this health issue must be brought out in to plain view. Each of us has to understand what's at risk and then take appropriate steps, as we let GOD direct our path!

HIV/AIDS is no longer a matter that we can avoid. So we must have this dialogue! And we must have this dialogue in the church! This is not a pep rally. There will be no serenades. But this will most likely be the most sobering presentation you have experienced this year. So mark this date;

Saturday April 10, 2010, 9:00 AM
at Mount Aery Baptist Church in the Bass Hall

You don't miss this event ... your life may depend upon it!

THE ROAD TO PENTECOST 50 DAYS AFTER THE RESURRECTION OF JESUS

by Alecia Watson, M.A.I.L Curriculum Developer

Pentecost also known as Whitsunday is the 50th, and final day, of the Easter Season. Pentecost is regarded as the 50th day after Jesus' resurrection and 10 days after His ascension. It celebrates the birth of the Christian Church and the outpouring of the Apostles in the book of Acts. The Pentecost is a time for Christians to celebrate two things: The Holy Spirit and formation of the Christian church.

The church celebrates Pentecost as the time when the Holy Spirit descended upon the Apostles in the Upper Room who were gathered with Mary, the mother of Jesus. The Holy Spirit gave the Apostles gifts of grace through which they would undertake the evangelical mission of the Church. On the day of Pentecost, the Apostles were given the miraculous "gift of tongues," so that everyone from every country understood the Christians' inspired message of salvation as if they were hearing it in their own languages. Many people were converted to Christianity by the preaching of the Apostles.

Please join us starting the week of April 11th, as we examine through a deeper lens, the events that occurred after the resurrection of Jesus. **First day of studying the series will start on Wednesday, April 14th from 6:30-8:00PM.**

Bring the entire family!

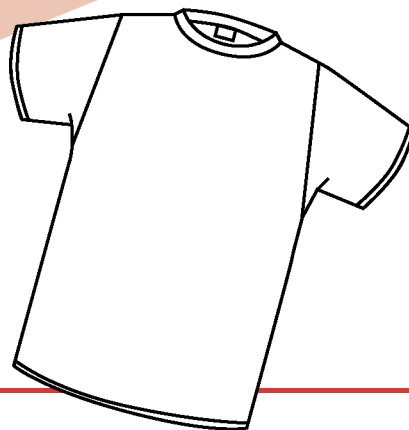
WHAT'S NEXT?

ATTENTION MOUNT AERY YOUTH!!! Design a T-Shirt Contest

for Mount Aery's AIDS Ministry
2nd Annual National HIV Testing Day Walk
Saturday June 26, 2010

**Designs must be submitted to
the AIDS Ministry by May 1, 2010**

The Winner will receive a \$\$ Saving Bond



A musical play **MEMPHIS** at the Shubert Theatre in New York City

May 15, 2010 -- matinee performance

Cost: \$140.00

\$100 deposit due by April 4, 2010.

Balance \$40 due by May 2, 2010

Start payments now. First come, first serve!

Sponsored by the Fellowship Ministry

Contacts:

Sadie Bristow ----203 333-2584

Lillie Moore -----203 372-1428

Deacon Leroy Haggans ----203 375-4951

Delta Gem Program

The Fairfield County Alumnae Chapter of Delta Sigma Theta Sorority, Inc would like to announce the application process for the 2010-2011 school year for its Delta GEMS Program. The program is open to young ladies who will be in grades 9-12 for the 2010-11 school year and live in the Fairfield County Area. Completed applications will be due no later than Wednesday, June 30, 2010. For additional information, attend the Delta GEMS Information Session on Saturday, April 10 at Housatonic Community College from 10am - 12 noon in room A101 or contact co-chairs Toni-Ann Thompson (203) 449-9254 or Danyelle Williams (203) 858-2860.

Ministry Spotlight



Scholarships! Scholarships! Scholarships!

by Andrea Barge

Scholastic 411

Don't let lack of resources be an obstacle to pursuing a higher education. Check out these resources!

Scholarship Sources

www.wiredscholar.com
www.fastweb.com
www.studentaid.ed.gov
www.fafsa.ed.gov
www.salliemae.com

Candy Scholarship

If you are an undergraduate with greater than a 3.0 GPA and a demonstrated interest in confectionary technology, visit www.aactcandy.org.

Fairfield County Community Foundation

The development of Scholarship funds and the annual awarding of the scholarships are important elements of Fairfield County Community Foundation's role in the community. We have over 500 Scholarship funds that help deserving students pursue college study and strengthen the future of our communities.

To view a list of our scholarships visit this web page: www.fccfoundation.org/cm/scholarships/Scholarship_Funds.html

National Achievement Scholarship Program

The National Achievement Scholarship Program is an academic competition established in 1964 to provide recognition for outstanding Black American high school students. Black students may enter both the National Achievement Program and the National Merit Program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) and meeting other published requirements for participation. The two annual programs are conducted concurrently but operated and funded separately. A student's standing is determined independently in each program. Black American students can qualify for recognition and be honored as Scholars in both the National Merit Program and the National Achievement Program, but can receive only one monetary award from NMSC.

Location: \$2,500

Deadline: Varies

Website/Contact Info: www.nationalmerit.org/nasp.php

National Black MBA Association of Westchester and Greater Connecticut Chapter Scholarship

The National Black MBA Westchester Greater Connecticut Chapter is proud to announce its Annual 2010 High School Senior Scholarship Offering. Listed below are the scholarship requirements.

- Student must be a senior in a high school located in Rockland, Orange, Putnam and Westchester County of New York, or Fairfield, Litchfield and New Haven County of Connecticut during the 2009-2010 academic year
- Will be attending a four-year college/university or community college program during the 2010-2011 academic year
- Have a minimum grade point average or 3.0 or "B" average
- Provide an official high school transcript
- Provide a letter of recommendation
- Complete Essay and Application
- Deadline for Submission: May 14th, 2010
- Award amount: \$1,000

For further details please visit our website at www.nbmbaa-wgc.org. If you have any questions or need additional information, please contact our Scholarship Chair at scholarship@onebox.com.

UNCF/Footlocker Scholarship Program

Foot Locker Foundation, Inc. provides support for educational and sports programs across the country that equip children and young adults with the necessary tools to achieve their goals and be successful in life.

Requirements: Applicants must have a minimum GPA of 2.5, and must be one of the following: College Freshman, College Junior, College Senior, College Sophomore, High School Graduate, High School Senior.

Deadline: April 15, 2010

Award Amount: \$5,000

Website/Contact Info:

www.uncf.org/forstudents/scholarDetailSGA.asp?id=452

The University of Pennsylvania

The University of Pennsylvania is launching an 18-month Academy focused on preparing Black males for admission to Ph.D. programs in education immediately upon completion of their undergraduate studies. They will begin the Academy this fall with 10 Black males who are in their junior year of college. Check it out here: <http://www.gse.upenn.edu/blackmen>

Tuition Set-Aside Aid—Connecticut

(Four Year College, Two Year College, University/Grant)

Purpose: Need-based program that assists Connecticut residents who are enrolled at state-supported colleges and universities in Connecticut. Award amounts are variable but do not exceed student's financial need. Deadlines vary by institution. Apply at college financial aid office.

