

# MESSAGE

## from the Mount

Volume 45



### *Featured Articles:*

MAAFA Commemoration: The Marks of Empire  
Bringing the Good News



# ELECTION 2012



*Get Out the Vote Rally 2012 with Rev. Al Sharpton*



# The Pastor's Pen

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## Namaste my Brothers and Sisters in Christ!

I greet you in the name of Jesus, The Christ. Jesus is the reason not just for this season, but Jesus is the reason for all seasons. As I think about the fact that this is the first Sunday in the last month in 2012, I remember asking Donna, "where did this year go?" Wow! So many events, so many experiences, so many celebrations and challenges, so many goodbyes and yet we are blessed to still be here.

November indeed was an eventful month. The cleanup from Hurricane Sandy reminded all of us that life, and in particular our material possessions, can be very fleeting. And even though we needed to reschedule many activities, including the community night of healing and our MAAFA Influence performances, I know we are all grateful to be alive. Material things can be replaced. But this one gift of life should be cherished and appreciated.

Let me thank Sister Liza Clark and all those who coordinated with her to feed the community a thanksgiving luncheon on Tuesday, November 20th. It is a blessing to be a blessing any way we can.

Also in November, we officially welcomed M.I.T. Porsha Williams into the preaching ministry. She blessed us with a sermon entitled, "Bon Appetit." And now we have just completed our marvelous MAAFA Commemoration engaging in remembrance, re-membling and shifting the atmosphere. I honor and celebrate Rev. Ina A. Anderson, the cast and crew of this year's MAAFA Production. Pastor Otis Moss, III truly blessed our souls and we know that today, Rev. Wallace Baxter, III and Pastor Lewis Logan will bless our souls and give us encouraging and challenging words.

As we move forward into this month of December, let us keep in mind that we celebrate the God who loved us so that He allowed Himself to come in human form to teach us how to be fully human and to live with the divinity inside of us. I wish each and every one of you the best of holidays, whether you will be traveling or staying home. Remember, Jesus is the reason for all seasons. I hope to see you on Tuesday, December 25th at 10am for our 1 hour worship service. It promises to be a wonderful and creative expression of joy and celebration of Jesus, The Christ. Let me give you a hint; wear your sneakers that morning. ☺

God bless,

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



## Editor's Desk

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Namaste Brothers and Sisters,

I pray you all had a wonderful Thanksgiving filled with lots of love, family, of course food and thankfulness to God for all He has done.

November was an interesting month to say the least. It started off with many of us trying to recover from Super Storm Sandy. I know several people here at the Mount, including myself, lost power for a week or more but I thank God for friends. A friend of mine from work offered me her spare bedroom, because of my pride I originally turned her down but good sense kicked in and I was able to sleep in a warm bed and take hot showers. I am so thankful to her and her family for making me feel at home but when reflecting back I almost missed out on that blessing because I was letting my pride get the best of me.

On the night of Tuesday, November 6th, Election Day, many of us came together for Watch Night in Bass Hall as the results came in for the Presidential Election. At first, there was a kind of nervousness in the air as the numbers were not looking good. We waited; we ate, talked, laughed and joked as the votes continued to come in slowly but surely. Denise Hanks was keeping track of how many electoral votes each candidate had won. Pastor came up to give the results of the Bridgeport election regarding the charter question and we all applauded but the BIG race was not over. Then finally Ohio came in and Denise said "We got it!" It was clear that President Obama had been reelected for another term. At first we celebrated then we gathered in a circle and prayed for his strength as he takes on another four (4) years as the President of the United States of America.

Then we had Thanksgiving. Thanksgiving for me was bitter sweet, bitter because I missed my dad but sweet because I was able to spend time with my mom, my brother and his beautiful family. We had such a good time as all the girls including my nieces and sister-in-law helped my mom with preparing dinner. After dinner, we were sitting around the table talking and my youngest niece asked "What are you most thankful for Auntie?" I never got the chance to answer her because of other conversations going on but the first thing that came to mind was family and friends. This year I have learned a lot about real friends and people who really have your best interest at heart vs. associates. I notice that this comes up every couple of years but I thank God for helping me through this evaluation once again.

God Bless,

Tonya N. Johnson  
Editor In Chief  
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# what's next?

## Important Dates

*During this season of prayer, we will all be listening to the recorded prayer of the day. Call in to the prayer line at 7:00a daily at 610-214-0000. The participant access code is 111933#. Please note that long distance charges may apply.*

**Holy Spirit Discernment Session** is scheduled for Wednesday, December 12th at 7 pm.

**The Fellowship Ministry** is having a Christmas Celebration on Saturday, December 15th at 6 pm, donation of \$25. For more information please contact Denise McGhee-Maxwell.

**Christmas Day**, Tuesday, December 25th Worship Service will be held at 10 am.

**New Year's Eve**, Monday, December 31st Vesper service will be held at 6pm and Watch Night service will be held at 10 pm.

