

A Christian Education Publication

May – June 2020

"I CAN'T BREATHE"*Pastor L. B. West, D.R.S.*

"I Can't Breathe." Were these the last words of a man who could not breathe because he was living in a world, where the air he was breathing had gotten to be pretty thin? Were these the

last words of a man who could not breathe because he was living in a world, where the air he was breathing had become filled with pollutants? Were these the last words of a man who could not breathe because he was Living in a world, where the air he was breathing had become filled with toxins? Were these the last words of a man who could not breathe because he was Living in a world where the air he was breathing had been filled with hate-filled rhetoric, with disrespect, and even disdain for another human life?

The answer to the afore-stated questions is, it could be all of the above, or the very words, "I can't breathe" could be attributed to being the very last words of a man whose life was being snuffed out by professional law enforcement officers, whose role it was to protect and defend the same person whose life was being, intentionally, taken away. Never mind the fact that the incident happened in broad daylight; never mind the fact that there were many people with cameras rolling, observing the very same actions. Never mind the fact that people observing were telling the law enforcement officers, "you are killing him". Never mind the fact that there were four officers against this one, hands handcuffed behind his back, non-resistant, defenseless human being. This incident happened in the face of a continuing pandemic that we have yet to get

our arms completely around. We cannot see the pandemic. We know extraordinarily little about the pandemic and we have yet to discover a cure for the pandemic. One would think if a man's life would be ended, perhaps it would be ended by this unknown and thus far this incurable epidemic, but for certain not at the hands of a fellow human being; for certain, not at the hands of one who had pledged to protect you.

Well, all of you are aware that these were the last words of Brother George Floyd, who died as a result of an officer of the law positioning his knee on the neck of Mr. Floyd and holding it there for eight minutes and forty-six seconds, while two additional officers placed their knees in the man's back and on his legs, until the man could breathe no more. It is particularly hard to comprehend, how a fellow human being, sworn to uphold and protect people as citizens, could participate in the willful act of murdering an unarmed, defenseless person. As awful as it sounds, the act by the police officers in Minneapolis, Minnesota was a broad daylight, public lynching of a man who did not deserve to die. Brothers and sisters, this horrific act cannot be allowed to stand without justice being administered. This egregious act of human degradation cannot be allowed to go unpunished and, being God reverencing people, we recognize there must be some positive productive result which will stem from this act. The enemy may have meant it for evil, but God meant it for good. For the Bible says, "Except a corn of wheat fall into the ground and die, it abides alone: but if it dies, it brings forth much fruit." Mr. George Floyd's death cannot and will not be in vain. The fact that he could not breathe was a warning and a sign for the dominant culture in these United States and all over the world.

People all over the country have decided that this act alone was too egregious. It was without question way over the top. This act will serve as the catalyst to prime for new policies and perhaps new protocols on community policing. This act will change the world's view of policing for years to come. There will be a positive outcome stemming from this horrendous and grossly premature death.

It reminds me of another horrendous act that involved law enforcement where the enemy meant it for evil, but God meant it for good. It happened on a hill called Calvary, where law enforcement officers carried out a cultural order to crucify an innocent man. Crucify Him, they did, but that one act changed the course of history in the world for an eternity. Beloved, that is what this feels like today. For the first time in my lifetime, since the Civil Rights Movement, there is a broad, growing coalition of people who are displaying a deeply seeded "Righteous Indignation". They seem to be determined to do those things needful to make positive productive change across the country that will impact Law enforcement agencies everywhere. Elderly people are involved, young adults and younger people are involved, and they are leading and providing the energy and the effort necessary to effect this change. My family and I are supporting our younger generations to go forth and make a difference in this fight for social justice.

The fact that George Floyd could not breathe is also indicative of each of our own individual inability to catch our breath. Breathe, my brothers and sisters, by participating in this new movement. Breathe, by participating in this election year process. Breathe by talking with people and getting those who are not registered to register and vote in the November elections. Breathe by getting involved in not just the national election of the President and Vice President but also by

getting involved, particularly in your local elections. Breathe by sharing in the process of electing representatives for the local School Board, for County Commissioners, for City Mayors, for Judges, for State Attorneys, etc. Breathe my brothers and sisters by getting off the sidelines. Breathe by getting in the game to impact positive change within your community. Breathe by realizing we have been called for such a time as this. Breathe by understanding our name has been placed on the Divine participatory roll for our particular geographic locations and for this particular time. Make the best of it by breathing. Do not let anyone take your breath away! Breathe! Breathe! Breathe! ■

Mount Airy Baptist Church Celebrates 127 Years

by Deaconess Alberta Humes, VIPs Ministry

The Mount Airy Baptist Church celebrated its 127th Anniversary on Sunday June 7th with a Memorial Service, and on Sunday June 14th with an Anniversary Service.

