

The Calvary Chronicle

*A Quarterly Publication of
First Calvary Baptist Church*

VOLUME 1, ISSUE 2

JANUARY 2016

An Exciting
Church
Excited About
Its Mission!

HONORING OUR ELDERS

“Honour thy father and thy mother, as the LORD thy God hath commanded thee; that thy days may be prolonged, and that it may go well with thee, in the land which the LORD thy God giveth thee.” – Deuteronomy 5:16 KJV

As children, we are taught to obey our parents, and respect other adults in our communities. When we become adults ourselves, it does not negate the need to respect our elders. In fact, adults should lead the children by teaching them to respect their elders by example. Honoring and respecting our elders is not on a timetable, where you cease to do so after a certain age. The early scriptures in the Bible instruct us to obey our father and mother; failure to do so has consequences. The same is true today. Children: obey your parents and respect your elders. Adults: respect your elders, and walk upright in the sight of God and others. Remember, if you are blessed with long life, you will someday be someone's elder. Think about how you would like to be treated in your senior years!

- FCBC Calvary Chronicle Staff

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“Children, obey your parents in the Lord: for this is right.” - Ephesians 6:1

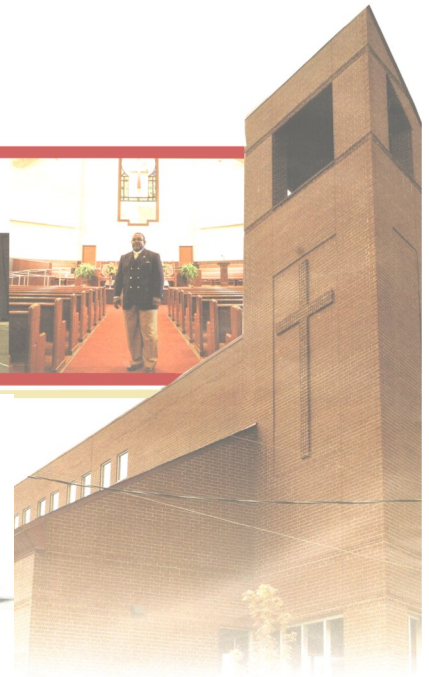
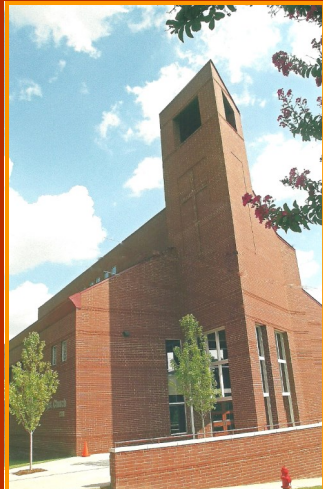
Pastor’s Desk Message

Dear First Calvary Family:

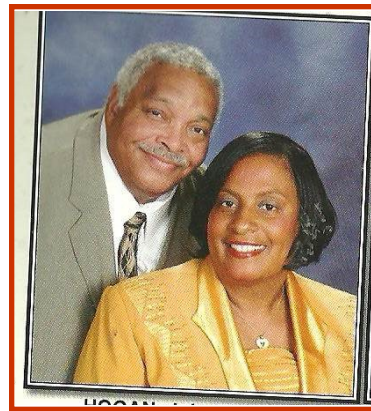
We are distributing another edition of our newly revised Calvary Chronicle. How appropriate that this issue be dedicated to a group of people that have a very special place in my heart...our SENIORS...also known as our MATURE ADULTS! Thank you to the mothers, fathers, grandmothers, grandfathers, God-mothers, God-fathers, aunts, and uncles that are 70 (okay, 60) and over in our Church Membership. Your giving, your prayers, and your dedication is building a legacy of love that will forever be etched in the history of this church! The value of our elderly is beyond measure. In Wikipedia, Elderly care, or simply eldercare (also known in some places as aged care), is defined as “the fulfillment of the special needs and requirements that are unique to senior citizens”. How do we care for this special population at First Calvary? Well, first and foremost, our seniors are encouraged, along with every member, to be involved and active in the many, many ministries of this church. Additionally, we have recent Senior Parking Placards for those drivers over 70. Our Senior Lunch and Learn events are always well attended and a wonderful time for fellowship and learning for our elderly. Every February, our Diaconate Ministry hosts the “Honoring Our Elders” event....and our seniors come out in abundance, looking good in their red!