### Announcements

- **Chosen Generation** is inviting everyone from the ages of 12-21 to join this youth and young adult choir. Please see Brother D'Andre Haynes, Sister Jazmin JeanBaptiste or Min. Nakia Marsh with your interest.
- **All Leaders:** The Five Star book is available in the church office. The donation is \$10.
- Please be advised that the **Deacons on Call** for the month of December are Deacons Nielsen and Vermont.
- **Submissions of announcements and due dates:**
  - o Message From The Mount
    - Send information to [mftm@mtaerybaptist.org](mailto:mftm@mtaerybaptist.org) by Wednesday after the first Sunday
  - o Monitors in the Sanctuary
    - Send information to [media\\_ministry@mtaerybaptist.org](mailto:media_ministry@mtaerybaptist.org) by Wednesday before the Sunday you want the announcementIf announcements are not received by the due dates they may be omitted or placed in the next edition.
- **No Pork on Church Property**
  - o For health, healing and sensitivity for those with health conditions, no pork is to be brought on church premises (i.e. ministry affairs and/or catering). For further information, contact Dr. Jeanne Fuqua at 203-500-4100. Office hours are by appointment only on Tuesdays and Thursdays, 4p to 8p and Saturdays, 2p to 6p.
- **NO Food or Beverage in the Sanctuary**
  - o Please, please, please, do not bring food or beverages into the sanctuary. Parents, please feed infants and toddlers in the Wilson Hall or the Bass Hall. It is everyone's responsibility to be good stewards of the building that God has blessed us with. If you see anyone not being responsible, please get an Usher or a Deacon to handle the situation. Thank you.
- **Parents**, while you are in worship, your children should be in worship next to you, unless Youth Church is in session. Teenagers have been wandering around the church and the younger children have been playing in the Quiet Room.  
**The Quiet Room is for parents with infants only. Please keep your children with you at all times.**



## OUR VISION STATEMENT

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

Ephesians 4:11-12 and Acts 2:44-4-7

### 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.

#### **Susan Holmes**

Arden House Care and Rehabilitation Center, 580 Mix Avenue, Hamden, CT 06514

#### **Deaconess Queen Boone, Arthur Ragsdale**

Bridgeport Manor, 540 Bond Street, Bridgeport, CT 06610

#### **Clyde McLaughlin**

The Carolton Chronic & Convalescent Hospital, 400 Mill Plain Rd, Fairfield, CT 06824

#### **Emmanuel Burton**

Connecticut State Veteran's Home, 287 West Street, Rocky Hill, CT 06067

#### **Lester Dennis**

Ludlow Center for Health & Rehabilitation, 118 Jefferson Street, Fairfield, CT 06825

#### **Bernice Adams, West Barnes, Leroy Wilson**

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

#### **Deacon Jeff Hill, Mary Ryan, Millie Burton**

Northbridge Health Care Center, 2875 Main Street, Bridgeport, CT 06606

#### **Deaconess Okakue Brown, Bernice Geter**

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

### Please Pray for Our Prayer List

Maxine Boykin  
Isaiah Brown  
Delores Cox  
Ruth Hasty-Dove  
Harold Farrar  
Lois Farrar  
Sally Gordon  
Deacon Jeffrey Hill  
Unice Jones  
Kenneth Knight  
Regina Manns  
Deacon Benjamin Maxwell  
Autumn Mitton  
Caleb Mitton  
Spring Mitton  
Rose Newport  
Eulalia Pettway  
Terrance Quiller  
Jim Ragsdale  
Lillian Ragsdale  
Waverly Ragsdale  
Esther Ryan  
Juanita Sims  
Mary Thigpen  
Deaconess Anna Watkins  
Barbara Wilson

### Bereavement

- **Opel and Rhonda Kendricks** in the loss of their grandfather, Alan Joseph Sanders
- **Pauline Thompson** in the loss of her brother-in-law in Rhode Island
- **Brenda Johnson** in the loss of her brother, Robert E. Grimes, Jr. and her cousin, Gary Rayford, in New York.
- **Deacon Willie Mae Richardson** in the loss of her sister, Ezetta Daniels, in Birmingham, Alabama
- **Jessie Timmons** in the loss of her sister-in-law in Brooklyn, New York
- **Deaconess Cunningham** in the loss of her niece Patricia Singleton
- **Patricia Carter and family** in the loss of her son, Daniel Upchurch



# Holiday Stress and Depression... What To Do for This Season?

*by Linda Smith, MS*

This is the season to celebrate the birth of our Lord and Savior, Jesus the Christ; however society promotes it as a season of gift giving, parties and celebrations, decorations, family gatherings and much more. And when we cannot meet those “expectations” of finding the perfect gift(s), wearing the perfect outfit(s), cooking the best meals, and conflict-free family gatherings, for some it can take its toll and cause undue stress and strain. The literature emphasize that we have to be realistic, plan ahead, and seek support to ward off the negative effects of stress and depression which can affect your overall health beyond the holidays.

The National Institute of Health notes the following as symptoms of depressions, keeping in mind that at some point in time in your busy life that we all may experience sadness or loneliness which is a normal reaction to some type of loss or just “everyday” life struggles. But when these symptoms become extended over a long period of time, it is necessary to seek professional help. Some common symptoms of depression are as follows:

- Fatigue and decreased energy level.
- Loss of interest in things you once found pleasure with.
- Difficulty concentrating, remembering details, and /or making decisions.
- Feelings of guilt, worthlessness, and/or helplessness.
- Irritability, restlessness.
- Overeating or loss of appetite.
- Persistent sadness, anxious, or feelings of “emptiness”.
- Thoughts of suicide, and/or suicide attempts.
- Insomnia, early-morning wakefulness or oversleeping.

With the joyfulness and excitement of this holiday season it is important to stay focus on what is realistic and not the ideas which society through the commercialism of gift giving and gift buying has tried to evoke. As people of faith, the gifts of peace, joy, and love giving to one another are more meaningful. Tie them with a warm smile, a hug, and/or kiss will help to reduce your stress level as you journey through this season of giving.

Measures to take to reduce or eliminate stress and depression are found in the following:

- Remember the Reason for This Season – celebrating the birth of Christ. Use an Advent calendar to reflect on this season with your friends and family.
- Manage yours and your family expectations – before gifts are even purchased know your budget and plan ahead. As they say, “know before you go.”
- Start early with planning and prioritizing the tasks you have to do to prepare for your family and yourself.
- Take time for yourself, make sure you get enough sleep, eat healthy meals (enjoy the sweet treats in moderation), exercise, and drink plenty of water.
- Volunteer, giving to others bring about good feelings for both you and those you extend help to.
- Spend fun, no expectation time with your friends and family. Celebrate your family and set aside differences. Try something new, create new rituals.