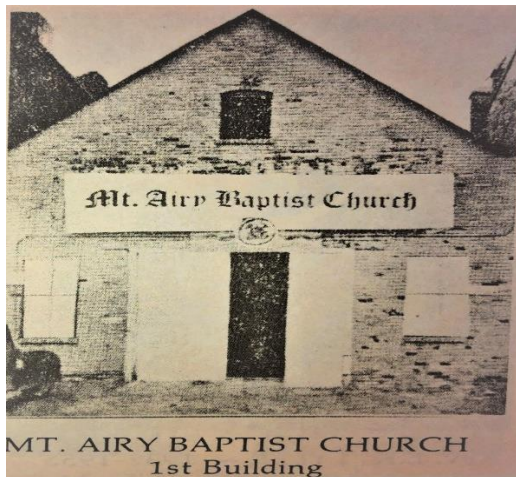
The Memorial Service recognized the trailblazers who have transitioned within the last year. Those members were Deaconess Geronia Carter, Missionary Dorothy Chase, Brother Quentin Ellerbe, Sister Martha Gadsen, Sister Doris Greenleaf, Brother Benjamin Harris, Brother William "Stretch" Johnson, Deaconess Johnetta Kelly, Brother David McCreary, Sister Thelma Montague, Deacon Emeritus James Perry, Sister Linda Z. Peterson, and Deaconess Georgene Twitty.

The Anniversary Service highlighted a mini synopsis of our rich church history narrated by Deaconess Alberta Humes. Here it is:

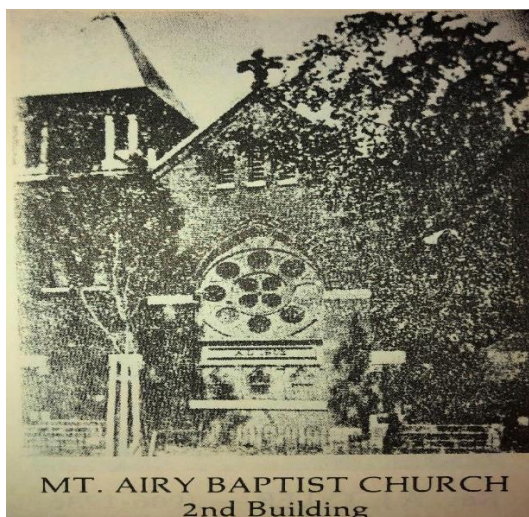
Mount Airy Baptist Church began at 110 "F" Street, N.W., eight blocks from where it is located today.

One hundred twenty-seven years ago, seven people met weekly for prayer in the home of a sick man. The man recovered. The group grew in size and zeal as Reverend C. C. Mason began to preach the gospel. He encouraged them to form a mission to advance the Lord's work.

In 1893, the group organized into the Mount Airy Baptist Church. Reverend C. C. Mason was called as the first Pastor. This was the first church.



In 1900, Reverend A. B. Hamm moved the church to "K" Street, N.W. After seven years, Reverend A. B. Hamm erected a beautiful church near the corner of North Capitol and "L" Street, NW.



In 1906, the church elected Reverend Alford J. Tyler as Pastor.

In September 1925, ground was broken and a "Monument to Jesus" was built at 17 L. Street, N.W.



In 1926, the congregation worshiped in the main sanctuary with a seating of 1,500.

In 1937, Reverend E. K. Tyler, the son of the former pastor became the pastor of the Mt. Airy Baptist Church.

In 1955, Dr. C. M. Long, Jr., was elected as pastor of Mt. Airy Baptist Church.

Our sixth pastor was Dr. Rafe M. Taylor, Sr. He was elected in 1980 and served thru 1992.

Our seventh pastor was Reverend C. Phillip Johnson.

This brings us to our eighth and current leader, Pastor Larry Bernard West.