2016 is moving right along....and SOMEONE around here is celebrating 25 years in Pastoral Ministry in First Calvary! Look at your FCBC Calendars and come out to the scheduled ministry events. We also remind you to continue your financial support...your giving makes a difference. We are still looking for a few more adult members to join in the challenge of “40 Finding 10” ...that’s 40 adults each finding 10 more adults to give \$450 above your tithes and offerings over the course of this year (inbox me if that’s you!) Never forget that we are AN EXCITING CHURCH EXCITED ABOUT ITS MISSION!

Yours in that Blessed Hope,
Pastor Fredrick A. Davis



Member Spotlight: Brother John Hogan



Brother John Hogan
(pictured with wife, Janice)

What service do you normally attend? 10:45a.m.

How long have you been a member of FCBC? Approx. 8 years. I was one of the first new members who received the right hand of fellowship in the new sanctuary.

Do you belong to any ministries at FCBC? Yes, I used to lead the Entrepreneurial Ministry. I am also a chef in the Culinary Arts Ministry and I have supported the Audio Ministry.

Do you have a favorite verse in the Bible? Psalm 133:1 *"Behold, how good and how pleasant it is for brethren to dwell together in unity!"* To me, this verse tells us that it is good for us to be together and be on one accord. Being on one accord saves from contention.

What brought you to First Calvary Baptist Church? I moved to this area from Maryland and joined another church. My wife visiting First Calvary and had lots of good things to say. I decided to check it out. I liked it and decided to join.

What is your recommendation to get more people involved in ministry work or volunteer opportunities at FCBC? I think it is absolutely true that 20% of the people at FCBC do 80% of the work and it shouldn't be that way. People need to step up and get involved. Many people think working in the church is very time consuming but it isn't always. Folks need to just get up off the pews, find your niche, and volunteer your talents.

Do you feel empowered as a member of this congregation? Yes, I have felt empowered working on the various ministries that I am involved in. I was given the freedom to make decisions and carry out my responsibilities without someone constantly looking over my shoulder.

Submitted by Sister Maticia Sims

"An Exciting Church Excited About Its Mission"

Ministry Spotlight



"Casting all your care upon Him; for He careth for you." - 1 Peter 5:7

Spotlight on: Circle of Care Ministry

Ministry Chairs: Brenda Harris-White, Mary Gilmer, and Betty Borden

The **Circle of Care Ministry** provides practical, emotional, spiritual support, resources, and pastoral care supporting people in need within the congregation and in the community. The goal is to offer assistance to people experiencing crisis, and to assist in supporting their families wherever possible.

The Circle of Care Ministry is here to assist and support at different levels:

Practical Support: If someone needs assistance with meals, household or yard chores, sitting to allow respite to a caregiver, transportation to the doctor or other place, help with shopping or errands, willingness to be available when needed, and ability to maintain confidentiality.

Emotional Support: If you need companions who will listen to you, phone you, check in on you, do enjoyable things with you, be considerate for other with the ability to listen, and respect confidentiality, then a team member will be helpful to you.

Spiritual Support: If you want to talk about things that are spiritual to you, you will have willing companions who will respect where you are in your faith journey. If you don't want to talk about faith issues, no one will force you or put pressure on you to share. Also, follow the guidelines outlined specifically by the pastor and the care team ministry.

Providing Resources: If there are questions, the Circle of Care Ministry will assist you with finding the resources to meet your needs.

- If you are:
- Someone who has some free time?
 - Someone who likes to help others?
 - Someone who wants to make a difference in the lives of others?
 - Someone who likes to encourage others?

Then, this is the ministry for you!

Christmas is Salvation...

