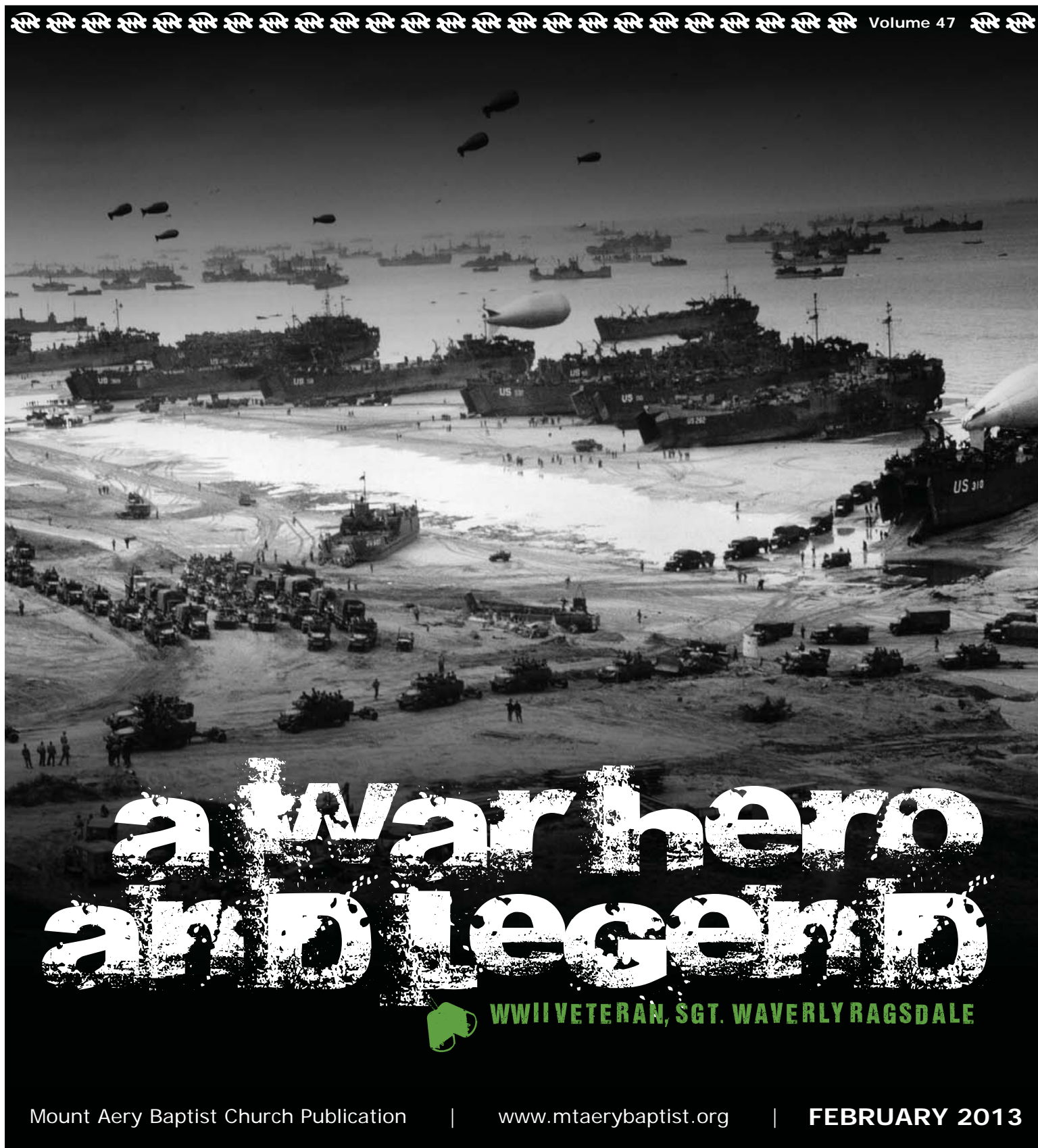


———— MESSAGE ————
from the Mount

Volume 47



a war hero and legend



WWII VETERAN, SGT. WAVERLY RAGSDALE



The Pastor's Pen

credits

Editor-in-Chief

Tonya Johnson

Director of Operations

Henry C. Smalls Jr.

Layout/Design

Victor Hayes

Photography

Henry C. Smalls Jr.

Abrianna M. Smalls

Tonya Johnson

Production Team

Tonya Johnson

Contributors

Pastor Anthony L. Bennett

Henry C. Smalls Jr.

Linda Mosely, RN MSN, MBA

Prince Blair Christopher

Lavanda Wright

Aliyah Jewell Green

Tommie L. Powell, Jr.

Deacon Jacqueline Seawright

Taylor P. Dawson

William J. Key

Robert Johnson-Smith II

Staff Writers

Leslie Davis-Green

Eva McLeod

Doreen Cotter

Mount Aery Baptist Church

73 Frank Street

Bridgeport, CT 06604

Church Office: 203.334.2757

Website: www.mtaerybaptist.org

Namaste my Brothers and Sisters in Christ!

It is a blessing to once again be able to communicate to you through this medium. As we reflect upon the month of January, one word that comes to mind is *cold*! I am thankful that we all survived the bitter cold of January's chill. And yet as cold has it has been, it has not dampened the spirit of our praise and worship. Many of us know that God is *still* good. Not just in the summer seasons but in the winters of our lives as well.

January was indeed a month in which our hearts burned within because of the powerful worship experiences and community events. We concluded January with the consecration of our 2013 servant leaders. We look forward to God's power renewing us for service.

As we enter the month of February, we are preparing ourselves for the Lenten season. This is a time in which we reflect on and assess the effectiveness of our spiritual disciplines (prayer, fasting, meditation, study). In addition to our Bible, we will study insights from the book, *The Irresistible Church, 12 Traits of a Church Heaven Applauds*, by Wayne Cordeiro. It is my prayer that each of us makes the time for study and prayer. For indeed, God has blessed us these 90 years and we need to prepare ourselves for a new level and deeper dimensions of blessings.