Qualif.: High school students not considered.

To Apply: Required: application form; financial need analysis.

Contact: John Siegrist, Financial Aid Office, 860-947-1855.

Ministry Spotlight



Pay Tithes and Offerings ONLINE!

Vicki ... interviewed by Natasha Noel

I understand the newest development with the Finance ministry is the opportunity for congregants to pay their tithes and/or make offering donations online. How and why did this opportunity come about?

We had request from congregants about doing direct deposit; but PayPal actually came about almost accidentally. We started the Paypal account primarily for the Media Ministry and Olmec bookstore, then MAAFA used it. From there, the idea to use it for donations was adapted. So, what started for one purpose, became something else.

How do congregants go about making payments online? What should they expect (how soon will the money be taken out? Are there any fees?)

Congregants should go to www.mtaerybaptist.org and click on the “Information” and then “Make a contribution” link. Follow the instructions after that.

What are the benefits of paying this way?

The benefits are that you will no longer have to have a check or carry cash. You receive an electronic receipt to keep track of your donation. In addition, for the ministry, it is guaranteed money. Unfortunately, we get a lot of checks that bounce but with Paypal, we know we will receive the money that is being given.

Are there any cons? What are they?

Currently, the only con is that Paypal is collecting a fee. [Therefore, the church does not receive 100% of the donation]. For example, if someone wants to give \$20, the church will receive about \$18.59 of it.

What are people who make payments this way currently saying about it?

The first person who did it, loved it. Pastor Williams comments, “I love it. It’s easy to track my donations and feel good that the more people who donate online, the less the finance ministry has to count cash. So, it saves them from error, storing cash, and time. I really encourage everyone to jump on board.”

Who should congregants direct their questions to about this method?

If anyone has questions, they should direct it to finance@mtaerybaptist.org.

Is there any particular goal that the Finance ministry hopes to achieve with this new online payment method?

The goal is to get away from receiving cash. Checks and Paypal are easy to follow up on. Cash is a hard thing to trace. The ultimate goal is to get to a point of a paper money free collection.

The Lord's Prayer

Matthew 6:9-1, and Luke 11: 1-13

The Lord's Prayer is the true model of prayer" After this manner," "When ye pray, say." Etc. It lays down the lines on which we should frame our petitions; removes the distance and ceremoniousness of our approach to God; counteracts the selfishness of our desire and enlarges our horizon so as to comprehend the welfare of the whole world. It was given by Christ to his disciples on two different occasions: the first in connection with the Sermon on the Mount; the second after two years, when the disciples asked Jesus to teach them how to pray. It is the Ten Commandments turned into prayer the commandments to keep God's law being converted into prayers to enable us to keep that law. There is a striking correspondence between each clause of the Lord's Prayer and one of the commandments, and the order in which they mutually occur.

It consists, first of an invocation or mode of address to God. The word "Our" indicates the great change, which Christ introduced into the whole concept of worship. There was no social worship in the Jewish temple. The priest went alone into the holy place, while the people stood outside. But in the Christian church the worship of God is for all the people, with one heart and one voice; and in private prayer we cannot be accepted if we come in a selfish and exclusive spirit.

Our "Father." The relation of God as a Father belongs to all men alike by right of creation and providence; but it is by the grace of God in conversion that we receive the spirit of adoption whereby we cry "Abba, Father."

The words "which art in heaven" imply that, as our Father is in heaven, so our desires and affections should ascend beyond earth.

The order of the petitions is very remarkable. It begins with the recognition of God's rights as Maker, Sovereign, and Proprietor, - "thy name," "thy kingdom,"

"thy will;" and then it goes on to the recognition of man's needs - our bread, our debts, our temptations, and our deliverance. The essence of sin is the inversion of this divine order, putting the creature first and the Creator last, giving precedence to man's need over God's rights.

"Hallowed be thy name" teaches us that as children we are to treat with a holy love and fear the name and relation of Father in which we stand to God.

"Thy kingdom come" is a petition that God's reign of righteousness and peace and joy may be set up in our hearts, and that we may be enabled to extend it by our character, conduct, and work in the world around.

"Thy will be done in earth, as it is in heaven" shows us that God's will is the highest ultimate good of all his creatures; that all his laws have been devised to bring about this result; and that in proportion as we obey this will is our true welfare promoted. When our will and the Father's are absolutely one, we shall know that all things work together for our good.

"Give us this day our daily bread." At first sight referring to the most urgent want of man, we find that this petition is only one out of several others; not the first as the most important, not the last as the longest remembered, but enclosed among those which refer to spiritual things, to the establishment of God's kingdom and the overthrow of Satan's. If we hallow God's name and submit to his reign and seek to do his will, then we can with confidence ask him for the blessings which our natural life requires for its support and welfare. God gives us that for which we ourselves have to toil; not arbitrarily, but by wise and beneficent law; not all at once, but day by day.

"Forgive us our debts, as we forgive our debtors." The word "forgive," being made up of the preposition "from." Means literally "allow our debts to be put away from us." The word "debt" has a very close remembrance to the word "duty,"

and our debts are therefore our failures in duty. We ask God to take away from us the carelessness and indifference in which such failures originate; not to save us from our obligation or the consequences of our sin, but from our sin itself. Forgive us, not in proportion as, but like as, we forgive others. If we forgive others slowly, grudgingly, coldly, so shall we be treated.

"And lead us not into temptation." It is by temptation that we are tried and educated; yet we are justified in praying to our Father not to lead us into temptation so long as we lead, with childlike submission, to his loving will the means by which our faith is to be strengthened and our spiritual life purified and ennobled. We are not to go willingly into temptation. The temptation itself is not sin, but we fear that we may sin through it. And therefore this petition is linked along with the next, so as to make of the two one petition. Knowing God's power, we ask him to deliver us from the evil that is in the temptation, relying upon his promise that he will not suffer us to be tried above what we are able, but with every temptation will provide a way of escape. The revised version has the reading, "deliver us from the evil on;" but the usage of the Greek language requires that the original should be translated, not as a personal word, but as meaning moral evil in its totality.

The doxology, "For thine is the kingdom, and the power, and the glory, forever," is not found in St Luke, and is omitted in many manuscripts. But it is an appropriate ending of the Lord's Prayer, giving us good grounds of encouragement to pray, and at the same time ascribing all the praise to God. It is for this glory that all worship is carried on, therefore he will hear our prayer, and do for us exceeding abundantly above all that we can ask or think. "Amen."

Background Data: This excerpt was originally written by Rev. Hugh Macmillan, D.D., LL.D., F.R.S.E. It was discovered in a bible that was given to Mrs. Iola Jenkins, by her brother in-law Curtis Jenkins around 1973. Curtis found this bible in 1968. Prior to that the bible was given to Louise White by her Mother and Father on December 25th 1950.