As people of faith, we can seek solace in the word of the Lord by keeping in mind that this is the Season of Advent and a celebration for our Lord. When stress is at its peak it is hard to regroup, so prepare so that this season can be stress-free. It is important for you to acknowledge your feelings whether happy or sad and seek help from a support system when you feel overwhelm. This is the season of joy which is found within our faith. Symptoms of depression which go untreated can worsen and last for years and carry with it a risk of suicide. Recent studies show that attempts at or suicide is not as common as once thought for the holidays, even still seek help at anytime. You can contact the local suicide hotline-Immediately-by calling 1-800-SUICIDE (1-800-784-2433). Remember, Jesus is only a prayer away.

Happy Holidays

# Poets' Corner

Poets' Corner  
speaking with  
ink and pen  
release

## What's Bigger Than Hair by Gwen Ferris

– Written for the SAW Women's Retreat 2012

What's bigger than hair?  
Reader's Digest, The Daily News  
PRN as often as circumstances require  
Outcome – the blues!

Gabrielle's Olympic triumph  
Deserved fan fare  
She paid her dues  
But really Tweets and postings about her hair  
Why go there?

What's bigger than hair?  
Party tonite  
The girls are out  
This dress can't loose  
Red bottom shoes  
Too much booze  
Hit snooze or ... reset time  
And a new day!

What's bigger than hair? – Choices  
Ignite Inject Ingest Inhale  
In Trouble! Choices  
Examine Exalt Empower Exhale Excel

Excel to spend more for less  
Buy less for more  
More for less

What's bigger than hair?  
Children's welfare  
Student loan debt  
Out of pocket expenses  
Even with health care  
Possible changes in Medicare  
No Jobs/No Pension  
Social Security?

What's bigger than hair?  
Women survivors of cancer  
Heart ailments, AIDS and  
Other auto immune diseases  
Women thriving in spite of it all  
Life tragedies  
A woman trying to please a man  
Doing as he pleases  
One woman falls back  
If her man even sneezes  
  
So maybe life hasn't been  
Peaches and Cream  
Hard work earned the degree  
Accomplished the dream

While others were sleepin'  
Excuse me creepin'  
Sorry climbing to the top  
Remember...  
Just as fast as they got there  
They can suddenly drop!

What's bigger than hair?  
The capacity of the heart  
And the news we choose to share.

# Black History Moment: George Carruthers

by Tonya N. Johnson

*Namaste! Here is the last installment of our Black History Moments for this year. Enjoy the story of Mr. George Carruthers who made great contributions in the areas of astronomy and physics.*

Often, greatness is determined by the times in which one finds oneself. For George Carruthers, growing up in the earliest stages of the space race, he like most other boys was fascinated with space travel. Unlike most of those boys, he would ultimately go on to make some of the greatest contribution to ever benefit the space program.



George Carruthers

George Carruthers was born on October 1, 1939 in Cincinnati, Ohio. His father was a civil engineer while his mother was a homemaker. The family lived in Milford, Ohio and George was an avid science fiction reader and constructed model rockets with help and encouragement from his father. He also had an interest in astronomy and at age 10, built his first telescope with a cardboard tube and a lens he purchased through mail-order. When his father passed away suddenly, the family moved to his mother's hometown of Chicago, Illinois. There George spent a lot of time in the Chicago libraries and museums and in the Adler Planetarium. He joined various science clubs and was a member of the Chicago Rocket Society. He read with particular interest about the space exploits of the Naval Research Laboratory in Washington, DC and upon graduating from Englewood High School in 1957, he enrolled in the University of Illinois.

Carruthers stayed at the University of Illinois for seven years, receiving a Bachelor of Science degree in Aeronautical Engineering in 1961, a Master's degree in Nuclear Engineering in 1962 and a Ph.D. in Aeronautical and Astronomical Engineering in 1964 (his thesis focused on atomic nitrogen recombination). In his own words, "[W]hen I was in college, I was undecided whether to pursue



aerospace engineering or astronomy as my major, so I decided to take courses in both of them." While doing his graduate work, he also worked as a research and teaching assistant, working with plasma and gases. Upon finishing his Ph.D., he immediately accepted a position with the Naval Research Laboratory (NRL) as a Research Physicist in 1964, having received a fellowship in Rocket Astronomy from the National Science Foundation.

Upon joining the NRL, Carruthers focused his attention on far ultraviolet astronomy, observing the Earth's upper atmosphere and

other astronomical phenomena. In 1966, he became a research assistant at the NRL's E.O. Hulburt Center for Space Research where he began research on ways to create visual images as a means for understanding the physical elements of deep space. He particularly focused on creating a device to analyze and illuminate ultraviolet radiation. His belief was "[T]he far ultraviolet... is of great importance to the astronomer because it allows the detection and measurements of common elements (hydrogen, oxygen, nitrogen, carbon, and many others) in their cool, unexcited state... This allows more accurate measurements of the compositions of interstellar gas, planetary atmospheres, etc.

The ultraviolet also conveys important information on solid particles in interstellar space... and provides for much more accurate measurements of the energy output of very hot stars...". In 1969, Carruthers received a patent for his invention the "Image Converter for Detecting Electromagnetic Radiation Especially in Short Wave Lengths" which detected electromagnetic radiation in short wave lengths.