We are led to do greater and more wonderful works for our Lord and Savior Jesus Christ and further make a difference in our Nation's Capital and Community.

Happy 127th Anniversary to the Mt. Airy Baptist Church, A Monument to Jesus. ☐

The Month of May and Mental Health During COVID 19

by Dr. Robin Kelley, Health Ministry

May is a special month. It includes Mother's Day and Memorial Day, a day in which we remember those we have lost. It is key to understand that each day is a special day because God's mercies are new each day. With that said, for many, many people every day can also be a day filled with despair, depression, and mental health concerns.

Mental Health is a key part of individual and societal health. One in five persons in the United States suffers from mental health issues.

We all need to be mindful of our mental health.

Women, including mothers, are at risk for various types of mental health concerns, particularly depression.

Depression

According to the National Institute of Mental health, depression is more than sadness. In fact, some, depressive people do not feel sadness at all. "If you have been experiencing any of the following signs and symptoms for at least two weeks, you may be suffering from depression:

Persistent sad, anxious, or "empty" mood:
Feelings of hopelessness or pessimism:
Irritability;
Feelings of guilt, worthlessness, or helplessness;
Decreased energy or fatigue;
Difficulty sleeping, early-morning awakening, or oversleeping;
Loss of interest or pleasure in hobbies and activities;
Moving or talking more slowly;
Feeling restless or having trouble sitting still;

Difficulty concentrating, remembering, or making decisions;
Changes in appetite or weight;
Thoughts of death or suicide, or suicide attempts;
Aches or pains, headaches, cramps, or digestive problems without a clear physical cause that do not ease even with treatment.

Certain types of depression are unique to women.

For women, there are many, many hormonal changes that men do not experience. For example, women who are pregnant, who experience the after pregnant period, or who have perimenopause, and, or have their menstrual cycles have dramatic physical and hormonal changes which can lead to depression. Certain types of depression can occur at different stages of a woman's life. So, Mothers need to be treated with extra care.

Even though Mother's Day, is over, we cannot forget women's health.

Women's Health Week (NWHW), led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH), emphasized women's health as a lifelong journey. This is critical for all females, from little girls to older women, especially during the outbreak of COVID-19. No matter what the messaging is about the economy, health must be a priority. Without our health, we do not have anything; we cannot take care of families, our community, or, ourselves. It is extremely important for all women and girls, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, to not forget their mental health, particularly during COVID-19 and the excessive loss of life.

Yet, women cannot be signaled out as the only ones to be attentive to mental health

concerns during this pandemic virus, aka COVID-19. Many, many men, women and, children have all types of exposure that make them vulnerable to COVID. One thing that we all also have is a sense of emotional stress.

As previously mentioned, mental health stress is now a part of all Americans. According to a recent article, Americans are reporting high levels of emotional distress from the coronavirus pandemic -- levels that some experts warn may lead to a national mental health crisis.

"Our society is definitely in a collective state of trauma," said Jonathan Porteus, PhD, a licensed clinical psychologist who oversees the crisis and suicide hotline in Sacramento, CA. Unlike posttraumatic stress disorder, which surfaces after trauma has ended, the country is only starting to grapple with the pandemic's psychological fallout, he said.

"According to a recent Kaiser Family Foundation poll, more than half of Americans -- 56% --reported that worry or stress related to the outbreak has led to at least one negative mental health effect. Those include trouble with eating or sleeping, drinking alcohol more, frequent headaches or stomachaches, shorter tempers, and other health problems. Among frontline health care workers and their families, 64% reported worsened mental health, as did 65% of those who had lost income. Another recent report, released from the Well Being Trust, said the pandemic could lead to additional "deaths of despair" from drug and alcohol misuse and suicide due to unemployment, social isolation, and fears about the virus. A recent poll of more than 3,100 WebMD readers found that 26% said they felt a sense of trauma from COVID-19 Mental Health an Emerging Crisis of COVID Pandemic".

There are some things that can be done to help with health, mental as well as physical health: try to do the following:

Finally, as we approach, Memorial Day, which has once been seen as the informal beginning of the summer since it was a time that beaches opened, we should try to carefully, and with attention to our physical health, and the guidelines, such as wearing a mask, washing hands, and waiting to be together (the 3 Ws) get outside to exercise.