Book of Reference: Boardman's The Model Prayer; Gladden's The Lord's Prayer

Mrs. Iola Jenkins is the mother of Mr. Gregory M. McBroom.

Entrepreneurs at the Mount:

Deaconess Anna Watkins

Commentary by Toni Belcher and Pastor Thomas Williams

Happy Birthday!

"On February 27th at 6 pm the Mount Aery Family celebrated with one of the grand ladies of the faith, none other than Deaconess Anna Watkins, affectionately know as "Queen". The occasion of this great celebration was Deaconess Watkins's 86th birthday! The Bass Hall had been meticulously transformed into gala ballroom. Deaconess Watkins children Annie, Manny, Sabrina, Angela, Bobby and Cynthia put together a first class event. The party had great food, a band and several soloists. The event was well attended with guests ranging from mother Cunningham to Dr. Bennett. From Rev. Queen Curran to Deacon "Pookie", aka Mel Lowe Sr."

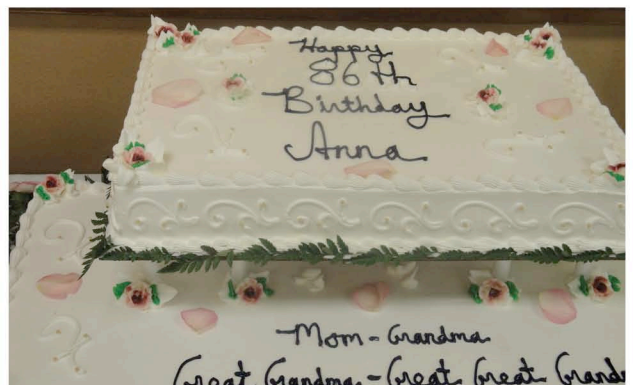
- Thomas Williams

Another attendee, Mrs. Toni Belcher shared her perspective of the evening:

"One evening in February, I had the pleasure of joining in a Birthday Celebration for one of the long time members of Mt. Aery. Deaconess Anna Watkins. The evening was a blessed event, put on by her children. I myself grew up with the family so it was special to me to reconnect with all of them. Deaconess Watkins was looking royal on her special night and was joined by family members, friends and Mt. Aery family members. We were all entertained by special presentations of songs and expressions of love. I felt blessed to be apart of her big day."

- Toni Belcher

Deaconess Watkins on behalf of the entire Mount Aery Family, Happy Birthday and many more!



WPCM Enterprises, LLC

A Minority Women Owned Business
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Email: wpcmenterprises@aol.com

Carol Carter-Mims	Brenda Way-Payne
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cartermims@aol.com	brendaway70@sbeglobal.net

Interview with Carol Carter-Mims Co-Owner and Founder of WPCM Enterprises, LLC and Ms. Tonya Johnson, Message From the Mount Publication. The following is an excerpt from that interview:

Tonya: What do you do?

Carol: WPCM Enterprises, a minority women owned business that helps new and established businesses recognize the importance of establishing and maintaining accurate financial records. We offer user friendly, but comprehensive accounting software that allows business owners to meet their daily recordkeeping needs. We recognize that small businesses must be knowledgeable of the affects of their day-to-day operations and business activities through the implementation of controls over the recording of daily business transactions. We want our business partners to be organized, successful and have awareness of the financial condition of their business.

Sometimes businesses may be asked to provide records to a regulatory or governmental agency such as the Internal Revenue Service (IRS) to support the information on a Tax Return. If they have maintained records of their sales, inventory, expenses, etc, they will be in a position to show the IRS the information with ease. If not, they may find that they are unable to support requested information. This is the kind of situation that we want our clients to avoid. WPCM is dedicated to assisting their clients, ensuring that adequate records are maintained for all business activities and transactions.

Tonya: What inspired you to start your own business?

Carol: WPCM was established as a Limited Liability Company (LLC) based in New Haven Connecticut, in 2008. During that time, a potential recession was on everyone's mind and many companies were downsizing and moving jobs overseas. This same economic trend continues today.

Over the years, Brenda Way-Payne, Co-Owner and I have had many round table conversations of starting a business in which we could utilize our extensive professional accounting experience and skills acquired. Having over twenty-five years in accounting, auditing, financial management, in both the private and public sectors, in New York City and the financial services industry, we decided to pursue our passion and start our own business, a vision and dream we both shared for years.

We decided that it was time to give back to our community and start our own business.

Putting into practice the very comments of the Honorable Andrew Young, who delivered the keynote address at our graduation commencement exercise, "Once you have acquired skills and knowledge in our chosen professional careers and goals, give back to those residing in your communities/ neighborhoods." We agreed that it was time for us to take action. In addition, I was a "Certified Minority Women Owned Business" small business owner and financial consultant in Atlanta Georgia Metro areas for over ten years, providing accounting, personal and corporate income tax services, including the installation of accounting and payroll systems, bidding on government contract, as well as first-time home owners down payment assistant programs, business incorporations and start-ups, and Notary services, and brought that experience to the table for the establishment of WPCM.

I have always had a vision and a passion to become a successfully business owner. The Lord's answer to me is found in The Book of Habakkuk, Chapter 2 vs. 1-3, "The Lord answered me, and said, Write the vision, and make it plain, ...for the vision is for an appointed time, It will not tarry."

Tonya: What services do you offer?

Carol: While centrally located in New Haven, WPCM is accessibility to new and existing businesses throughout the State. We perform on-site visits to each client's location to assess the needs of that client. Based on our assessment we offer the following services: implementation of a computerized accounting system, train key personnel, audit services (internal/external/global audits), payroll processing services, preparation of monthly, quarterly and annual corporate income tax documents and filings.

For those who are contemplating starting a business, we can assist them in taking the next step to making their business a reality. Our start-up services include general business consulting, the preparation of business plans and the filing of state/federal registration forms and Notary services.

After the new business is formed, we will then offer our user friendly accounting software that allows owners to meet daily accounting needs successfully.

The key factor of the services offered is based "solely" on the client's needs and objectives for the success of their business. We "personalized" our services to meet the needs of those who are uncertain about how to make their business successful. WPCM service encourages each business owners to do the right thing, while being involved and knowledgeable about their business activities implicitly. That's WPCM!

Thank you Tonya for the interview.

Haiti: The Real Story

by Reine C. Boyer



Day 1:

The group of us traveled together from Connecticut, Puck Purnell, the Director of Old St. Andrews' Ecole le Bon Samaritain Clinic, his lovely and gracious wife Joanne, and the quickwitted yet charming Stephanie Millien, daughter of Rev. Jean-Elie Millien, the Director and Founder of the grammar school, Ecole le Bon Samaritain. We were later joined by Ericka Dayton, who is a supporter of both organizations and quickly became a good friend to us all. Erika is a proponent of legal Haitian adoptions as she has adopted two young Haitian boys of her old and provides a loving home for them in the United States.