Further extending his research, he was the principle inventor of the Far Ultraviolet Camera/Spectrograph which would ultimately be used on the Apollo 16 mission to the moon. Ultraviolet (UV) light is the range of electromagnetic radiation that lies between visible light and X-Rays. UV light, thus allows us to take readings of and understand objects and elements in space that are unrecognizable to the naked eye. The 50 lbs., gold-plated camera system was able to record radiation existing in the upper half of the ultraviolet system of the atmosphere. The camera allowed views of stars and celestial bodies and looks into the solar system thousands of miles away, as well as of the earth. A second version of the camera was sent on the 1974 SkyLab space flight to study comets (it would be used to observe Halley's, West's and Kohoutek's comets). One of the great uses of the camera was to permit a viewer to visually see the effects of pollution on the atmosphere. The camera also was able, for the first time, to detect hydrogen in space, which gave an indication that plants were not the only source of oxygen for the Earth and led to a renewed debate about the origin of stars.

George Carruthers has continued to offer innovation in the areas of astronomy and physics and has been active in outreach programs seeking to bring science to youth around the country. He has been lauded for his efforts and achievements. He was named Black Engineer of the Year in 1987, awarded the Arthur Fleming Award in 1971, the Exceptional Achievement Scientific Award from NASA in 1972, the Warner Prize in 1973 and was inducted into National Inventors Hall of Fame in 2003. His success is primed to lead to greater achievements by those who follow in his footsteps in the future.



Resources:

<http://www.blackinventor.com/pages/george-carruthers.html>



# A Matter of Principles

by Tonya Johnson

*As we draw closer to Kwanzaa we wanted to give everyone a refresher of the principles. Below are the last three (3) principles of Kwanzaa listed in Swahili and English along with the Nguzo Saba symbols. Enjoy!*



## **Nia ~ Purpose**

To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.



## **Kuumba ~ Creativity**

To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.



## **Imani ~ Faith**

To believe with all our heart in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.

*For more information about Mount Aery's Kwanzaa Celebration please contact Pearyle LuLu Sams-Allen.  
Excerpts from [www.officialkwanzaawebsite.org](http://www.officialkwanzaawebsite.org)*

## MAAFA Commemoration

The Marks of Empire: Remembering Our Past, Recognizing Our Present, Reshaping Our Future | by Eva J. McLeod

Reverend Dr. Shanell Smith is the epitome of Black Essence and Black Pride. Dr. Smith is the first African American woman who has a Ph.D. in the “New Testament”. She is the epitome of the “MAAFA”. She just didn’t attain her status, she owns it. She didn’t close the door of opportunity behind her...She came to Mt. Aery Baptist Church to educate, advocate and deconstruct the stereotypical myths of the “MAAFA” to the people at Mt. Aery, so they can have a clear understanding of its content. She is an assistant professor of New Testament and Christian Origins Coordinator of the International Ph.D. Program at Hartford Seminary. Dr. Smith taught one of our very own, Pastor Dawrell Rich. She matriculated from Drew Theological Seminary. She is married and the mother of three sons.

On 10/31/12, a workshop was conducted at Mt. Aery Baptist Church whereby Dr. Smith spoke about the MAAFA and its relationship during the middle passage and white colonization, how it recalls and captures the horrific and catastrophic history of the Atlantic Slave Trade, how it explores and exposes its continuing effects on African Americans today. She talked about how the white colonizers took our ancestors and dislocated them from their homes in Africa and how the slaves were human but were dehumanized and considered 3/5 humans.

Dr. Smith highlighted on the way slaves read the bible and how it impacted them. They were forced to read scriptures and learn how to communicate amongst themselves by “signifying” which means “a way to say something but means something totally

different.” The slaves retreated, in a world where they considered was freedom for them, to steal away and read the bible. Vincent Wimbush a noted author stated that for African slaves to read the scripture is to read darkness. The bible was a tool for oppression, exile and pain. The bible was used as a weapon, evoking the pain while choking the future.

Dr. Smith read from the scriptures of Revelation 17:1-6, educating us through a slide show about the “Women of Babylon”. She implied that the Women of Babylon was a true identification of a brothel slave, how fornication and impurities took place during slavery. Sexual abuse was forced upon the women of Babylon who were subjected to Imperial pimps and masters. The White slave owners forced the women of Babylon to turn sexual favors and have sex with them. The slave masters’ wives condemned the women of Babylon for having sex with their husband, calling them whores and harlots. The women of Babylon were destroyed and broken. We as African American women can’t allow ourselves to be broken, used and abused. We have to learn how to stand strong and empower the younger women who are coming behind us.

As we all know, we come in all hues of colors. The slave master raped our women and castrated our men. I know you are familiar with the “Willie Lynch letter”. Sad to say, that conditioning still exist today, whereby our people of color still see themselves as the field Negro and the house Negro. This platform called





# general NEWS

earth is also a platform of a plantation, where we as African Americans are still running away from this thing called the “MAAFA”; not wanting to go back in our history, to understand where we came from, so that we can move forward into our future.

The “MAAFA” Commemoration summarizes as the Great Disaster, the Great Catastrophic and the Great Suffering of horrific pain that our Ancestors had to endure. Dr. Smith stressed that the “MAAFA Experience” entails a period of pain where we as African Americans don’t want to experience and continue to explore our history. She charged us to look back in our history in order to acknowledge our past to reshape our future. We have to be willing to confess and confront the evil in us to make better communities. We must ask God to begin the healing process where we as African Americans can and will reach out to the masses with open arms to start the journey of wholeness.

Dr. Smith challenged us to look at ourselves, instead of swaying to “FED” “Finding Enjoyment by Default” which means “I have arrived” in this capitalistic structure of society, eating from the table of the American elitist, with which home ownership, membership to the country club or CEO of a fortune 500 company identify who we are.

Michelle Obama said it best at the DNC that “when the doors of opportunity open, don’t shut the door behind you, open up the door and grab somebody else and take them along” Dr. Smith stated that author Renita Weems declared that it’s not going to be easy, but it’s worth the effort.