During Memorial Day, we also need to remember to grieve and to seek assistance whether online, on the phone or via text or even, later and with care, in-person,

REFERENCES

Mental Health an Emerging Crisis of COVID Pandemic
<https://www.webmd.com/lung/news/20200508/mental-health-emerging-crisis-of-covid-pandemic>

Depression in Women: 5 Things You Should Know
<https://www.nimh.nih.gov/health/publications/depression-in-women/index.shtml>

Mental Health by the Numbers
<https://www.nami.org/mhstats>

A "PEACE" Challenge

by Sis Delores Agee

Deloris Agee wants to invite anyone interested in creating puzzles or word games that focus on the word "Peace". This challenge can result in helping us to focus on all things positive in this present time. This would be a personal venture that can be discussed through telecommunication, email or postal mail. Participants of all ages are welcome. At the end of a week of activity someone will be awarded a handcrafted gift. For example: P-Prayer; E-Everlasting Father; A-Amazing God; C-Coping mechanism; E-Extraordinary. Looking for

creativity. Listen attentively and list the words or phrases used during our prayer sessions starting with these letters? Let her know if you are interested: deloris.agee@comcast.net or call 240-344-2443.

Game I:

PEACE WORD FIND

A	I	E	L	Q	E
	R	O			
M	E	U	E	P	V
	E	W			
C	B	C	A	C	M
	A	P			
V	A	F	K	O	P
	D	E			
P	A	N	S	P	E
	A	Z			
J	I	C	F	B	P
	I	C			
P	Y	X	E	J	A
	G	K			
C	A	P	Q	T	C
	S	H			

ACE PEE CEE
 PEA CAP PACE
 CAPE APE

TITHING: A Brief Review

by Sis. Carol W. Preston

If the word tithing has got you scratching your head, it is a good idea to check your attitude about tithing. You might be wondering what exactly is tithing? How much should you give? Can you give while you are in debt? If you are wondering the answers to these questions, you are not the only one.

Please indulge me for a few minutes to help everybody to experience the joy of giving no matter your financial situation.

What is tithing? A tithe is 10% of your income given specifically to your church. The word tithe literally means tenth, it is intended to be a joy and a blessing. Proverb 3:9 NIV says “ Honour the LORD with the first fruits of your crop” According to Leviticus 27:30, a tenth of the produce of the land, whether grain or fruit, is of the LORD’s and it is holy. The Bible tells us that tithing is the way to show that we trust GOD with our lives and our finances.

Tithing is an act of faith that helps us to keep our priorities straight, it is a reminder that GOD is the supplier of everything, and that we don’t own anything in this life. GOD is in control, and we are only managers of what He has given us. GOD often blesses us with more if we are good managers of what we already have and that we would prosper with more than just money if we rely on Him. It doesn’t matter whether your tithes comes from your gross pay or your take-home pay it is entirely up to you. The point is you are giving 10% of your income. Our faith allows us to give with a glad heart in response to the goodness of GOD.

Tithing really isn’t about money, it is about the heart. 2 Corinthian 9vs7 says ‘each of you should give what you have in your heart to give’ not reluctantly under compulsion, GOD loves a cheerful giver. Tithing is something GOD asks us to do not because he needs our money but because he needs our heart.

Everything we have is a gift from GOD, so when we tithe we are just returning to GOD that which was already his in the first place. Living off 90% of our income with GOD’s blessing is much better than having 100% without it.

GOD is inviting us to tithe not because he wants something from us, but because He has a better life for us when we choose to put Him first. Have you ever known someone who gives us 100 dollars and we

are only asked to give back 10.00?
NOBODY BUT GOD!

Even if you are in debt or having rough financial season, tithing should still be a priority. Take a look at your budget and find ways to cut back on spending. Maybe like packing your lunch instead of eating out every day or maybe reducing recreational or entertainment activities. Tithing is an act of worship just like singing, praising, praying, it is a vital part of worship.

I was so moved last Sunday when the choir sang 'He is all I need' that's my testimony. When Pastor West asked the congregation to join in singing 'I really love the LORD'. The audience fervently sang with so much enthusiasm and I am convinced that this family is committed to serving the LORD.

If you give what you owe GOD I am sure you would be satisfied knowing you would be blessed. ■

YOUTH SPEAKS...