For those of you who have forgotten the United Haitian American Society's relationship with Old St. Andrew's Ecole le Bon Samaritain, I will briefly recap. After weeks of signing up with several relief agencies hoping our volunteers would be called, we learned of the Bon Samaritain program from UHAS supporter and friend, Pascale Millien. After researching their Medical Clinic and learning of the good work they were doing in the Carrefour section of Port au Prince, it was a no brainer for UHAS. We decided that this organization would be the best "fit" for our volunteers and we quickly contacted Rev. Purnell, commonly and affectionately known as "Puck."

Well in true Shakespeare fashion, Puck seized the opportunity to work with UHAS and quickly introduced us to his tireless and super staff who create miracles every day - Coulette, Gia, Gus, Sheelagh, and others to name a few. We also contacted Stephanie Millien who was also instrumental in plugging us into the 'pulse' and "heart" of the clinic - her father and mother, the Rev. Jean-Elie Millien and his gracious and regal wife, Mona Millien. And let's not forget Stephanie's husband, Luc Louisgene, her daughter Gaelle, and her siblings, as well who were also there in the beginning. And so the

relationship was formed and the trail was blazed.

We came to this clinic this week to brainstorm about the future of the clinic. It was our first real day here, observing, working in the trenches and assessing the overall operation. Yesterday, (Sunday), after our flight and what seemed to be an impossibly long and difficult ride to the clinic from the airport we came in, relaxed and ate, socialized with our hosts, and went to bed early to the sounds of people in the streets laughing and talking and curiously enough a rooster's "cock a doodle doo" at 12 midnight. The next day, (Monday), some of us headed out to the American Embassy to meet the incoming medical volunteer crew and to help load the truck with scores of supplies and food, others stayed to help open the clinic and service the people. From the common cold, to fevers, infections, high blood pressure, insomnia, complaints of chest compression, to anxiety, and dislocated limbs, we treated everyone. We dispensed medicine for certain diagnosed conditions and gave women with babies diapers, clothes, pedialyte, and wipes. Instruction regarding medication were written in Creole for the patients. It was quite a day, but all in all, it was a fruitful day. It was the beginning of what will be a fruitful week, not only for the Haitian people. . but for us as well as we learn what the Haitian people need.

Below are some of my thoughts about our journey into Haiti, into Port au Prince. The **DISCLAIMER** is that these statements are my editorialized statements, and no way do they reflect or should be interpreted as a reflection on the views of either UHAS, Old St. Andrews Church, or Ecole le Bon Samaritain. The following statement is my observation alone on the condition of Haiti and what I perceive is the current state of the Humanitarian effort.

Well, I am here. . . in Haiti and knowing that

I belong here, I feel at peace. However, this whole experience is surreal. Coming from the Toussaint Louverture International Airport, you are bombarded with a wave of people asking for help. . . any kind of help. Not just money, but clothes, food, tarps, tents, shoes, clothes, diapers for their babies, toothbrushes for themselves. . . anything that can make their situation better. I was in Haiti back in 2002 (the best vacation in my life) and I never saw grown people. . . adults begging at this level and so soon after stepping off the airplane, it was shocking. It broke my heart to know that for many, the one, five or ten dollar bill you give them was all that they would have to last the entire week. But as we traveled in our airconditioned car to the "Guest House" where we would be staying, it was difficult to swallow and digest the scenery around you. The toppled buildings, the fallen bricks, the broken roads, and lastly, but more importantly, the people. . . going about their daily lives as though it were normal to live the way that they were living. Curiously enough, I shed no tear. . . maybe because i knew that I had shed enough these past few weeks, and the Haitian people did not have time for my tears.

You hear Anderson Cooper on CNN referring to the Haitian people as "resilient" and "spiritual." While it is true, and I don't dispute his pronouncements, I still feel a sense of discomfort in watching them being so resilient. . . being so brave. . . being like what Haitian people call "ke po-poz" (literally translated "restful or peaceful heart" but contextually translated "without a care in the world.") As I am watching them going about their day to day business, their day to day lives, I am dumbfounded by how it appears nothing fazes them, how the events of the last 6 weeks seem forgotten. . . or worse yet, nonexistent. I try to look away as I happen to see a man bathing in the open or a woman urinating on the public street, I am frozen. . . and can't imagine what this country. . . my



country. . . my people have had to endure and what this whole thing has come to.

But despite what I am seeing, there still remains a sense of dignity in the air. People are walking on the streets with their heads held high, despite the fact that they are living under tarp and tent. People are engaging in commerce and trade and making a living, despite the fact that right next to them is a pile of feces, toppled bricks, dirt, and trash. People are relating to one another by playing dominos and braiding hair on the street corner, despite the menacing presence of the UN peacekeepers who parade up and down one central street with guns in tow. People cook their meals out on the open and sweep the areas near their tents removing trash and debris, despite the fact that some members of the Haitian police sit idly by.

Yes, I think this is the resilience that Anderson is talking about. . . but somehow it still makes me uncomfortable. Why you ask? Well, maybe, because I am fearful that this resilience will somehow be interpreted as "we are ok" or "c'est la vie" or worse yet, 'this is how life is and we must take it or take what God gives us.' Please don't misunderstand me, I wholeheartedly agree that Haitians are resilient, and if the same situation had happened in any other country, I believe you would have complete pandemonium and meltdown of the population. But somehow, I don't know if this "resilience" is good when it appears that everyone is gone including the news crews, including Anderson. It is sad to say, but I must say it, Haiti is beginning to fade into distant memory and what has happened to her land is now being slowly erased in the international community's memory.

What about the "kabillions of dollars that have been raised?" you ask. Well, I don't know, I don't see yet. What I expected to see when I arrived here is not what I've seen. Where are the dump trucks, the manpower,

the crews of manlabor and power vehicles used to clean and remove debris from the street? Where are the engineers and architects surveying and marking the countless of homes and buildings destroyed. Where are the social workers and mental health professionals visiting peoples makeshift "homes" assessing their immediate needs? WHERE, WHERE, WHERE? Where is the international community? Where is the Haitian government? Well, after the first day, I stopped asking that question and began to thank God that at least I could look around me, and see that the "Jaspora" (the Haitian Diaspora) had not "jumped ship" and that here we were, along with our caring brothers and sisters (Americans included) ready and willing to travel to Haiti and make our presence known among the living. . . among the resilient Haitians that refuse to die. . . no matter what.