God bless,

A handwritten signature in black ink that reads "Pastor Anthony Bennett". The signature is fluid and cursive.

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



Editor's Desk

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Heavenly Father, we come before you today, once again, to say Thank you! Thank you for guiding us through 2012 and, thank you for bringing us thus far into 2013. Thank you for jump-starting us for a new and exciting New Year here at Mount Aery. Father, please give us renewed health and strength to keep us on this journey of kingdom- building. Guide us as we reach out to help others and lead more people into your flock. Let our light shine so we can be a beacon of hope for those who don't know you. In Jesus name, we pray. Amen.

Namaste'! The end of 2012 has ramped us up here at The Mount as we anticipate having an exciting and awesome 90th church anniversary year. We experienced a very powerful Christmas Day sermon by Pastor Bennett, and then we went down at the end of service with some heart-pumping Zumba exercises. If you missed it, you can catch up on it in this month's edition of MFTM. We've also included an exciting Kwanzaa celebration article.

The Mount was packed out for Watch Night Service, and if that is any indication of what's to come in 2013, we will definitely see some great things happening here. With your involvement in upcoming events, you can share your ideas and talents to help our overall ministry reach higher heights.

Pastor Bennett has asked all the brothers to step up and become more involved in church ministry, and if you need a little guidance or direction to get you started, well, do we have an article for you! Check out our new "Men To Action" section.

As this is Black History month, we are always thinking of leaders and celebrities who have made so many great advances for us as a people, but we sometimes forget that we have some great, inspiring, forward thinking people and heroes right here in Mount Aery and in the Tri-State area. So please check out our "Black History Moment" and "General News" sections which highlight these interesting and inspiring folks. Our "Youth Speaks" also chimes in with thoughts of Black History.

Our prayer conference call is up and running for 2013 as we were lead in the month of January by our very own Pastor Bennett. Please see February's prayer calendar inside for call-in number, call-back number and access code. A very special thank you to all our prayer warriors and coordinators of this most important life-line.

And lastly, God has not forgotten, so let us not forget. Please continue to check in on our bereaved, sick and shut-in and all who may need to see that visitor come to their door, or receive that phone call or that text message or even that email. You just never know what type of an impact that small gesture may have on someone's life to cause a change in their circumstances.

Enjoy this edition of MFTM. God Bless & Be Well!

Henry C. Smalls, Jr
Director of Operations
MFTM

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what's next?

Important Dates

During this season of prayer, call in to the prayer line at 7:00a daily at 610-214-0000. The participant access code is 111933#. The calls are recorded so please mute your phone to eliminate background noise. Please note that long distance charges may apply.

For all events listed please be aware that more information will be forthcoming in the weeks to follow and as the event gets closer.

Ash Wednesday Service will be held on February 13th at 6:45pm.

Pastor Bennett has challenged all of us to be present on the prayer line every Wednesday from Ash Wednesday thru Resurrection. Will you take the challenge?

MAYA Seniors Breakfast will be held on February 16th at 9:30am. All seniors are welcome to attend. For more information please contact the office.

Men's Health Fair will be held on March 2nd at 8am. All men are welcome to attend. For more information please contact the Men's Ministry.

Deacons' Ordination Ceremony will be held on March 8th at 7pm. Please come out and support our Deacons In Training as they transition to Deacons of Mount Aery.

Leadership Institute will be held on March 9th at 10am. All leaders are required to attend but all are welcomed.

Usher's Annual Banquet will be held on March 9th at 6pm. For more information please contact the front office.

Men's Weekend will be held March 15th – 17th. Please contact the Men's Ministry for more information.

Missionary General Membership Meetings are held at 1pm on the following dates:

- March 2nd
- June 1st
- September 7th
- December 7th

Save the Dates

- **Block Party** – June 29th
- **Annual Prayer Breakfast** – July 20th
- **Holiday Hills** – July 27th
- **Annual Missionary Cruise** – August 10th, going to Philadelphia, PA
- **90th Anniversary Banquet** – November 23rd

Announcements

- **Lost and Found** – Several pairs of glasses, sunglasses, bibles and other lost items are in the church office. If you have lost anything, please check the church office. Items may be given away if left any longer. Thank you.
- **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.
- **"The Irresistible Church" book** is available in the church office for a \$10 donation.
- **All Leaders:** The Five Star book is available in the church office. The donation is \$10.
- **Deacons on Call** for February are Deacons Bunyan and Commodore.
- **Submissions of announcements and due dates:**
 - o **Message From The Mount**
 - Send information to mftm@mtaerybaptist.org by Wednesday after the first Sunday
 - o **Monitors in the Sanctuary**
 - Send information to media_ministry@mtaerybaptist.org by Wednesday before the Sunday you want the announcement
 - Please make sure that your announcement is in PowerPoint format.

If 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

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
Helen Dennis
Ruth Hasty-Dove
Harold Farrar
Lois Farrar
Sally Gordon
Deacon Jeffrey Hill
Brenda Johnson
Unice Jones
Regina Manns
Deacon Benjamin Maxwell
Chinesta McLeod
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

- **The Breyson family** in the loss of Ida Breyson
- **Elaine Craig and Tracey JeanBaptiste** in the loss their aunt, Betty Bruce in California
- **Johnson, Nelson and Smalls families** in the loss of Linda Smalls Green in South Carolina
- **Rev. Alicia Tyson-Sherwood** in the loss of her niece, Eddie Mae
- **Tracey JeanBaptiste and Family** in the loss of their cousin, Joann Knox
- **Deacon Josh Commodore** in the loss of his brother-in-law in Charleston, South Carolina
- **Zelda Freeman** in the loss of Michael Stewart
- **The Geter family** in the loss of Garry Geter



Heart Disease

by Linda Mosely, RN MSN, MBA

HEART DISEASE FACTS – DID YOU KNOW?