The “Duality MAAFA” is the capitalistic structure that destroys us as African Americans. It’s the paradox between educated and minority, by which academics and economics causes division from the underprivileged society. She informed us that some people think that Slavery doesn’t exist today, but it does. It is not the same slavery that our ancestors endured; however, it is more subtle and more dangerous today than it was yesteryear. The effect of slavery still cripples us as African Americans today. It’s the emotional, economic and psychological shackles that are still lingering in our communities. The elements are: fatherless homes, domestic violence, substance abuse, black on black crime, incarceration of our young black men, division and poor education.

We as a people have to allow this “MAAFA Commemoration” to disease us and open ourselves up to GOD, and ask for the healing process to begin, to take us through the doors of self-realization, cohesiveness, faith and empowerment. It will benefit our children and our children’s children and their children’s children if we continue to embrace the past, recognize the present and reshape our future.



# generalNEWS

## Bringing the Good News

by Pastor Dawrell Rich

In Romans 10:15 the Apostle Paul writes, "How beautiful are the feet of those who bring good news!" On Wednesday, November 14, 2012, following our weekly Bible Study, the 'good news' of the gospel was brought forth by Mt. Aery's own Porsha Williams as she preached her initial sermon entitled, 'Bon Appetite, Let's Eat.' Her sermon text, taken from Matthew 4:1-11, explored Jesus' temptation in the wilderness following his baptism - and challenged attendees to eat then exercise the word of God in our lives. As she preached to this mixed crowd which included Mt. Aery disciples, family, friends, and seminary colleagues, Minister Williams took a well-known scripture and shined a greater light on it - stirring the audience to resounding shouts of 'Amen!'

Underscoring how we as Christians often hear the word of God, but either don't allow it to digest or fail to exercise it, she stated, 'We need a healthy balanced spiritual diet by eating the word. Some of us are spiritually anorexic. In other words, we aren't eating the word enough, if at all. Some of us are spiritually bulimic; we eat the word on Sunday, but we don't give it an opportunity to digest and pass through our systems because we throw it up and...some of us who do eat the word can actually become spiritually obese because we eat the word all the time, but we don't exercise what is in the word.' Therefore, it is necessary that we exercise the word of God in our daily lives - including times of trial or temptation - that we might do as Jesus did and refute the devils attacks appropriately. Jesus' resilience in the face of temptation is, in fact, our chief example of the word at work against the enemy. It was evident Minister Williams spent time in prayer, study, and preparation for this moment as she effectively connected Jesus' response - in this New Testament book - with scripture in the first testament, particularly Deuteronomy. But, what intrigued me most was when she pointed out that just as Jesus responded to Satan's attacks by using the word, Satan refuted Jesus with scripture as well. She stated, 'In verse 6, the enemy is indeed quoting Psalm 91:11-12, which is a Psalm of protection against evil. The enemy strategically picks the part that doesn't have anything to do with him, but has everything to do with the angels of God.' For me, this was an excellent point as it emphasized how the word of God may come from the wrong source, and we must be discerning enough to identify it.

To say that Minister Williams was prepared for this inaugural moment is an understatement; for she stood poised, confident, and articulate as an experienced preacher. It is evident God's hand is upon her and we are confident that the work he has begun in her will be completed. Minister Porsha Williams, on behalf of the Mt. Aery Baptist Church family, we congratulate you on a job well done and pray God's choicest blessings upon you as you grow and mature in ministry.





## ★ ELECTION 2012 ★

by Shante' Hanks



### What did we learn from Election 2012?

I think if we learned nothing else, it's that our vote as (African) Americans cannot be bought. This election also reminded us, how valuable it is for us to stand and be counted. It was a concern for many that we as a people would sit back and not cast our vote on Tuesday, November 6th because either we didn't believe it would matter because ultimately whoever is in office wouldn't affect our daily lives or we thought "Obama will be ok" and "I voted in 2008". Thankfully, we proved the naysayers and nonbelievers wrong. We came out in the same record numbers as 2008 and increased the Hispanic vote in 2012 for President Obama. We are still making history; this is the second term for the first African American President of the United States of America.

So what did we learn? We learned we owe it to our ancestors, those that fought for our right to vote, that we cannot take it for granted. Our vote cannot be bought and sold the way we once were as a people! We all must do our part.

Since I was a young student I knew I wanted to be involved in politics and the political process. I believed, "if you're not a part of the solution, you're a part of the problem". As I got older, I began to quote Mahatma Gandhi's more eloquent way of expressing the same sentiment - "Be the change you want to see in the world."

I started my political career early. In high school, I thought

I would run for President of the United States someday. I actually said in 2016. It seemed so far away back then. I still haven't ruled this out completely.

While in college, I ran for Alderman for the City of New Haven. The students at Southern Connecticut State University didn't have a voice downtown yet we lived in New Haven, on campus nine months out of the year and took up a large amount of real-estate in the Beaver Hill section of town. I had already been President of the Black Student Union and fought for a Diversity Requirement to be included in the college curriculum, so running against an eight-time incumbent did not intimidate me. Although, I did not win, we lost by less than 200 votes and more importantly, got SCSU a voice. We registered close to 2000 of the 2,500 students who lived on campus and got a seat at the table. So essentially, we won because we accomplished what we set out to do. Prior to that election, only Yale students had a voice and a seat at the table. I share that story because I want the young people to know they can start getting involved now. Whether they realize it or not, they already participate in the political process when they run or vote for class president or head of their student council.

When I was in high school, I was on Student Council, a Class Officer, Afro-American Club and President of the Greater Bridgeport NAACP Youth Chapter. Young people, you are not too young! I hope you learned in school as well as at home, your ancestors fought and died so that you could have the right to vote. The Voting Rights Act was passed only forty-seven years ago. Don't take it for granted and allow your rights to be bought and sold. Don't make this your modern-day MAAFA.