The 2015 Christmas presentation was spirited. There were songs, dances, scripture readings, and poetry presented by the youth Sunday School classes. The Beginner class sang “Away in a Manger”, as their angelic voices filled the sanctuary. The Primary and Junior classes recited scriptures from Luke 1:37, Luke 1:45 and John 3:16. Poetic renderings, such as the “Sounds of Christmas”, “Lights of Christmas”, and the “Smells of Christmas”, were presented by the junior class. To conclude their presentation, they created an acronym on cards of “God’s Gift”, revealing God’s gift to be “JESUS”.

The Teen class studied the season of Advent in class. They presented their understanding of the Advent season through poetry, such as “There’s more to Christmas.” Symbols of Advent were taught to the congregation. Through their presentation, we learned that the Advent wreath means Hope, Love, Joy and Peace. On the advent wreath, there are four candles: one purple candle, which represented the Royalty of Jesus; one rose candle, which represented Mary, and two white candles, which represented Christ. Their presentation concluded with prayer.

The First Calvary Baptist Church Music Ministry made presentations of song, singing such seasonal classics as “Go Tell It on the Mountain” and “O Come, All Ye Faithful”. The Vessels of Praise worshiped through dance to Kirk Franklin’s “Now Behold the Lamb”. Their offerings of praise were presented through modern and African dance techniques using long lines of movement, emotion and grace. Adorned in purple and wearing gold crowns, Calvary’s Anointed led the congregation in worship “In the presence of Royalty”.

The Christmas presentation concluded with the presentation of gifts to Pastor and Mrs. Davis as tokens from various ministries and members of First Calvary Baptist Church. Minister Carter was presented with gifts of love from the Christian Education Ministry. In closing remarks by members of the Davis family, we were charged with remembering that ***Christmas is Salvation, and the light of the world.***

Submitted by Nia Shields



Honoring Our Elders

“Honour thy father and mother; (which is the first commandment with promise).”

- Ephesians 6:2

The Bible contains many scriptures about how elders should be respected and honored. When God spoke to Moses to give him the various laws, one of the things that He wanted the people to do was to “Show respect to the aged; honor the presence of an elder; fear your God” (Leviticus 19:32a. MSG). He told Moses that these things should be done because he was God. The Ten Commandments also contain a commandment to “Honor thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee” (Exodus 20:12 KJV). This is the first commandment that contains a promise. First Calvary Baptist Church strives to be obedient to God’s command by showing honor and respect to the elders of the church. In keeping with the desire to be obedient to God, the Diaconate Ministry sponsors several events during the year that honor the elders of the church. They also remember those who are on the Healing and Recovery List at Christmas. Throughout the year, the Pastoral Esteem Team gives individual birthday remembrances to those who are 80 years old and above.

In the month of February, the Diaconate Ministry sponsors an annual “Honoring Our Elders Luncheon.” Elders of the church are invited to come, to bring a guest and to be treated to lunch and an afternoon of entertainment. This special event features a well-planned program with a theme. Photographs are made and given to elders who desire to have a picture as a souvenir of this occasion. While people are gathering in the Fellowship Hall, the audience is treated to a stroll down memory lane through a video presentation that features pictures of past and present members of the church. Some of the highlights of programs from past years are a skit performed by members of the Diaconate Ministry, a comedian, performances by Calvary’s Anointed and The Vessels of Praise (the mime and religious dance groups of our church), a Wellness Presentation and a performance by New Creation (a gospel singing group from Hillsborough, NC). During each luncheon, guests are served a delicious meal, complete with dessert and beverage, which is served to each guest at their tables by a member of the Diaconate Ministry. This luncheon is well-attended because it gives the elders of the church an opportunity to dress up, dine out and be entertained. It also allows elders to receive the royal treatment and be made to feel special at an event tailored especially for them.



The Health & Wellness Ministry sponsors several Senior Lunch and Learn Sessions each year. These events are for mature adults, age 60 and above and serve as an arena for health awareness, education, fellowship, and fun. Participants are educated on important issues, such as medication side effects and whole body health.

A past project for seniors sponsored by the Youth Council was a car wash, where seniors had their cars washed free of charge. Several “Mature Tech 101” sessions, where seniors learn to use their electronic devices, were held and sponsored by the Youth Council as well.