More than 1 million Americans will have heart attack or stroke, making heart disease the leading cause of death in men and women in the United States and it is a major cause of disability.

African Americans are at greater risk for heart disease, stroke and other cardiovascular diseases (CVD) than Caucasians. The prevalence of CVD in black females is 44%, compared to 32.4% in white females.

African American females and males have higher death rates from heart disease, stroke and other cardiovascular diseases (CVD) than white females and males.

Twice as many African American women have high blood pressure as Caucasian women, significantly increasing the risk of heart disease.

Heart disease is any disorder that affects the heart's ability to function normally. The most common cause of heart disease is a narrowing of or blockage in the coronary arteries supplying blood to the heart muscle. The most common heart disease in the US is coronary artery disease (CAD), which often appears as a heart attack.

A heart attack (myocardial infarction) is a medical emergency. The average person waits 3 hours before seeking help for symptoms of a heart attack. As many as 200,000 to 300,000 people in the United States die each year before they reach the hospital. It is estimated that approximately 1 million patients visit the hospital each year due to a heart attack.

RISK FACTORS

Family history: the more closely related you are to family members who have had a heart attack and the younger they were when the event occurred, the greater your risk is.

Age: as women reach age 55, their risk of developing coronary artery disease equals that of a man.

Gender: you're a man over age 55 or a postmenopausal woman.

Diabetes: there is more than a 20% risk of a heart event within 10 years of diagnosis.

Increased blood pressure: lowering your blood pressure and keeping it low can reduce your risk of heart attack by 20 to 25%. It should be lower than 140/90.

Smoking: damages the arteries and increases blood pressure and heart rate...

Unhealthy cholesterol: if your "bad" low-density lipoprotein (LDL) cholesterol is too high or your "good" high-density lipoprotein (HDL) cholesterol is too low (< 40mg/dl), you are risk. Get a blood test to find out what our cholesterol levels are if you do not already know.

SYMPTOMS

Chest pain is a major symptom of heart attack. The person experiencing a heart attack may have pain that feels like something is squeezing the chest lasting longer than 20 minutes and comes and goes. Other symptoms affecting the upper body may include pain or discomfort in one or both arms, the back, neck, jaw, or stomach. You may experience sob, cold sweats, nausea, lightheadedness, dizziness or may just not feel right.

PREVENTION

Everyone can take steps to lower their risk for heart disease and heart attack. It's time to get serious about adding a healthy diet and exercise into your daily life. Make sure your diet includes fruits, low fat diet rich in fruits, vegetables, fish and more fiber. A healthy lifestyle of eating healthy, staying active, being smoke free, and getting regular check-ups is your weapon to fight heart disease.

February is National Heart Month. Everyone join together to raise awareness about heart disease. So wear your heart on your sleeve by wearing something red on Friday, February 6th which is national wear red day.

POETS' CORNER

speaking with ink and pen release

Racism

Written by Prince Blair Christopher

*So oblivious to reality,
Open your eyes, can't you see,
The powers that be,
Promotin every one of Satan's dreams.*

*Demoralizin blind eyes,
Takin advantage of the weak,
This handicap will never cease,
embedded in your DNA for generations,
This typa pain is buried deep.*

*Brainwashin society,
So obvious, but let it be,
And when a N****r finally speaks his mind,
They take his life, his tongue, his family.*

*Gotta kick knowledge from underground,
Yaa the streets, the jails, we stay outta town,
But the few that get the message,
Never been trained to be effective.*

*So we tread through muddy water,
Hopin one day we can alter,
The perception of our people,
Til the day we finally reach freedom.*

*Runnin down the rusty tracks,
Of this underground railroad,
White hoods on my back tryna drown me,
But I stay afloat.*

*I gotta survive,
cuz the message that's inside,
Ima spread it like Aids,
A wildfire, keepin us alive.*

*Beware of the nonsense,
Constantly eatin at my conscious,
Racism is alive, but with Jesus,
We can conquer it.*

*The sword of the Spirit,
That's the word of God,
Apply it and hear it,
Your heart will never get robbed.*

*Take up my shield of faith,
And my helmet of salvation,
Christ will win the battle for us,
Drop to your knees and pray with patience,
For every racist...*

youth speak

What Black History Means to Me

by Lavanda Wright

Growing up as an only child I found an early appreciation for reading and writing. As I developed a zeal for literature, I began to uncover my fondness of history in particular American History. As I got older I uncovered the hidden gem of American History which is Black History. I recall reading stories about Nat Turner, Ruby Bridges, Frederick Douglass and Harriet Tubman and identifying a common trait in all of them which was far more important than their skin color; the factor was their ambition. Learning about the trials, setbacks and animosity among their own people taught me that faith not only in yourself but in Jesus Christ can bring you places where ambition cannot. What Black History means to me is uncovering your purpose to benefit those among you while learning about those on whose shoulders we stand. It's because of people who sacrificed more than time, money, resources and life itself that I can grow into the young woman of faith and ambition that I was born to be. So, because of history I have the power to change my own and to become more than a statistic or even a casual obituary you glance upon in the newspaper; most importantly I can become a powerful woman of God with knowledge which is a special blessing.

Thank You

by Aliyah Jewell Green

In the past we were breaking apart.
But today we stay in one piece.
Because God has told us that we are safe.
And will always be safe.
Today is the day that we become one and stay one.
Because Blacks are important.
African Americans had a lot of struggle.
So we can be in the place that we are in now.
And that place is this place right now is equal rights
So I thank Dr. Martin Luther King Jr.
I also thank President Barak H. Obama.
Because they made our ancestors dream come true.
So I thank you all who tried to fight for equal rights.