Back to the original question; **What did we learn from Election 2012?** What I learned was who really has my back. As I stated earlier, I have always thought I would be in the world of politics. When I learned about Black History in school (during the Month of February), I paid close attention. I knew there was more to **our** story. I decided, I was going to learn more about **my** Story, by attending a Historically Black College (HBC); Clark-Atlanta University. While at the AUC, I learned so much more about **me** and my people that I changed my major to History. You see, History at a HBC incorporates **us** because **we** were there. **We are American History.**

When I returned up north, I wanted to take what I learned and teach it to students in Connecticut, particularly in Bridgeport who are not getting the full story. When I learned details of what our ancestors went through in order for us to have the freedoms we have today (that we take for granted) I wanted to incorporate this in our schools' curriculum. I took to heart "Each one, Teach one".

I was taught to give back to your community and go back and give your brother a helping hand up. This goes against the crabs in a barrel mentality we see oh too often today or the pull yourself up by your bootstraps concept. When did we stop looking out for one another? When did we stop being our brothers' keepers? When did this change? This is not a rhetorical question. Let's put a pin here and save that for another time.

Back to what I learned from Election 2012? According to Aristotle "Man is by nature a political animal". I have witnessed the animalistic behavior in politics but am not willing to concede to such dog-eat-dog behavior. I can take it. I have the strength of my ancestors who paved the way before me. Compared to what they endured, the challenges I face are a cakewalk. More importantly, I have the coat of Armor (Ephesians 6:11) and I fear no man (Psalm 23:4).

Moreover, the world of politics teaches you something new about yourself and about people every day. One of the true

upsides is you quickly learn who has your back. The "urban dictionary" defines this phrase as

*An expression assuring someone that you are watching out for them.*

*Comes from making sure you are safe by watching what's behind you when you're busy looking ahead.*

I can honestly say my family, my Mount Aery Church family & Pastor Bennett has always had my back. I want to thank you for being a people who Get It! We came out once again, as in 2008 and had a Get Out The Vote rally that many thought would not happen and some hoped it would fail. They were forgetting the anointing that has been bestowed on The Mount. Thank you again to everyone who was involved in making the GOTV rally a success. The rally was simply the pre-celebration for the victory that was soon to come on Tuesday, November 6th and you all participated in that win. But our struggle is not over. We still have work to do. Dr. Martin Luther King, Jr. wrote in his letter from a Birmingham Jail, "...I am cognizant of the interrelatedness of all communities and states. I cannot sit idly by in Atlanta and not be concerned about what happens in Birmingham. Injustice anywhere is a threat to justice everywhere."

Our struggle for justice continues...

## Get Out the Vote Rally 2012



# ★ ELECTION 2012 ★



# Get Out the Vote Rally 2012



★ ELECTION 2012 ★

# Get Out the Vote Rally 2012



★ ELECTION 2012 ★



# DECEMBER 2012 Birthdays

## December 1st

Bember, Porter  
Bradley, Keith  
Brassell, Diane  
Caesar, Gloria  
Coplon, Latosha  
Day, Terrie Y.  
DeJesus, Marta  
Febres, Annette  
Foremar, Nenyelle  
Kenyattaia, Dorothy  
Lindsey, Curtis  
Matthews, Ronald  
Reyes, Luis  
Scales, Reginald  
Williams, Brittany

## December 2nd

McDufin, William  
Moye-Sprangle,  
Yvonne  
Pasha, Hope  
Perkins, Fay  
Rogers, Dawn  
Williams, Donell  
Williams, N'Gai

## December 3rd

Baldwin, Willie  
Cardwell-Adams,  
Michele  
Daniels, Mary  
Hill, Jacklyn  
Hill, Jocelyn  
Smith, Karin

## December 4th

Barreiro, Elizabeth  
Coleman, Zinnia  
Edmonds, Marshall  
Penix, Elizabeth  
Reed, Lakeisha  
Reed, Lakeya  
Skeeter, Sharron  
Wilson, Lamar

## December 5th

Barnett, Barbara  
Boone, Queenie  
Buford, Carlton  
Cauthen, Adrian  
Ess, Darin  
Hunter-Faison, Jeanette  
James, Jesse  
McKenzie, Roger  
McKnight, Quincy  
Travis, Lisa

## December 6th

Brown, Jr, George  
Dunn, Sandra  
Fleming, Brianna  
Lyles, Starsheema  
Simpson, Sheila

Swinton, Kimberley  
Wedda, Elizabeth

## December 7th

Barksdale, Rita  
Brown-Palmer,  
Bernadette  
Cuttino-Muniz, Ke'isaa  
Gray, Donna  
Harris, Artrena  
Marsh, Mary  
McIntyre, Keneisha  
Mendes, Anthony  
Reese, George  
Slade, Lisa  
Thomas, Alecia  
Walls, Kecia  
Waters, Vicky  
Wright, Jessie

## December 8th

Gallimore, Cirell  
Geter, Frederick  
Hargrove, Ebony  
Holmes, Kimberly  
Lee, Kevin  
Penix, Avery  
Phaire, Claudine  
Porter, Michael  
Reed, Valerie  
Robinson, Wesley  
Vereen, Kenneth  
Walden, Chimere

## December 9th

Housey, Angela  
Marshall, Leola  
Perry, Vanessa  
Satchwell, Sharon  
Sims, Bonita  
Soares, Jordan  
Thompson, Terry  
Watley, Andrea

## December 10th

Burks, Cecelia  
Frederick, Monique  
Galberth, Tory  
Jackson, NaQuasha  
Johnson, Rhoshenae  
Lee, Brittany  
Mack, Barren  
Pollard, LaJeune  
Risher, Vanessa  
Sanders, Rodney  
Velez, Nancy  
Walton, Catherine