Day 2:

This is the full second day of my voyage to Haiti and it was another "scenic" ride down to the American Embassy. It was 5:45 am and Lord knows why it seemed like half of the world around us was already up hours ago going about their day. I looked at the men and women wandering around the streets, very few were actually dressed for work, others in their regular clothes talking to one another and waiting for the "tap tap" to come. "Where are they going?", I ask myself, not fully expecting an intelligent answer, because I know they have no where to go. Some never fully went to sleep the night before because they have no home or bed to lie on, literally sleeping or lying awake in the streets under makeshift tents, tarp and timidity. There is not much work in the country now, but very few people sit home wallowing in their self pity. Rather, they want to be useful and work, whether it means a day's wage or not. And so, Ecole le Bon Samaritain's clinic has been blessed by an all volunteer staff, including Haitians. For these volunteers, clearly the motivation is to

be useful and to feel as though somehow, somehow a difference is being made. The Haitian volunteers at the Ecole le Bon Samaritain clinic include those medical personnel and translators that witnessed first hand the earthquake because they were physically present in the country at the time of the catastrophe. However, the clinic has quite a few Haitian volunteers that come through, from nurses, "pharmacists" and anyone willing to lend a hand. By 9am, the clinic was up and running today with three translators, two triage nursing students, three nurses and three volunteers helping to dispense medication. It was a fastpaced atmosphere and what some would call "Baptism by fire." I learned the ropes quickly and helped categorize the medications. Not only were the nurses quick in assessing the overall medical needs of the patients, but also, the need for food, water, diapers and children's clothes. We serviced over 100 patients today. It was quite a day. . . but it was a good day for Haiti and her children. . all her children, even the Jaspora.

Day 3:

And so the Bible says that on the third day, Jesus Christ rose from the grave. Christian doctrines ascribes the Resurrection as the greatest miracle in the Bible.

Well, I can say that on my third day in Haiti, I saw a few miracles, albeit small, on the road to the town of Leogane. On the dirt paved road from the Ecole Samaritain Clinic in Carrefour to Leogane, I must have observed 3 dump trucks and heavy construction trucks cleaning debris on the side of the road, a makeshift water filtration system in Leogane and six "Tiller" machines stacked on a truck heading to the province.

Why are these a miracles you ask? If you've been following my daily blog, you'll know that during my first two days in Port au Prince, I did not observe any clean up crews or heavy machinery, but rather a couple of

Haiti: The Real Story continues...

Haitian workers with shovels and brooms, working in vain and sometimes for no pay. I was told that earlier this week before we arrived, there was a "manifestation" (or strike) where the workers blocked the roads by strategically placing big bolulders in the middle of the road to impede traffic. Given their presence now in yellow T-shirts with the Haitian Emblem, I guess after several days of "blokus" the Haitian government must have conceded and the strike was called off.

Before our guide and friend of UHAS, Fritz Pierre Louis came to pick up me and Eric Heininger (UHAS supporter and Engineer) to tour Leogane, we worked for a brif stint at the Clinic. From 5:30 am, patients began the morning routine by lining outside the Clinic gate with their children or someone else's children in tow. After the earthquake, there became more and more orphans and children without family caretakers. Oftentimes, we would see children younger than 16 years of age come in with a neighbor, sibling or some random child they found on the street without a parent seeking medical care, not only for themselves but for this lost baby as well.

In addition to these "would be" teenage parents/caretakers, it seems that everyday we would encounter a few teenagers that were now insomniacs, unable to sleep for sustained periods of time, lying awake at night counting the stars above their heads or the raindrops falling on their heads because they spent the night lying on the street, their new "temporary" home. After a few hours of working in the "Pharmacy" as ad hoc "pharmacists," Eric and I left to go to Leogane with our guide, Fritz.

On the way to Leogane, we tasted a bit of nostalgia. "Fritay" which is Haitian fried plaintain, pork, beef and "pikle" was our lunch for the day. We also stopped and ate a Haitian delicacy, "lambi boukanen" (grilled conch meat sprinkled ever so slightly with lime juice). Although we were warned by everyone back at the Clinic not to eat the local food from the street, I couldn't resist, after all Haitians are resilient right? Eating

the feast, brought back memories of the last time that I was in Haiti on a true vacation in 2002. I call that Haiti trip, "the best vacation of my life." Eric, a true adventurous sort, went along with the program and ate heartily. We gulped down some "Cola" and continued our trek to Leogane.

Leogane, a city roughly 20 miles outside of Port au Prince with a population of over 100,000 people, was also hard hit by the Earthquake. Coming down the main road into town, you were able to see the split road where the earthquake sliced through, raised up the concrete, dropped the road back on the ground, now uneven. We took a ride down to the only High School in Leogane, and took pictures of the incredible devastation. The campus of the school was at least the size of a football stadium. Once where there existed a school, bustling with students eager to learn, now stood rubble, dust and tents. Speaking of tents, Fritz, ever so helpful and yet focussed on bringing to light the suffering of his fellow residents, took us to a "tent city." Upon entering the tent city, we were bombarded with images of people living everyday life . . . in squalor. There were women who were braiding their children's hair, a man wiping himself down with a wet towel (to what appeared to be the only means for him to "wash up or shower" that day). There were also the entrepreneurs as well. One young man, started a business with an electricity station charging peoples' cellphones. As I exited out of the tent city, children were tugging on my shirt to ask me to take their pictures. Under the dirty faces and haunting eyes I saw the soul of resiliency in those children.

After we made our way out of the tent city, we walked past a holding station, and Fritz told us to stop breathing for a moment. However, his admonition was too late. The smell of the rotting corpses that were once in this holding station before the government and relatives came to bury the dead, slapped me in the face. I ran up the stairs and immediately had to breathe the new air in gigantic gulps in order for my tummy not give up the lunch of fritay we had earlier.

After seeing a few damaged and devastated neighborhoods in Leogane, we attended a UN "clusters" meeting and observed some discussions of planning. As a hands on person, Fritz admitted that he typically does not attend these meetings but for the most part, his focus right now helping the people of his community by soliciting actively the help. In need of 100 buckets to help build a water filtration/purification system for the residents of "tent cit," Fritz asked a community leader for this donation. However Fritz was unable to make any headway.

Lastly, we made our way to St. Croix Hospital. The director, Dr. Gladys, is also a diaspora-Haitian now living between Haiti and Brooklyn, New York. Dr. Gladys met with us at the Hospital. Eric did a preliminary and crude assessment of both the interior and exterior of the buildings at the hospital. It is a good sized hospital. We met Dr. Demosthene who was taking care of a few clinic patients. Given some of the damage to the hospital, the powers that be opened up a clinic in the chapel and began to serve patients there instead. It is UHAS' position to work in concert with the Episcopal Church in helping to rebuild/or reconstruct the Hospital.

At midafternoon, at Fritz' insistence, we shadowed him for the rest of the day. We went to a Haitian market, a rough neighborhood near Fort Nationale and sighting other parts of Port au Prince. Upon returning to the Clinic, we (Eric, I and our fellow Clinic Volunteers) exchanged stories on the balcony of the hotel next door eating sugar cane and relaxing after a long day. We finally gave the cool Caribbean breeze permission to ease away our stress, our memories and vivid images that we've seen that day and our natural anxiety for our Haitian brothers and sisters . . . even if only for a moment.