Thank you forever!!



a war hero and legend at The Mount



Today, I'm interviewing WWII Veteran, Sgt. Waverly Ragsdale, regarding his service in the U.S. Army.

H. Smalls: Mr. Ragsdale, how many years did you serve in the military?

W. Ragsdale: Oh, ok I served in the 3rd Army under General George S. Patton Jr. during World War II. We did a lot of fighting up there in Germany, which is where I got shot. I served about two and a half years before returning home.

H. Smalls: You were wounded as a member in Army under General Patton!

W. Ragsdale: That's right! Absolutely!

H. Smalls: And your injuries?

W. Ragsdale: Hip...Hip injury.

H. Smalls: After returning home did you ever return to serving in the Army or were you home for good?

W. Ragsdale: I was unable to return to the service because when I got shot up there (Germany), it was very early in the morning, and I was unconscious for hours and hours with a million other soldiers, lying around me, a lot of them dead. The Red Cross removed my dog tags because they assumed I was dead too. My dog tags were sent to The White House, therefore no one could identify me. Then, they sent me around from Company to Company until they found a place in the hospital for me.

H. Smalls: Oh WOW! Now, how long were you in the hospital when all this was going on?

W. Ragsdale: Oh, I was in the Hospital about 9 months!

H. Smalls: Oh Wow...wow!

W. Ragsdale: Yes...

H. Smalls: So, was there extended damage to your hip?

W. Ragsdale: If I had gotten hit right here (Mr. Ragsdale shows me an area below his hip,) I would be dead, but I got hit just above my hip.

H. Smalls: So what saved your life was the location of where the bullets hit you?

W. Ragsdale: Yes Lord! So the first thing I thought was, I was supposed to be dead, but I was just unconscious. God is good!

H. Smalls: All the time!

W. Ragsdale: All the time! When the Red Cross came up and was making sure all the bodies were dead, and then burying them, I couldn't speak, but I thought to myself, please Lord, somebody help me. I could see the Red Cross Officials walking around, then heard one of say, "he's not dead, don't put him in there (bury him). So they picked me up and carried me back behind enemy lines. They kept moving me from Company to Company until they were able to admit me into a hospital in England. I don't recall the name of the hospital, but they really fixed me up in there. They saved my leg and brought me back home on a medical ship with a cast on my leg. I went down south. Things were going good for awhile. It was like I had gotten a second chance at life. Then I had a dental problem and a rookie doctor named Dr. Machete was on post that Saturday. That rookie doctor was working on my tooth and he made an incision that came up through the top of my gum and through my jaw--I fainted and I stayed in what they call a white

room for 4 months where I was given meds every hour. The damage from the incision was so bad you could see the blood rising under my skin going up the side of my face. So I survived that too. I'm a blessed man and God has been good to Waverly. (laughter)

H. Smalls: And that was that?

W. Ragsdale: That was it.

H. Smalls: So what have you been doing in the interim since you've gotten out of the military, gotten married? (Laughing with each other)

W. Ragsdale: Oh yeah...I was single. I had a hard time being discharged.

H. Smalls: Oh yes, because of the medical?

W. Ragsdale: No. I should have gotten out of the military easily, but at that time black people were not getting their money or medical benefits; they were just getting black people out of the military and we had to just leave. So I said listen Sir, Lieutenant, you can't discharge me like that. I need to have access to my medical benefits in order to go to the hospital and I'm getting none of that. I said, "Here is my friend right here, a white dude, he was not hurt at all in the war and he received his money, got benefits to the hospital, and he was leaving to go home the next day. So the Lieutenant looked at me and he said, "Sergeant Ragsdale", he said just like this, "I will take those stripes from you if you don't sign this paper and get out of here". I said, "Lieutenant Sir, that's your business; I was born with no stripes so that won't bother me".

H. Smalls: Alright now! Alright now!

W. Ragsdale: He was red in the face and mad. (Laughter) So anyway I stayed there for 3 months before they discharged me at Fort Mead, Maryland. Yep.

H. Smalls: Wow... so Fort Mead in Maryland is where you got discharged from and you were able to get your money and benefits?

W. Ragsdale: Oh yes, I got some money right away too.

H. Smalls: Nice! That's good.

W. Ragsdale: That Lieutenant wanted to get rid of me for being a pain. (Laughter)

H. Smalls: He got tired of hearing you right... sometimes persistence is good, right? (Laughter)

W. Ragsdale: That's right. Absolutely! (Laughter)

H. Smalls: Where did you go after being discharged?

W. Ragsdale: Virginia! After I was discharged.

H. Smalls: Where are you originally from?

W. Ragsdale: Kenbridge, Virginia.

H. Smalls: Oh my goodness. Ok, so you went back home? (Laughter)

W. Ragsdale: Yeah. (Laughing)

H. Smalls: How long did you stay there?

W. Ragsdale: Ok, I needed some money and I had money that I sent home. I had some good parents and a good family; they were really good. I had a Sister, Uncle, Father, Mother, and a Brother. I went into the service as a Corporal making about \$64 a month or something like that and I put some of my pay into an allotment in each of their names, and the government put 2 to 1 on top of what I put in, so when I made Sergeant and I doubled my money due to a pay increase, my family members saved all that money until I returned home from military duty.