## December 11th

Blanding, Jennifer  
Cruz, Rubin  
Curran, Horace  
Drew, Patrick  
Foster, Joan

Jackson, Kevin  
White, Howard

## December 12th

Anyoha, Anseln  
Gary, Michael  
Hill, Betty  
Rollins, Quintin  
Rollins, Quinton  
Simmons, Denetris  
Wortham, Terrance

## December 13th

Bradley, Rubin  
Brite, Michael  
Burres, Betty  
Dicks, Carl  
Foster, Telazia  
Hardison, Shawn  
Hendrickson,  
Jhakiema  
Ingram, Philip  
Mitchell, Justan

## December 14th

Hudson, Armoni  
Jordan, Nhrari  
Joseph, Veronique  
Lee, Charlene  
Lewis, John  
Mendez, Tykeisha  
Mercer, Rhonda  
Pettway, Marster  
Pettway, Robert  
Stephenson, Kathy

## December 15th

Bennett, Anthony  
Cooper, James  
Freeman, Lawrance  
Horton, Horace  
Seawright, Dwayne  
Thomas, Alisha  
Thomas, Felisha  
Womack, Crystal

## December 16th

Ben, Joe  
Failey, Felicia  
Garner, Katrina  
Jones, Shanda  
Langston, Peter  
Lanham, Roosevelt  
Mallard, Steve

## December 17th

Day, Terrell  
Johnson, Jeannette  
Maye, Tamika  
Mendenhall, Latisha  
Mincey, Loletha  
Moorer, Mazie  
Nichols, Sean  
Pettway, Lee  
Small, Trevon

Stokes, Alan

Taylor, Shayna  
Walker, Virginia  
**December 18th**  
Butler, Whilamenia  
Cook, Talyn  
Dennis, Monica  
Hill, Lakisha  
Holmes-Cobb, LaNeesa  
Narcisse, Paul  
Pettway, Lenora  
Slade, Rosie  
Thornton, Marion  
Worsley, Irene

## December 19th

Gordon, Calbert  
Ploughman-Hamm,  
Jeanine N.  
Spearman, Carwin  
Sundar, Keisha

## December 20th

Bush-Hanks, Denise  
Domond, Ellen  
Eldridge, Mary  
Gary, Blair  
Rivera, Walesca  
Thompson, Leona  
Thornton, Barbara  
Williams, Aleen

## December 21st

Boyd, Melanie  
Gist, April  
Mitchell, Inez

## December 22nd

Antoine, Donna  
Childs, Michael  
Drew, Katurah  
Hill, Shirley  
Jones, Cynthia  
Rowe, Charmaine

## December 23rd

Daniels, Rhosharia  
Dennis, Helen  
Graham, John  
Gray, Christie  
Hendrickson, Simon  
Nielsen, Caleb  
Walker, Vickie  
West, Letitia

## December 24th

Lazaro, Madison

## December 25th

Buford, Mary  
Carter-Mims, Carol  
Lesperance, Esther  
Reed, Shirley  
Scudder, Janis

White, Andrea

## December 26th

Cruz, Lashonda  
Ellis, Chyna  
Hairston, Samuel  
Manns, Melissa  
McFadden, Lori  
Simpson, Shakira  
VanNorden, Gregory

## December 27th

Carr, Thelma  
Edwards, Bernardine  
Jackson, Mary  
Kearney, Chyron  
Kearney, Yolanda  
Simpson, Sandra  
Williams, Melissa

## December 28th

Bennett, Angelope  
Ely, Clara  
Fields, Audrey  
Gardner, Joy  
Gerald, F.  
Jackson-DeYounge,  
Gladys  
Langs-Johnson, Selaja  
Tawney, Millicent

## December 29th

Banks, Christopher  
Burton-Seldon, Brenda  
Chandler, Martin  
Clemons, Charles  
Curtis, Anderson  
Evans, Toni  
Geer, Connie  
LaFountain, Sadara  
Pettway, Barnetta  
White, Gloria

## December 30th

Bass, Santoni  
Bowens, Debbie  
Crumpton, Andrew  
Dyer, Crystal  
Grey, Tawanda  
James, Robin  
Kearse, Serverina  
Mitchell, Cheryl  
Pettway, Randy  
Rainey, Juanita  
Smith, Geronald  
Taylor, Marcia

## December 31st

Brown, Vendance  
Lesperance, Bernadette  
McIntosh, Bennie  
Santos, Monica  
Seawright, Jacqueline  
Washington, Sally