In the fall of the 2015, Pastor Davis announced that the church wanted to honor the elders by providing parking spaces near the church for those elders over the age of 70. Those who desired one of these parking spaces were asked to request them through the church office. They were given a placard to identify them to the Parking Ministry so that they would be allowed access to the parking lot nearest the church.

These are just a few of the many activities at First Calvary Baptist Church that honor our elders. One can see from these events that the elders at FCBC are not a forgotten group. In addition to being recipients of special honors, our seniors can be found serving and participating in many aspects of church life. Some teach in the Christian Education Ministry, participate in one of the other church ministries, lead the Noon Day Prayer Services and attend regularly scheduled worship services. First Calvary Baptist Church makes a point of celebrating and including the elders of the church in order to let them know that, at First Calvary, they are valued and appreciated.

Submitted by: Sister Mary U. Vickers



43rd Annual Alexander/Pegues Ministers' Conference March 7-9, 2016

On Tuesday, 08 March 2016, our very own Pastor Davis will be facilitating a workshop at the 43rd Annual Alexander/Pegues Ministers' Conference at Shaw University:

**9:30 a.m. - 10:45 a.m.
Morning Workshop
Dr. Frederick A. Davis**

Senior Health Tips



Senior citizens are living longer and healthier lives than ever before, meaning that just because you are aging doesn't mean that you have to be "old." As a senior, you can be more than capable of engaging in various fulfilling and dynamic activities; in fact, some senior citizens are adopting new hobbies such as line dancing and Zumba! Of course, in order to enjoy these pastimes, you have to maintain your health. To enjoy your golden years, make sure to follow the following tips:

Socialize

People are social creatures and need to interact with others as part of our daily life. When you retire, you lose the social network you had at work, which can cause you to feel isolated. This can quickly lead to problems with mental health; in fact, it has been shown that not getting enough social interaction can lead to diseases such as Alzheimer's. Activities such as getting together with family or friends ensure that you get enough social interaction. If your friends and family live across the country (or even the world!), stay in contact thru email or social media.

Keep your brain active

When it comes to your brain, you need to "use it or lose it." In order to maintain brain health, do things that engage your brain, such as reading or writing. Doing crossword puzzles or word finds are also great ways to keep your brain active. If you want to improve your brain function while getting social interaction, join (or start!) a card or board game group.

Volunteer

One of the biggest problems seniors have is a lack of purpose; with no kids to raise and no job to go to, it can sometimes feel as if you have no reason to get out of bed in the morning. These feelings can quickly lead to depression, which can in turn cause other health problems. Avoid this by volunteering for a cause you believe in; this not only gives you a purpose, it makes you feel good about yourself.

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

-3 John 1:2

Eat well

You should eat well your entire life, but it becomes particularly important as you age. Seniors need as much nutrients as they can get, and poor nutrition habits like not eating enough vegetables can have devastating effects on the body. Eating well also helps you avoid health risks associated with obesity, such as diabetes or high blood pressure.

Go see the doctor

Just like an old car, an aging body requires more maintenance. Unlike a car, you can't just get spare parts for your body when it breaks down; this means that you need to work on catching potential problems before they become an issue. If caught in time, modern medicine can mitigate or even prevent certain issues associated with aging. As you age, make sure to get regular checkups and screenings for things such as prostate cancer or osteoporosis. Since illnesses such as pneumonia or even the flu can be life threatening for seniors, make sure to keep up-to-date on your vaccinations as well.

Exercise

You can't just rely on doctors to keep you healthy; you need to take proactive measures. Exercise helps maintain muscle mass, meaning that as you age you can still engage in physical activity. You don't need to run a triathlon; a simple walk around the block can help your overall health.

Managing Property upon Incapacity

Even if you take every precaution, there is still a chance of becoming incapacitated. When this happens, it may be difficult-and even stressful-for your family members to decide what to do with your assets, particularly your property. Through a living trust, for example, you can specify exactly what you want to be done with your property when you become incapacitated. After you die, you ensure that your family knows your final wishes and can avoid probate court.