H. Smalls: Oh my goodness!

W. Ragsdale: I had to come home to Virginia and Momma said I got a lot of money for you. I said you do Momma? (Laughter), what do you call a lot (Laughter)? My Daddy said "I'll take the money, son, if it's not enough for you. (Laughing) Then I worked at Camp Pickett Army Base for 2 years and it was nice over there. Then I came

to Connecticut and stayed up here for a month and said I want to own a home here. So my brother (Bobby) had already lived in CT for 20 years during the war, and he said you don't want to own a home boy; you can't pay for it (meaning Waverly couldn't afford to buy a home in CT). Bobby was here longer than me and worked hard and managed to buy a home in CT. Bobby was raised in Connecticut from a kid and he was a carpenter and a real good one at that. So I went to the bank and Mr. Hubbell (the bank loan officer) said, "Waverly, you can get a house, but you can't live where you want to live. I said, "Mr. Hubbell, I can live anywhere I want to live if I can afford it", and he said, "no you can't, you are in Connecticut now." (Laughing) I laughed at him, but he told me I could not live in the areas I wanted to live in. So I went back home and got that "whole lot of money" (I call it a "whole lot of money") and I had also worked for two years and saved all that money too. I went to the bank again, and Mr. Hubbell told me those same words about not living where I want to, and I told him thank you for your time. In the meantime, I had made an appointment with the guy in Washington, DC (Veterans Affairs) and he said, "Waverly, you can live anywhere you want to live if you can afford it; just make sure you can afford it; don't embarrass me to death, and this man was a colored dude too. I said, "I'm not going to embarrass you", and I moved in on Capitol Avenue in Bridgeport into my first home.

H. Smalls: Ah man, so do you still keep in touch with anyone who was in the military with you or served with you?

W. Ragsdale: Sorry to tell you, but at 88 years old, they all are gone and that's why the government is so hard on 2nd World War Vets because according to the "Federal Government" we are supposed to be dead. I'm lucky to be still going around and alive. Lucky as a bull.

H. Smalls: That's it, that's it. I'm glad you're here. And I want to thank you for just paving the way for folks in the service like myself. What advice would you give to young people today?

W. Ragsdale: First thing I'd tell them is get yourself a good job, go to work, save your

money, when you're ready to buy a house, the bank is always ready, but don't go down to the bank with nothing. Without a job and not ever having a job, stay home (don't bother going to the bank requesting a loan), cause you're not going to be able to get a home. That's what I'd tell them, quick!

H. Smalls: Well, Mr. Ragsdale, I want to thank you for your time.

Sgt. Ragsdale: I enjoyed talking to you too, and where you going? You aren't going anywhere. (Laughter—he wanted to continue the conversation)

TSgt. Smalls: Again, thank you for your time, Mr. Ragsdale. (Laughter)

Mr. Ragsdale was initially dispatched from the U.S. to Scotland on April 7, 1944. He fought in a total of 5 Battles, one of which was the well-renowned battle on the beaches of Normandy, France. Mr. Ragsdale also fought in Southern France and Northern France, and the Medals he received are as follows:

1. Good Conduct Medal
2. Purple Heart
3. American Theater Ribbon
4. European African Middle Eastern Theater Ribbon
5. The World War II Victory Ribbon

Mr. Waverly Thomas Ragsdale is a Cancer Survivor, WWII Vet, Disciple of Mount Aery, Senior Usher, and a Purple Heart Recipient (wounded in combat). His career path also includes Caretaker, Waitor, Chauffer, and Landscaper. Waverly Ragsdale is married to Lilly Ragsdale and they are devoted to supporting others with cancer. There is so much Mr. Ragsdale spoke to me about—too much to include in this article. He is a wealth of knowledge and has great stories about the war and life in general. He is just a great man to sit down and talk to, so if you ever get the opportunity, I highly recommend that you take advantage of a rare chance to hear his story. I guarantee you will leave a wiser person.

Sgt Ragsdale (Retired) *"A War Hero and Legend Here at The Mount". God Bless you Brother and Sister Ragsdale. Be well!*

A Very Merry Aerobic Christmas at the Mount

by **Tommie L. Powell, Jr.**

Grace and peace be unto you, from God our father, our Lord and Savior, Jesus the Christ. It is my prayer that everyone had an enjoyable holiday season. I would like to take this time to honor God for the opportunity to be a part of the Mt. Aery Baptist Church. I count it an honor and a privilege to serve Pastor and people of such a distinguished ministry.

When asked by Pastor Bennett, “What’s on the line-up for Christmas, Doc?” I will say, I was slightly hesitant to answer right away, already knowing what I envisioned for a portion of the Christmas Day celebration service. In the back of my mind, I was certain I wanted the experience to be different, in a creative way. I commend Pastor Bennett for being a man of vision and a Pastor that is apt to developing new ideas, although some may deem those ideas to be “out-of-the-box”. I admire Pastor Bennett’s ability to present new, creative ideas and strategic concepts to the congregation at large. He consistently finds a unique and positive way to combine our church’s past, present, and future. His passion and love for all people is displayed in his desire to equip and empower the spirit man, as well as the natural man. When given his approval to incorporate a Zumba routine into the celebration service, I was elated that we were on our way to doing something new and innovative.



In the planning process to implement a Zumba segment into the celebration service, it was my pleasure to have met with Sis. Maguena Adetona, Sis. Candida Paul and Sis. Shamika Davis-Paul, who are all a part of the Divine Creation Dance Ministry, here at Mt. Aery. I was convinced that we were destined to have a successful event when I was advised that

our Sis. Candida and Sis. Shamika were days away from obtaining their certification to become certified Zumba instructors. I admonish all to be thankful and grateful for the various gifts and talents he has blessed Mt. Aery Baptist Church with. God has been gracious unto us to supply us with all that we need, so that we do not have to depend totally upon external resources. Candida and Shamika got started by picking out two high-energy selections that were sure to get us into the holiday spirit and get our physical bodies active and in motion.



It was a pleasure to see people of all ages participating in such a way that created an atmosphere of fellowship, fun and focus. Fellowship in the spirit of celebrating the birth of Jesus the Christ. Fun in the spirit of engaging in structured exercise. Focus in being reminded that there is “Hope Beyond Herod”.