"COVID-19 Got Me Like"

by Kavontae Lee, CCYP

Covid-19 got me like when will I get out this house
When will I get to go to the rec
When will I get to hang at the Mc and Chic with my men
When will I get to play outside in the hood with my men.

Covid-19 got me like I'm in prison and I ain't do nothing wrong
They closed everything that is fun to do
I gotta curfew gotta be in by 8 at night
I can't go nowhere but the store and pick up food

Covid-19 got me like what is this new school
Why I gotta wake up at 9 in the morning and get on a live

class I just went to bed at like 3 playing gta with my men
Why I gotta do all these assignments all I want to do is play
My game and listen to music
Why I gotta write so many paragraphs when they know
I only like to say one or two words

Covid-19 got me like where will I be next year
Will I still be at home waking up at 9 doing live classes
Or will I start my sophomore year in the school building
Will I get to see my friends in person or will I have to keep
Talking to them on the gram
Will I be able to play football for Suitland or will I have to pretend
And make me a person Madden

Covid-19 got me like what's the new room
Do I gotta create my own mask so I can be Fly while staying safe
Will my parents ever get to go back to work
And not worry about bringing corona to us
Will people ever get to go outside and not
Have to stay 6 feet away or wear masks to stay safe

How will I greet my mans now that we gotta stay
6 feet away and when this over we still gotta be careful
Will we have to use our feet to greet or air dap each other from a Safe distance

Will we have to give head nods since corona supposed
To show up again in the future
Will things ever go back to the way they were like people
Being able to get together in close space

Covid-19 got me like just stay home. ■

Donations During Pandemic

by Sis. Jackie Smith

During these challenging times we are reaching out to our Church family and friends to give. Donations can be given via US mail by sending your tithes to the Church, PayPal/Credit Card via mountairybaptist.org. or by CashApp to \$MABCDC (add your envelope number in the “For” field). ◻

VIP’S On the Move

by Deacon Calvin Hollingsworth, CIT

We are about to enter another phase in the transition of the Christian Education, Very Important People Ministry (VIP). In November 2019, the Church recognized several VIPs for their completion of the Seniors Technology Enrichment Program (STEP).

STEP (Seniors Technology Enrichment Program) is a Christian Education training initiative designed to partner the Communications & Information Technology (CIT) and VIP ministries to enhance bible study using computerized tools & techniques.

Training offered.

- General PC operation
- Internet usage
- Word Processing
- E-mail & mobile phone usage

Despite the various challenges encountered (computer viruses, fear of breaking the computer, learning styles, hand & eye coordination, scheduling conflicts, homework, surprise quizzes) throughout their training sessions, most VIPs managed to overcome these obstacles with patience & reassurance by the instructors. The learning styles of senior adult students was another

issue that required some adjustment.

Ironically, these students learned better with instructor-led, hands-on, step-by-step, slower paced lessons. This training approach will also serve as a model for the next group of VIPs and/or other senior adults.

Based on the feedback from students, church officers and other observers, we believe the STEP program was a huge success. This is further evident by the VIPs involvement in a major project such as the Church Anniversary celebration. Currently, CIT is making plans to reopen the training center with sanitization, social distancing, facial masks and other precautions to keep future students safe. We will distribute more details on upcoming training classes and schedules. ◻

For Your Meditation...

“COVID-19”

by Newsletter Ministry

C O V I D – 19

C -hrist

O -ver

V -iruses &

I -nfectious

D -iseases

“Have I Not Commanded You? Be Strong And Courageous. Do Not Be Frightened, And Do Not Be Dismayed. For The Lord Your God Is With You Wherever You Go”.

Joshua 1: 9 ◻

Inclement Weather Notification

by Newsletter Ministry

Be mindful that if inclement weather occurs please consult the Mount Airy website (www.mountairybaptist.org.) and/or Facebook page. You may also tune into NBC-4, Fox- 5 DC, WJLA-7, Newschannel-8, and WUSA-TV-9 for any weather-related information. ☐

Submitting Newsletter Articles

by Newsletter Ministry

To submit something for the Newsletter, you need to...

Prepare article in Microsoft Word format and email it to тчolly@comcast.net. Documents are accepted at any time...no more deadlines.

We prefer that articles be limited to 220 words or ½ page due to space. We will no longer accept hand written articles.

Next Issue: Sunday, August 23, 2020

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



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