This lets you rest easy, knowing that even if you are incapacitated, your wishes will be followed; this reduces stress and allows you to enjoy retirement. In addition, having instructions laid out allows you to enjoy being with your family without having to worry about conflicts about "who gets what."

Mature Adults and Seniors, age 60 and up, be on the lookout for the Senior Lunch and Learn events throughout the year!

Youth Activities

Caring FIRST AID

When something goes wrong in a friend's life, you may be able to help.



Draw a line from the hurt to the action plaster that would help your friend feel better.

Hurt

Plaster



Luke 10:33

Discouraged



helpfulness

Sad

friendship

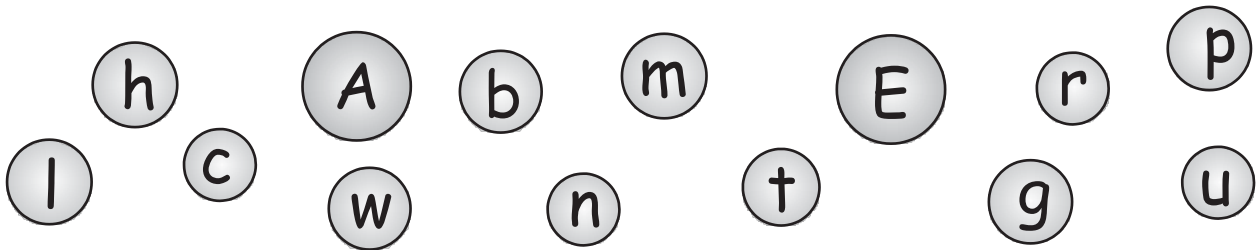
Lonely

comfort

In need

encouragement

Can you get the scattered letters back in the right place to complete the verse? Cross out the letters as you use them.



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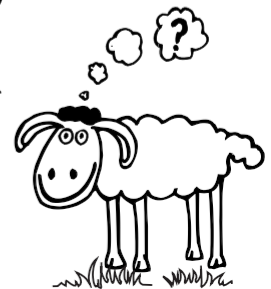
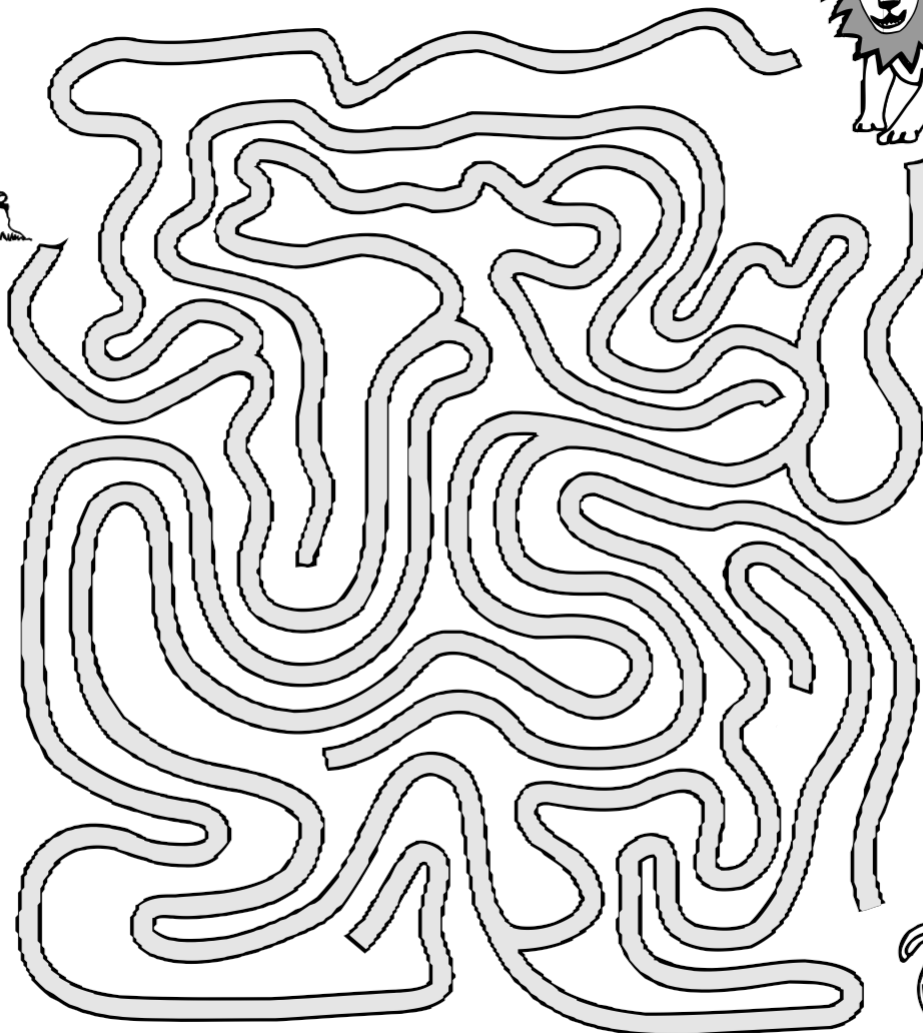
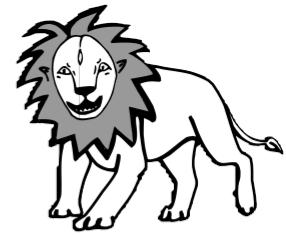
__atiently put __p __ith ea__h o__her