I wish to thank Pastor, Staff, Praise Team, Divine Creation Dance Ministry, and the Mt. Aery musicians for a successful and memorable Christmas Day service.



KWANZAA Celebration

by Deacon Jacqueline Seawright

December 30, 2012

Enter the Kwanzaa celebration and hear the sounds of African drumming as Sister Gina Simpson and others beat their drums. The festivities of Kwanzaa, on December 30th, brought smiles and laughter as families celebrated. Every table was decorated in the symbolic colors of Kwanzaa; red, green and black. Several round tables were set up with various activities such as; 2013 calendar creating, decorating cupcakes, weaving mats, board games, coloring, crafting jewelry and designing goblets with African garment. The principal Ujamaa, which means Cooperative Economics was clearly demonstrated as local businesses from Mount Aery and the community lined up on the outskirts of Bass Hall selling a variety of goods such as coffee/tea cups, fragrant oils/incense, design hosiery, handbags, scarves, candles, jewelry, artwork and more and attendees supported them. The first two hours was about fellowship, shopping at the vendor tables, playing games and participating in the activities of interest. Sister Lulu introduced herself and her eagerness to continue to celebrate Kwanzaa. Opening prayer was lead by Rev. Alicia Tyson-Sherwood then followed by "Lift Every Voice" lead by Rev. Ina Elisa Anderson. Shanice Maxwell and Jazmin JeanBaptiste sung "The Greatest Gift of All". Vivea shared her song and was not afraid to do so. Sister Lulu elaborated on the symbols of Kwanzaa, the cup representing Unity was passed around for attendees to touch. Sister Lulu thought it was important to have a Q&A to see how much we really knew about Kwanzaa. That was a success. Everyone understood and participated in pronouncing the principles. Brother Tyrone spoke about the importance of remembering those who are part of our lives although no longer physically here and lead in calling out names and families followed. The candle ceremony consisted of 7 candles to represent the seven principles was first lit by Deacon Regina Mosley. She lit the young children's candles as our teens and young adults stood tiered behind each child displaying a principal, this reminds of the importance every generation has in this community. Kwanzaa was not just an educational experience sharing the history, meaning of each principal and the symbols significance. It was a day of introspection underling the importance of goals and objectives for a new year, 2013, how we should strive to reach our goals. How suiting is it to close this wonderful festival with Mount Aery's favorite line dances; electric slide, cupid shuffle, cha cha slide and the wobble. This is a celebration you don't want to miss next year!



WATCHNIGHT SERVICE 2012 to 2013



Black History Moment: *Dr. Margaret Morgan Lawrence*

by Taylor P. Dawson



Dr. Margaret Morgan Lawrence



During her adolescent years, Margaret Morgan Lawrence learned that her only sibling and brother had passed at eleven months. From this moment, she knew that she wanted to become a doctor so that she could save people like her brother.

The New York Native was born in 1914, and in 1932 she became the only African American student to attend the prestigious Cornell College of Arts and Sciences. Lawrence dealt with racism and sexism on a daily basis but still pressed forward while practicing child psychiatry. She was devoted to child health, especially after she discovered the relationships between physical and mental illness. Upon graduating from Cornell's College of Arts and Sciences with exceptional grades, Margaret Morgan Lawrence attended Columbia University of Physicians and Surgeons and went on to become the first African American trainee to be certified in psychoanalysis at Columbia University's Columbia Psychoanalytic Center. Following this, Lawrence completed a residency at the New York Psychiatric Institute, and again was the first African American to do so. Additionally, in 1953, she co-founded the Rockland County Center for Mental Health in New York, which has now been renamed the Margaret Morgan Lawrence Children's Center. She was also the first person to ever receive Rockland County, New York's J.R. Bernstein Mental Health Award. Margaret Morgan Lawrence has lived in a cooperative community in Rockland County since 1951 and has been a member of the Peace Fellowship of the Episcopal Church since 1943. In 1998, she received an L.H.D. from Berkeley Divinity School at Yale University.

Dr. Lawrence has developed some of the first child therapy programs in schools, day cares, and clinics that are still being utilized today. In addition, she has given back to her community, which is commendable. She is a founding board member of the Harlem Family Institute (HFI) which simultaneously trains advanced health workers in psychoanalytic psychotherapy and provides their families with psychotherapy. Dr. Margaret Morgan Lawrence has been an inspiration to me, as I am interested in mental health. She has accomplished so much and still remains humble. She gives me hope as a young African American woman that with hard work and dedication I can do all things through Christ despite any obstacles. This has been a Black History Moment on Dr. Margaret Morgan Lawrence. For more information on Lawrence, read her biography entitled *Balm in Gilead: Journey of a Healer* written by her daughter, Dr. Sarah Lawrence Lightfoot.

Resources:

http://www.nlm.nih.gov/changingthefaceofmedicine/physicians/biography_195.html

From One Brother to Another, Voices of African American Men

by William J. Key and Robert Johnson-Smith II

Being an African American man has never been easy. Every time we take one step forward, we are pushed two steps backward. For many brothers, being a man is an unattainable goal. Enslaved, castrated, lynched, discriminated against, humiliated, and emasculated, the African American man has always faced an uphill climb.

How has the African American man survived and prospered in a land that seeks to deny him everything that gives him pride? How could so many African American men be the fathers and husbands that they are, when there has been so much to diminish or discourage them? Perhaps there are no clear answers to these questions, but this we do know: the hearts of many African American men have shared an unyielding faith in God. Facing the challenges of each day, many brothers have come to know that when we were unable, God was able. When we believed that there was no way, the Lord made a way out of no way. When we were weak, God was strong. This is how we survived. From One Brother to another shares these stories of survival.