Day 4:

Today, I am leaving the Clinic and heading to the Dominican Republic in order to take my flight the next day to the US. Part of me will miss the folks, the volunteers who I have grown so close to: Ericka with the adopted Haitian boys who recognizes that it is

important for her to maintain ties to the boys' Haitian culture. The nurses, Geraldine Anderson and her sister, Gertrude Plaza who are also Haitian American nurses. This dynamic sister duo helped to maintain the quick yet effective pace of the Clinic, while speaking in Creole to the patients. Eric Heininger, an engineer volunteer was also a multitasker. As an ad hoc "pharmacist" he was able to help Ericka Dayton restock, sort and dispense medication to the nurses to give to the patients. Our two nursing students, Stephanie Tillman and Laura Maycock helped to work the triage/registration section of the clinic. Lastly, our interpreter and UHAS volunteer, Marleine Salomon also helped clarify many situations for our nonCreole Speaking volunteer staff.

In addition to the volunteers, I will also miss the staff of workers who we grew to know by name, especially Gerard who served those well-prepared, lovely meals for us three (3) times per day. Lastly, but certainly not least, I will miss the Millien family who gave us such a warm welcome. Fr. Jean-Elie Millien (founder of Ecole le Bon Samaritain), Mona Millien (wife of Fr. Millien) always had kind words and a smile to give us, especially after a long day's work. Fr. Millien's jokes and quickwitted personality was a refreshing break from the sober reality outside the doors of the Clinic. Also, Stephanie Millien, her husband Luc Louisgene, Pierre Damas, a Millien family friend, Giovanni Millien and his wife, Majorie Millien' all had funny, serious, and informed conversations with me. I will miss them all. And I can't forget, Rector Puck Purnell and Joanne Purnell (wife of Rev. Purnell) of Old St. Andrews Church who will also be warmly regarded, especially since their ministry has helped to spread the word of Rev. Millien's efforts in Haiti.

Well, after saying goodbye to everyone (practically everyone except, Rev. Millien who was rushing to bring a patient to the hospital), I hitched a ride with UHAS supporter and friend of our organization, Fritz Pierre Louis. After spending the whole day yesterday with me and Eric, Fritz engaged me in conversation about the Earthquake, Haiti's politics, rebuilding Haiti, and

people's struggles post Earthquake Fritz' friend John, also rode with us to the Dominican Republic. Although these two gentlemen had willingly moved back to Haiti to live, work and contribute to the Haitian infrastructure, private sector and government, it was clear that upon conversing with them during the trip down to the Dominican capital that even with the support of the Haitian Diaspora living in the United States as well as the presence of Haitian American's who have moved back to Haiti, it will take years for Haiti to rebuild.

We traveled down to Dominican Republic and upon entering the border our suitcases were searched. After promptly paying the necessary "taxes" we crossed the border into Dominican Republic. It was complete pandemonium before and after crossing the border. There were "marchands" (street vendors) selling food, souvenirs and merchandise a few stone's throw away from the border line on both the Haitian and Dominican sides. There were children hustling to clean your car with dirty water, shine your shoes, despite the heavy dust in the air, or begging to do something. . . anything for an American dollar, for a Haitian gourde or a Dominican peso.

For several hours, we traveled on the road leading to the capital city of Santo Domingo. There were border stops/patrols each 1 to 1 1/2 miles. We were stopped at almost each one. Initially, I did not know the protocol. As such I was friendly to the and on two occasions, I greeted them with my broken Spanish ("Hola" or "Buenos Dias"). However, my traveling companions quickly made it a point to advise me that remaining stone faced and "sans" conversation for our "friendly neighborhood Dominican border patrol officers" was the better way to go. Thereafter, I zipped my lip and continued onward. Although we were still stopped, we passed through each stop with flying colors. We made it to Santo Domingo in 6 hours by car. I was so grateful to hitch the ride into the city, especially since I heard the bus ride was at least 8 hours. . . at least I was able to shave off 2 hours. Thank God for small wonders!!

Day 5:

It's funny how when you are in a place, you become comfortable without knowing it, but then when you leave, you feel as though your soul was left behind. Well, sitting at the airport waiting for my flight back stateside, I was tempted to call back to the Clinic and ask "Pappy Millien" or "Mommy Mona" as I affectionately called them to take care of my soul until I returned. Because I know that I will return soon.

There is so much to do. Not only for Haiti and the Haitian people. . . but for us as well. For us, Haitians of the Diaspora that have been transplanted to another country. . . away from our motherland, there is so much to do in helping Haiti. . . it is to reclaim our birthright. For us, Americans, that are not Haitians, but have grown to love the country, the people, the culture, the food, the art, there is so much to do to show solidarity for our sister nation that secured her independence in 1804 immediately after American independence was won in 1776. Through her fight to earn her liberty, the Haitian Revolution gave us the Louisiana territory (Louisiana purchase) which increased the size of our country two fold. For us, the international community, that have pledged help in many forms. . . medical aid, monetary aid (and forgiveness of the Haitian debt), man power and reconstruction help, there is so much to do to show that we are compassionate, we are forgiving, we are humanity helping humanity.

There is so much to do, and now that I have left Haiti and returned to the United States, I KNOW that I must go back . . . because to do for the Haitian people is to do for me and generations to come.

Please go to Haiti to see about your relatives. . . even if they are not related to you and even if you are not Haitian by birth. Let them know you care and that they are counted in the land of the living.

Resurrection Sunday: Interview with Pastor Bennett

- Interview by Eva McLeod

Resurrection Sunday is one of the high holy days on the Christian calendar. It is the day we celebrate the ultimate victory of good versus evil. Even more essential the resurrection validates that faith is not in vain. "Because he lives we can face tomorrow; because he lives all fear is gone; because I know he holds the future and life is worth the living just because he lives!"

In honor of this great day, we sent our reporter Eva McLeod to discuss Resurrection Sunday with our Senior Pastor, Anthony L. Bennett, D.M.

Telephone interview.

Opening Statement: Hi Pastor Bennett. I know you're busy and everything; just want to ask you a few questions regarding Resurrection Sunday

Q. What is your definition of Resurrection??

A. Resurrection is what Christians celebrate regarding God's work in raising Jesus from the dead on early Sunday morning. The Resurrection of Jesus was not only a act of Faith; it also serves to signify our passage into eternal life, because He got up from the grave. Physical death doesn't have the final say in our lives.

Q. What was the purpose of Christ crucifixion and Resurrection?

A. Jesus was humanities substitute and atonement for Sin.

Q. How has Christ crucifixion and Resurrection affected you as a person and then as a Pastor?

A. As a person I am included in humanities and opportunities for redemption. As a Pastor, it helps me understand and proclaim that life's most difficult challenges, trials and tribulations don't have to destroy us.

Q. You can hear the story of Christ Crucifixion over and over again, but do the congregation and folk really understand the symbolisms of the crucifixion and the Resurrection, if yes, please expand.