# December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
12:00 AM MAAFA Costume Design 7:45 AM Worship Celebration 9:45 AM Olmec Bookstore 9:45 AM Sunday School 11:00 AM Worship Celebration 1:00 PM Olmec Store	12:00 AM MAAFA Costume Design	5:00 PM BCAC Child Care Forum 6:30 PM Martial Arts CT 7:00 PM Praise Team Rehearsal	12:00 PM Daytime Bible Study 1:00 PM Congregational Review 6:45 PM Bible Study 8:00 PM Congregational Review	6:30 PM REFUGE 7:00 PM Praise Team Rehearsal		12:00 AM MAAFA Costume Design 10:00 AM Ushers Christmas Meeting 7:00 PM MAAFA Cast arrival 7:00 PM MAAFA Production
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
7:45 AM Worship Celebration 9:45 AM Olmec Bookstore 9:45 AM Sunday School 11:00 AM Worship Celebration 1:00 PM Olmec Store	6:00 PM Fellowship Ministry Meeting 6:30 PM SAW Gathering	6:30 PM Martial Arts CT 6:30 PM Trustees Ministry 7:00 PM Praise Team Rehearsal	12:00 PM Daytime Bible Study 6:45 PM Bible Study 7:00 PM HSDS	6:30 PM Deacons Ministry 6:30 PM REFUGE 7:00 PM Male Chorus Rehearsal 7:00 PM Senior Ushers Meeting		8:30 AM Men's Ministry Meeting 12:30 PM Praise Team Rehearsal 2:00 PM Couples Min. mtg.
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
7:45 AM Worship Celebration 9:45 AM Olmec Bookstore 9:45 AM Sunday School 11:00 AM Worship Celebration 1:00 PM Olmec Store	6:00 PM Fellowship Ministry Meeting 6:30 PM SAW Gathering	6:30 PM Martial Arts CT 6:30 PM Trustees Ministry 7:00 PM Praise Team Rehearsal	12:00 PM Daytime Bible Study 6:45 PM Bible Study 7:00 PM HSDS	6:30 PM Deacons Ministry 6:30 PM REFUGE 7:00 PM Male Chorus Rehearsal 7:00 PM Senior Ushers Meeting		Pastor's Birthday 8:30 AM Men's Ministry Meeting 9:00 AM New Disciples Ministry 12:30 PM Male Chorus Rehearsal 6:00 PM Fellowship Ministry Christmas
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
7:45 AM Worship Celebration 9:45 AM Olmec Bookstore 9:45 AM Sunday School 11:00 AM Worship Celebration 1:00 PM Olmec Store	6:30 PM M.A.Y.A. Ministry Meeting 6:30 PM Martial Arts CT 7:00 PM Committed Praise Rehearsal	6:30 PM M.A.Y.A. Ministry Meeting 6:30 PM Martial Arts CT 7:00 PM Committed Praise Rehearsal	12:00 PM Daytime Bible Study 6:45 PM Bible Study	6:30 PM REFUGE 7:00 PM Chosen Generation Rehearsal		8:30 AM Men's Ministry Meeting 10:00 AM Scholastic Ministry 12:30 PM Committed to Praise Rehearsal 1:30 PM Chosen Generation Rehearsal
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
7:45 AM Worship Celebration 9:45 AM Olmec Bookstore 9:45 AM Sunday School 11:00 AM Worship Celebration 1:00 PM Olmec Store	Christmas Day 10:00 AM Christmas Worship Service	Christmas Day 10:00 AM Christmas Worship Service	6:00 PM Baptism Preparation Class 6:30 PM REFUGE 6:30 PM SAW Book Club 7:00 PM Mass Choir Rehearsal			8:30 AM Men's Ministry Meeting 3:00 PM Baptism Preparation Class
<b>30</b>	<b>31</b>					
7:45 AM Worship Celebration 9:45 AM Olmec Bookstore 9:45 AM Sunday School 11:00 AM Worship Celebration 1:00 PM Olmec Store 3:00 PM Kwanzaa	5:00 PM Church Office Opens 6:00 PM Vesper Service 7:00 PM Watch Night/Baptism/Communion					

# DECEMBER 2012 — PREPARATION FOR NEW BEGINNINGS

## Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 12/1/2012 through 12/31/2012. Conference Dial-in Number: 610-214-0000, Participant Access Code: 111933#. See Rev. Alicia Tyson-Sherwood for more information. **To playback prayer: 610-214-0100, access code is 111933#.** **This is not a toll free call, Long Distances Charges May Apply** Note: Do not announce yourself if you call after 6:59am. Please mute your phone so that prayer will not be disturbed

SUN	MON	TUE	WED	THU	FRI	SAT
2 Deuteronomy 2:7 Rev. Sherwood	3 Jeremiah 29:11 Deacon Febres	4 Ephesians 4:22 Deacon Gardner	5 John 1:1 Sis. Gist	6 1 Peter 1:3 Sis. E. Hill	7 Revelation 21:4 Bro. V. Hill	8 2 Corinthians 5:17 Sis B. Dempsey
9 Isaiah 43:18 Min. P. Williams	10 Isaiah 43:19 Bro. K. Jackson	11 Lamentation 3:22 Sis. N. Jackson	12 Lamentation 3:23 Sis. S. Jackson	13 1 John 4:18 Min. Kingwood-Small	14 Acts 3:19 Deacon Lee	15 Psalm 121:1 Sis B. Dempsey
16 Psalm 102:25 Min. P. Williams	17 John 3:16 Sis. L. Murphy	18 Ephesians 1:13 Sis. Rawls	19 Luke 10:19 Sis. Sams-Allen	20 Micah 4:2 Deacon Seawright	21 Genesis 1:1 Bro. Smalls	22 Isaiah 40:31 Sis B. Dempsey
23 Isaiah 58:12 Min. P. Williams	24 Acts 3:21 Sis. B. Williams	25 Luke 22:20 Sis. L. Wright	26 Acts 2:10-12 Deacon Adetona	27 Acts 2:42-47 Sis. Adetona	28 1 John 4:21 Deacon Blackwell	29 Hebrew 12:24 Sis B. Dempsey
30 Haggai 2:9 Min. P. Williams	31 Rev. 21:5 Bro. Bryant	Remembering our Community for Tomorrow				



*Mount Aery Baptist Church  
Sisters At The Well Ministry*

# Christmas Celebration

Celebrate the miracle of the Holy Night with  
Sisters at the Well

Feel free to bring a dessert of your choice....

Date: Monday December 10, 2012

Time: 6:30pm ~ 8:00pm

Place: Mount Aery Baptist Church  
– Bass Hall –

Don't Forget Your Bibles!

*Come and share this time with your sisters in Christ and as always, please bring a friend!*

Mount Aery Baptist Church  
73 Frank St.  
Bridgeport, CT 06604  
Tel: 203-334-2757 Fax: 203-334-6808  
Anthony L. Bennett, D. Min. Sr. Pastor