Today, the media portrays the African American man in a negative fashion. We are seen either as violent criminals or as lazy and good-for-nothing. The message conveyed is that we do not make any meaningful contribution to ourselves, our families, our communities, and definitely to this nation. This is a very inaccurate stereotype. The reality is that most African American men are responsible, caring, and loving husbands and fathers. We are industrious, committed, and dependable. These are not the men receiving publicity on the six o'clock news. Most African American men yearn to be just that – MEN. We want to be employed and productive. We desire to love and protect our wives. We want to raise and nurture our children. We are striving for the admiration of our families and for appreciation as real men.

Nothing is more devastating than seeing an African American man who wants to be a man and has not had the opportunities that would allow him to do so. Many have done the right things in life, yet find themselves victims of circumstance. Some have worked hard for decades in a firm, only to be laid off in the prime of life. Man has been educated in the halls of higher learning and fall victim to institutional racism or corporate downsizing. There are some who have everything that this life could offer and yet have become victims of substance abuse and have lost it all.

It's Time! It's Time! It's Time! **It's Our Time!** To
The Brothers of Mt. Aery Baptist Church, Peace &
Love, GOD BLESS YOU AND YOU'RE FAMILIES.

STAY TUNED, MORE TO COME!



FEBRUARY 2013 Birthdays

February 1st

Bradley III, Alfonso
Cuttino, George
Henderson, Mary
Marshall, Robert
Nesmith, Tasha
White, Frank

February 2nd

Hayward, David A.
Porchia, Latanya
Thomas, Bessie
Young, Ambrose

February 3rd

Diaz, Frances
Jones, Shanice
Myrie, Brian
Nichols, Gregory
Rivera, Carmen
Smith, Valerie

February 4th

Black, Kerry-Ann
Bristow, Sadie
Brooks, Evelette
Farrar, Harold
Gardner, Laura
Johnson, Mattie
Laing, Roslyn
Mack, Kynesha
Oaks, Sherlawn
Smallwood, Sonja
Velasquez, Adam

February 5th

Commodore Jr., Josh
Holmes, Lucille
Johnson, Anne
Torres, Marcos
Wallace, Ameenah
February 6th
Barge, Erik
Boston, Felicia
Haggans, Ollie

February 7th

Barnes, Tyshon
Bass, Nichelle
Bevel, Wenyyatta
Milton, Genester
Norris, Lakena
Rankin, Vestina
Torti, Brandon

February 8th

Bowens, Beverly
Gary, James
Goggins, Reginal
Lawrence, Malinda

February 9th

Alexander, Rodney
Brigman, Willie
Calloway, Beverly
Edwards-DaRosa,
Daphne
Gee, Mary
Henderson, Troy
Lyles, Brianna
McKnight, Mildred
Parker, Timajh
Pettway, Anniemaxine
Roebuck, Carol
Slade, Alanna
Small, Truman
Upchurch, Justice
Wade, Anthony

February 10th

Brown, Maria
Doss, Iman
Howard, LaShonda
Jefferson, Shane
Mrowka, Amanda
Reid, Thashea
Taylor, Ronald

February 11th

Barge, Shanek
Davis, Corey
Dicks, Justina
Jones, Terry
Langston, Uniquie
Maye-Hazel, Shantana
Romero, Juan

February 12th

Billings, Tiquan
Dorsey, Ashley
Hobbs, Robert
Irby, Virgie
Kennedy, Karen
Norwood, Levina
Rawls, Robin
Smith, Tracy
Thompson, Pauline
Williams, Veronica

February 13th

Bendolph, Carrie
Booker, Eugene
Diaz, Devin
Foxworth, Johnnie
Jordan, Calvin
Lazaro, J. Eric
Lee, Sandra
Nash, Alvin
Rollins, Jeffrey
Simmons, Jermaine
Wade, Wendy

February 14th

Baldwin, Barbara
Brown, Karen
Coleman, Marquess
Davis, Victoria
Dennis, Darius
Gary, Shermont
Green, Leslie
Nelson, Kimberly
Pettway, Lena
Salahuddin, Aneesa
Spears, Davida

February 15th

Cathey, Chanel
Glenn, Assan
Griggs, Leonard
Harris, Curtis
Jacobs, Koshayna
Johnson, Percy
Mendez, Delia

February 16th

Bethune, Annie
Dlu Dlu, Delta
Epps, Sakia
Gee, Imani
James, Eric
Lozado, Tina

February 17th

Clarke, Colin
Ebron, Semager
Gallimore, Ricky
Jimason, Erika
Lewis, Kenney
Miller, Colby
Mincey, Shirelle
Munford, Elizabeth
Thigpen, Alicia
Thompson, Danielle

Thompson, Ida

February 18th

Burton, Annette
Cameron, Sandra
Ellington, Monique
Gaines, Earnest
Walker, Lashonda
Walker, Nelson

February 19th

Black, Clinnie
Bradley, Lee
Caviness, Deva
Gary, De'Gene
Henry, Bobby
Jowers, Michael
Lazaro, Zuri
Leger, Leanne V.
Lewis, Nicole L.

February 20th

Henderson, Kelley
Jackson, Jr., Walter
Langston, Cymande
Robinson, Nathaniel
Roundtree, Denise
Shelton, Anthony
Stevens, Tyrone
Stewart, Tymisha
Wilson, Carey

February 21st

Byrd, Mozetta
Marshall, Ashley
Newton II, Ernest
Pettway, Irene

February 22nd

Davis, Jamura
Dunham, Terrell
Jackson, Ina
Murray, Anthony
Smith, Troy

February 23rd

Alfred, Getha
Williams, Tyese
Woods, Sharon

February 24th

Boston-Randolph,
Farrah
Codrington, Dametria

Codrington, Ladale
Davis, Cynthia
Garrett, Robert
Hudson, Tomeka
Jenkins, Russell
Johnson, Brenda
Potts, Ja'qhan