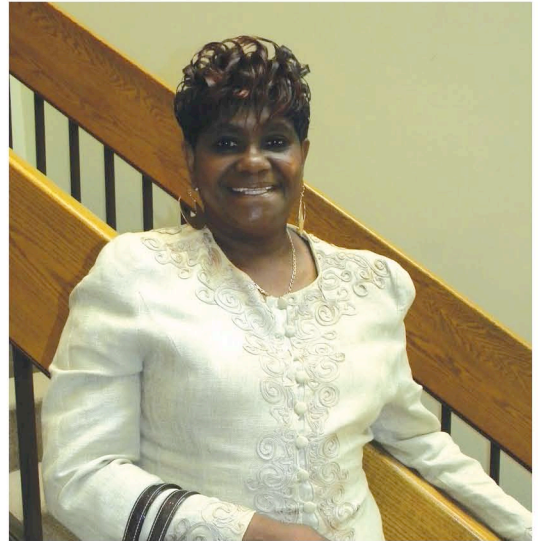
A. I think it's a progressive understanding to the congregation and us that it opens us up to life's new possibilities in spite of life's challenges and setbacks.

Q. During the annual lent season, we practice the forty days of health, focusing on the mind, body, and spirit, Does this tie in with the crucifixion and resurrection of Christ, if yes , please explain.

A. Yes, [when] we talk about denying ourselves we yield our will to the ultimate will of God.

Q. What was the purpose of the women putting the urbs and wrapping the cloth on Christ when he was buried?

A. It was an ancient ritual of preserving the dead body of Jesus.



Eva McLeod

Q. The angels rolled the stone away. Jesus came out of the tomb in his physical body. The women witnessed the resurrection and Jesus said to them to go and tell the other disciples that he was alive. Was he in the spiritual realm or the physical realm?

A. He was in a combination of both.....they were able to recognized something about him something that was different about his spirit. They recognized a glow different from anyone else.

Q. Last question...When you tell the congregation not to purchase Easter outfits and instead to come as they are on Easter Sunday. What is the purpose behind it? Is there any symbolism connected to the message?

A. No it doesn't have anything to do with symbolism; it is about putting the focus on the purpose of the Resurrection of Christ and not the commercialism of the Holiday.

Eva: Thanks Pastor Bennett for the interview I appreciate it. Have a good night.

Men's Ministry Sponsored Annual Fishing Trip to Hyannis, MA: A Timeless Type of Fellowship Evolving and Expanding - Interview by Leslie Davis-Green

For a few years this fishing trip was exclusive and a blessing to the men and boys who took part in bonding and fellowship with God in such a simple way. Then in 2008 it has since been opened to anyone who desires to go. But exactly what is this trip all about? What does going fishing have to do with ministry? Getting back to basics and screening out the current day's technology just for a few hours, believe it or not, will actually not kill you. Fish is one of the many staples throughout the Bible and people spending hours on a boat was a common scene. Back to basics, back to a form of fellowship that, perhaps to often, is overlooked, or less considered might just be something to consider. I had the pleasure as it always is to talk with Bro. Dave Grayheart on just what takes place on the way to and what happens once participants arrive.

Leslie: Hello Bro. Grayheart and thank you for taking the time to tell about the Men's Ministry Annual Fishing Trip to Hyannis, MA. If you could share some things with those who are not familiar with this annual pilgrimage that would be great.

Dave: Sure

Leslie: How long have you been going on the annual fishing trip to Hyannis?

Dave: 6 years

Leslie: For new folks and just the plain old curious, how does this adventure start?

Dave: This year we are leaving Mount Aery at George St. at 7:30am because we are doing the afternoon trip. We take the Peter Pan coach bus to Massachusetts. We'll board the boat The Angler at 2:30pm. We'll fish for 6hrs and returns to Bridgeport around 10:30pm. I suggest that no one have a heavy breakfast the morning when we leave. It's a big mistake a lot of folks make, thinking they should have a big breakfast before getting on the boat and they end up getting sea sick. A light breakfast like a bowl of cereal is best along with water and fruit bars between breakfast and lunch. There are pills that people can take to help with the seasickness. Carrie was among the first women to join us on the trip, she is my first mate.

Leslie: What is the capacity of the boat?

Dave: The boat fits 60 people.

Leslie: Is it all Mount Aery participants or is it other patrons as well?

Dave: Anybody can go. Most of the people are Mount Aery but other churches have come too. I've had people as far as New York and Hartford come.

Leslie: What is the cost and what does it include?

Dave: The cost is \$90.00 if you bring your own pole and \$95.00 if you need a pole. That gets you the bus, boat, bait and rod.

Leslie: That's great they include the bait too.

Dave: Oh yeah, they use muscle from clams these days. The worms we use to catch when we were kids are real expensive now. It's like ten dollars gets you ten worms.

Leslie: What can folks who are going or thinking about going expect on this trip?

Dave: They sell hot dogs and soda on the boat or you can bring your own lunch. I walk around the boat helping everyone to get set up. Everyone catches a fish, nobody leaves the boat without having caught at least one fish. I've seen blackfish, sea bass porgies, fluke, flounder, blue, and sharks.



Leslie: Is it all fishing or are there other things that you do?

Dave: This is all fishing, 6 hours on the wide open sea.

Leslie: What is the purpose or mission of the trip?

Dave: Fellowship; this started out as a Men's fellowship thing. I was trying to think of something to do with the Men's Fellowship that would be different. I talked with Deacons John Hill, and Charlie Jones along with Bro. Paul Mendes about the fishing trip. They supported the idea completely.

Leslie: When did the trip begin to include more than father and sons?

Dave: Two years ago. Before that we would try and sponsor boys who would not otherwise have the experience.

Leslie: What can you say is the best thing about the trip?

Dave: Meeting new people and fellowshiping with different churches.

Leslie: Is there anything you would like people to know about the trip in particular?

Dave: Yes, I would like to thank the Men's Fellowship and encourage everyone to take a look at the pictures in the Narthex. You see we have a great time. We are leaving for Hyannis Massachusetts on May 22nd. The sign up has been available since March 1st.

Leslie: Thank you Dave this sounds like a lot of fun.

Hospitalization & Nursing Home

Please be aware that there are strict legal and ethical guidelines regarding giving out patient 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.

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

Glover Gardner Sr.

Gardner Heights Nursing Health Care
172 Rest Rock Road, Shelton, CT 06484

Bernice Adams, West Barnes, Leroy Wilson

Maefair Health Care Center, Maefair Court, Trumbull, CT 06611

Mildred L. Brown

Milford Health Care, 195 Pratt Street, Milford, CT 06460

Edward Cox, Jr.