and __ove eac__ othe__. __phesians 4:2

Don't get tricked into sinful ways

Just like sheep, we have wandered away from God. We have gone our own way instead of following God's way. But Jesus, the Good Shepherd came to look for his lost sheep.

Trace the path that will lead the shepherd to the sheep.



There is a right way and a wrong way. God's way is the way that leads to Life. If you have lost your way, call on the Good Shepherd (Jesus), who will save you. See Luke 19:10

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Faith Thompson

Mary Vickers

Contributors:

Pastor Fredrick A. Davis

Betty Borden

Dennise Lindsay

Deacon Kevin Montgomery

Upcoming Events

February 2016: African American Month

- 6th: Honoring Elders Luncheon
- 7th: CD Signing: Min. Michael Dotson
- 14th: Scholarship Sunday
- 21st: Young Adult Sunday

March 2016: Stewardship Month

- 6th: Prove Me/All Tithers' Sunday
- 7-9th: ***43rd Annual Alexander/Pegues Ministers' Conference***
- 19th: Calvary Ministries Golf Tournament
- 20th: Palm Sunday
- 26th: Spring Festival
- 27th: Sacrificial Sunday/Resurrection Sunday

April 2016: Womanhood Month

- 17th: New Disciple's Ministry Fair
- 23rd: Womanhood Wordshop Celebration of
- 24th: Womanhood Sunday

Welcome New Disciples!
The following individuals completed New Disciples' Class and received the Right Hand of Fellowship (since 01 Oct 2015):

December 6, 2015

**Walter Davis
Kevin Jubert
Monica Jubert
Min. Tracy Ross
Robert E. Weaver, II**

January 3, 2016

**Anthonia Dublin
Jackie McIver**

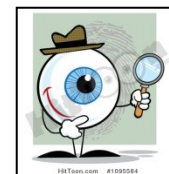
*Are you a writer? Do you aspire to the likes of Langston Hughes, Zora Neale Hurston, James Baldwin, or Nikki Giovanni?

*Are you a regular "shutterbug" who enjoys taking pictures?

Are you an up-and-coming Gordon Parks, Lorna Simpson, Carrie Mae Weems, or John H. White?

*Do you have a talent for editing?

*Do you have an eye for proofreading?



*Are you a wiz at graphic design, or possess a talent for visual presentations?

If you answered "yes" to any of these questions, the Calvary Chronicle is in need of your talents!

The mission of this ministry is to promote communication among the members, disciples, and friends of FCBC in the spirit of Christian Love.

If you are interested in joining the Calvary Chronicle staff, please contact Sister Toni McIntosh at tmtrustee@aol.com or (919)341-4645. Thank you!