February 25th

Everett, Sandra
Rogers, Ronald
Sloan, Alicia

February 26th

Cline, Charlotte
Murray, Deshonna
Swinton, Jahquashia
Tucker, Portia
Watkins, Paula

February 27th

Barge, Andrea
Fleming, Ashle'
Frye, Henry
Pierre, Richarde
Rodriquez, Evelyn

February 28th

Davis, Bryan
Harper, Rufina
Jones-Buchanan, Karen
Taylor, Felicia
Watkins, Anna

February 29th

Bowens, Laguanda
Hooper, Patricia

February 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						8:30 AM Men's Ministry Breakfast 10:00 AM Ministerial Staff Meeting 12:00 PM Safe Place Training 12:30 PM Mass Choir reh.
3	4	5	6	7	8	9
7:45 AM Worship Celebration 9:45 AM Olmec Store 9:45 AM Sunday School 11:00 AM Worship Celebration 1:00 PM Olmec Store		6:00 PM Church Anniversary meeting 6:30 PM Martial Arts Class 7:00 PM Praise Team Rehearsal	12:00 PM Daytime Bible Study 6:45 PM Bible Study	6:30 PM REFUGE 6:30 PM Youth & Young Adult Leaders 7:00 PM Praise Team reh.		8:30 AM Men's Ministry Meeting 12:30 PM Praise Team reh.
10	11	12	13	14	15	16
7:45 AM Worship Celebration 9:45 AM Olmec Store 9:45 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church 1:00 PM Olmec Store	6:30 PM Fellowship Ministry Meeting 6:30 PM SAW Gathering	6:00 PM Spiritual Gifts 6:30 PM Martial Arts Class 6:45 PM Trustees Ministry Meeting 7:00 PM Praise Team Rehearsal	12:00 PM Daytime Bible Study 6:45 PM Ash Wednesday Bible Study	5:00 PM Kesheonia Jones Court 6:30 PM Deacons Ministry Meeting 6:30 PM REFUGE 6:30 PM Youth & Young Adult Leaders 7:00 PM Male Chorus reh. 7:00 PM Senior Ushers Ministry Meeting	8:00 PM Youth Trip - R.A.W. Gathering	7:30 AM MAYA Senior Breakfast setup 8:30 AM Men's Ministry Meeting 9:00 AM Issachar Asc 9:00 AM New Disciples Ministry 9:30 AM MAYA Senior Breakfast 12:30 PM Male Chorus reh. 8:00 PM Youth Trip - R.A.W. Gathering
17	18	19	20	21	22	23
7:45 AM Worship Celebration 9:45 AM Olmec Store 9:45 AM Sunday School 11:00 AM Worship Celebration 11:00 AM Youth Church 1:00 PM Olmec Store	6:00 PM Youth Ski Trip	6:30 PM M.A.Y.A. Ministry Meeting 6:30 PM Martial Arts Class 7:00 PM Committed to Praise Rehearsal	12:00 PM Daytime Bible Study 6:45 PM Bible Study	6:30 PM REFUGE 6:30 PM Youth & Young Adult Leaders 7:00 PM Chosen Generation reh.	6:00 PM Nets Game	8:30 AM Men's Ministry Meeting 9:00 AM Issachar Asc (Snow Date) 10:00 AM Scholastic Ministry 12:30 PM Committed to Praise reh. 1:30 PM Chosen Generation reh. 2:00 PM Junior Ushers Ministry Meeting
24	25	26	27	28		
7:45 AM Worship Celebration 9:45 AM Olmec Store 9:45 AM Sunday School 11:00 AM Worship Celebration 1:00 PM Olmec Store		6:00 PM Spiritual Gifts 6:30 PM Martial Arts Class 7:00 PM Praise Team Rehearsal	12:00 PM Daytime Bible Study 6:45 PM Bible Study	6:30 PM Deacons Ministry Meeting 6:30 PM REFUGE 7:00 PM Mass Choir reh.		

FEBRUARY 2013 – THE IRRESISTIBLE CHURCH

Organized Prayer Time

Prayer time is 7:00am to 7:10am beginning 2/1/2013 through 2/28/2013. 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 Note: Do not announce yourself if you call after 6:59am. Haggai 2:9

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Min. Kingwood-Small Matthew 18:20	2 Sister Dempsey Jeremiah 23:27
3 Min. P. Williams James 4:8	4 Rev. Sherwood Ephesians 5:18-20	5 Rev. Anderson Galatians 5:22-25	6 Pastor Bennett Psalm 145:18	7 Deacon Adetona Hebrews 12:1-2	8 Min. Kingwood-Small Revelations 21:9	9 Sister Dempsey Ephesians 5:29
10 Min. P. Williams II Timothy 2:3-4	11 Rev. Sherwood I Peter 2:9	12 Rev. Anderson Hebrews 10:23-25	13 Pastor Bennett Philippians 2:14-16	14 Deacon Adetona Matthew 5:13-16	15 Min. Kingwood-Small Peter 5:2	16 Sister Dempsey Philippians 4:8
17 Min. P. Williams Mark 6:30-32	18 Rev. Sherwood II Timothy 4:5-8	19 Rev. Anderson Matthew 6:22-23	20 Pastor Bennett I Thess. 5:16-18	21 Deacon Adetona Proverb 12:16	22 Min. Kingwood-Small Matthew 5:24	23 Sister Dempsey Proverb 14:4
24 Min. P. Williams Exodus 18:15	25 Rev. Sherwood Psalm 40:10	26 Rev. Anderson Psalm 119:34	27 Pastor Bennett Hebrew 4:12	28 Deacon Adetona Psalm 16:8		

READY FOR SOME BASKETBALL!!!



VS



FEBRUARY

CANCELLED

(available)

Due: 2/9/13

Wayne Seawright or
call Men's Ministry at
203.334.2757 x54



BARCLAYS CENTER