New Britain Hospital for Special Care, 2150 Corbin Ave., New Britain, CT 06053

Claudette Steptoe

St. Vincent's Medical Center, 2800 Main Street, Bridgeport, CT 06606

Claude Dennis

Astoria Park, 725 Park Avenue, Bridgeport, CT 06604

Sadie Kinder Cole

Subacute Center of Bristol, 23 Fair Street, Bristol, CT 06010

Deaconess Okakue Brown

St. Joseph's Manor, 6448 Main Street, Trumbull, CT 06611

Linda Carter, Gretel Railey, June Williams

Bridgeport Hospital, 267 Grant Street, Bridgeport, CT 06610



Bereavement

- **Minister Odell Cooper** in the loss of her father, Charlie Woodson

Please Pray for Our Healing List

Deacon Brad Belcher	George Davis	Lenward Holmes	Marjorie Martin	Bonita Robinson
Deaconess	Doris Dixon	Susan Holmes	Clyde McLaughlin	Sally Soares
Queen Boone	Harold Farrar	Archie Jenkins	Thomas Meredith	Mary Thigpen
Millie Burton	Lois Farrar	Brenda Johnson	Joyce Pace	Joanne Walton
Ophelia Cameron	Barbara Foust	Emma Jones	Ernest Parker	Deaconess
Sandra Cameron	Eva Gardner	Unice Jones	Eulalia Pettway	Anna Watkins
Edward Cox, Sr.	Jodi Green	Nanette Malone	Gretal Railey	Cecilia Williams
Delores Cox	Ruth Harvin	Regina Manns	Deacon Willie	Cecelia Wilson
			Mae Richardson	

Meditation: What we Seek

by Betty Hill and Jean Fuqua

The ability to quieting ourselves enough so we hear God whisper in our hearts. This is an emptying of our mind. An emptying of worldly thoughts and chatter which allows a bigger dwelling place for God.

Meditation is basically a deep, continued thought. It can be a solemn reflection on sacred matters and an act of devotion.

In this life, with access to 24-hour news, constant connections via phones and computers, and the ease of travel, locally and internationally, is often difficult to slow down and reflect on life and on God. Meditation is a tool we can use to make time for God, with benefits for our mental and physical health.

Benefits to our mind can include lowering anxiety levels, lifting us out of depression and stopping mood swings. Memory can be improved and learning may become far easier. When practiced well meditation can help achieve peace of mind.

Meditation can be extremely effective at clearing our mind and relaxing our body by decreasing both our heart rate and metabolic rate, thus reducing the workload on our heart. It can improve our breathing by increasing the airflow to the lungs.

Some basic practices of meditation: As long as we have our eyes open, we are bombarded by information, sounds, endless chatter to our mind. When we close our eyes to meditate, we shut out the external sights, and with practice eliminate our focus on sounds, smells, while we focus within.

In the external world, when situations happen, we often have knee jerk reactions. Many times we end up speaking words or taking actions, which we may regret. A regular and consistent practice of meditation can allow us to step back and observe events without any reactions. This allows us to be objective and make informed decisions. Becoming more observant is a part of the practice of meditation.

Thru meditation we can seek inner peace, moving away from every waking moment in our day being filled with ceaseless chatter. Even 5 minutes of meditation can reduce and eventually silence this chatter. This is what every spiritual seeker is aspiring towards in all of their practices.

In our meditation practice we can seek to expand on who we are, and our place in the world. We aspire to become more connected. As we master meditation, we can move away from believing that we are only a physical body (skin and bones). Meditation can help us to slowly dissolve this belief and start to feel a greater connection and oneness with all beings and things that surround us. We can get a sense that we are much more than just our physical bodies. We can identify and connect with the other aspects of our being. This growth can lead to a connectedness with God and unify us with his spirit.

As a congregation we can learn more about meditation and as a congregation we will become more connected to God and all his creation. As a congregation we can better serve his will. Amen

Pastor's Engagements with the Choir

March 26th at 7:30pm

New Hope Baptist Church, Danbury
CSMBC 2-day Institute

April 18th at 4pm

Friendship Baptist Church, Hamden
Pre-Church Anniversary

May 23rd at 3pm

First Baptist Church, Stratford Ave., Stratford
Usher's Anniversary

September 26th at 6:30pm

Cathedral of the Holy Spirit – Formerly Prayer Tabernacle, Bridgeport
42 years of Ministry

October 10th at 4pm

Faith Baptist Church, West Haven
Pastor's 2nd Anniversary

Announcements

Bridgeport Child Advocacy Coalition (BCAC) is celebrating their 25th Anniversary by also celebrating their former Board Chairs. Pastor Bennett is a former Board Chair. This celebration will be held at the newly renovated Bridgeport Holiday Inn on Tuesday, April 27th from 7:30 am to 9:30 am. For ticket information, please contact BCAC at 203-549-0075.

Doreen's Top 10 Biblical Questions



by Doreen Cotter

1) Fill in the Blanks:

- "In the beginning was the _____ and the _____ was with _____ and the _____ was _____."
- "And the _____ was made _____ and dwelt among us."
- Jesus said, "I am _____ and the _____."
- "Jesus Christ the same _____ and _____ and _____."

RESURRECTION:

- 2) To whom did Jesus appear first?
- 3) Who informed the women that Christ would go to Galilee?
- 4) Which disciple outran Peter, and arrived first at the tomb?
- 5) Who did Mary mistook Jesus to be?
- 6) Which of the disciple was called Didymus?
- 7) TRUE or FALSE:

- According to Mark 17:1-2, Jesus rose on a Saturday _____
- Thomas did not believe even though he saw _____
- The resurrected body of Jesus could appear through doors _____

What was JESUS' name in?

- 8) Isaiah 7:14 I _____
- 9) Isaiah 9:6 W _____, C _____, M _____, E _____, P _____.
- 10) Revelation 1:8 A _____ and O _____.

Acknowledgements

Kindergarten

Chandler Dicks, Love Christian Academy, 4 – B, 3 – A. He also earned numerous Very Goods and an A on his first project!

2nd Grade

Cortland Dicks, Love Christian Academy, 4 – Satisfactory, 1 – B, 5 A and earned first honors

3rd Grade

Alonna Christy, Eli Whitney Elementary School, 22 – Good

8th Grade

Aliyah Christy, Harry B. Flood Middle School, 8 – A

Adults

Alyssa Christy and Serena Green earned their places on the University of Bridgeport's Dean's List for the Fall 2009 semester due to their outstanding academic performances.



Mate Masie - "What I hear, I keep"

Symbol of wisdom, knowledge and prudence. The implied meaning of the phrase "mate masie" is "I understand".

Understanding means wisdom and knowledge, but it also represents the prudence of taking into consideration what another person has said.

- 1) Word, Word, God, Word, God – (John 1:1)
- 2) Mary Magdalene – (Mark 16:9)
- 3) An Angel – (Matthew 28:5-7)
- 4) John – (John 20:2-4)
- 5) The gardener – (John 20:11-15)
- 6) Thomas – (John 20:24)
- 7) False (There is 16 chapters in the book of Mark)
- 8) Immanuel (Isaiah 7:14)
- 9) Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace (Isaiah 9:6)
- 10) Alpha and Omega (Revelation 1:8)

TOP TEN ANSWERS: