

## Happy Birthday!

Williesha Doakes 9/1	Kevin Davis, Jr 9/18
Cecelia Butler 9/2	Dorothy Maxie 9/19
Nelda Galbreath 9/2	Beverly Prince 9/19
Michael Johnson 9/4	Rosalinda Tucker 9/19
De'Shea Holland 9/7	Cheryl Craver 9/20
Gayl Morris 9/7	Patricia Davis 9/20
Al Sprouse Jr 9/7	Yvonne Peyton 9/21
George Lunnon 9/8	Cynthia Moya 9/22
Gerald Thomas 9/9	Dwight Thomas Jr 9/22
Mattie Wilkinson 9/9	Vivian Avant 9/23
Vincent Laday 9/11	Shatyra Clifton 9/23
Andrea V. Smith 9/11	Hazel Frazier 9/23
Tara Biggers 9/12	Cedric Keener 9/24
Frankie Davis 9/12	Keagan Johnson 9/24
Tyeshia Davison 9/12	Cedric Keener 9/24
Idell Gatterson 9/12	Beatrice Myers 9/25
Valerie Williams 9/12	Keandre Foley 9/27
Eunice Compton 9/13	Curtis Ricks 9/27
Tebben Lewis 9/13	Waylan Siverand 9/27
Gary Tatmon 9/13	Shirley Tibbs 9/27
Penny Gamble 9/14	Jade Hicks 9/28
Gaylen Hollis 9/14	Virginia Leblanc 9/28
LylBrian Smith 9/14	Jamie Lynn Pradia 9/29
Jeannette Guy 9/17	Darvon Johnson 9/30
Rayne McCoy 9/17	Nakesha Johnson 9/30
Patricia Allen 9/18	Anthonette Thomas 9/30
	James Simon 9/30

## Happy Anniversary!

Robert & Stephanie Williams 9/1  
 Donald & Marie Compton 9/4  
 Aaron & Shaundelyn Hooey 9/7  
 Christopher & Shawntinique Mills 9/7  
 Henry Huffman 9/9  
 Derrick & Yulonda Dumes 9/22  
 Derwin & Candice Mosby 9/27

## Weekly Opportunities

### Sunday

Prayer Service..... 8:00am  
 Worship Service..... 8:30am  
 Sunday School ..... 10:45am

### Monday

Fellowship Basketball ..... 6:30pm

### Wednesday

Seniors Bible Study.....10:30 am  
 Food Bank..... 11:00am  
 Bible Study..... 7:00pm

### Thursday

Mass Choir Rehearsal.....6:30pm  
 Men's Choir Rehearsal.....6:30pm

### Saturday

Men's Ministry.....8:00am  
 Evangelism  
 (4th Saturday) .....10:00am

### Church Office Hours

Mondays – 9:00 am – 1:00pm  
 Tuesdays – Fridays - 9:00am - 4:00pm.

## Calvary's Word

### Contributors:

**Pastor's Perspective:** Rev. Christopher C. Moore

**Community News:** Church Operations

**Editors:** Tonya Goree, Sharon Wardsworth

**Birthdays & Anniversaries:** Church Operations

**Announcements:** Calvary Communication



### Building Relationships One Day at a Time

Equipped for the Unseen in 2017

Strong Faith

Sustained Family

Secure Finances

F.I.T.

Focused Intentional Together

# Calvary's Word

## New Mt. Calvary Baptist Church

SEPTEMBER 2017

INVITE A FAMILY MEMBER OR FRIEND TO

**FRIENDS  
 AND  
 FAMILY DAY**

Visit us on the web at <http://www.nmcbbc.org>

Follow us on Twitter @nmcbbc\_media

4711 Kelley St • Houston, TX 77026 • 713. 635.1955



## THE PASTOR'S PERSPECTIVE

The Sea of Galilee is located in the rift valley, a natural fault line that runs from the Jordan River Valley, to the Dead Sea, and all the way to Africa. Mount Hermon, which is to the north, is over 9,000 feet high, and the Dead Sea is about 1,250 feet below sea level. That means that the valley drops sharply to the desert region in a short distance. As a result of this, hot air can come up from this valley quite suddenly and can collide with the cooler air from Mount Hermon in the north, mixing hot and cold combustible, natural elements to cause sudden storms on the lake.

Just one week ago, the Southeast Texas area was ravaged by a devastating natural entity called Hurricane Harvey, and its effects are still being felt today both physically and emotionally. Although we knew that this storm was certain, we had no awareness of its severity. Life is as such for the believer; we are aware of the matter of storms, but we are never aware of the manner of storms until we actually experience them. What we discovered, is that God still controls nature and is still in control of life's circumstances. We are incredibly sensitive to the plight of those that are less fortunate than we are as a result of this storm, but we are grateful that God has ultimately spared our lives.

Now, we must begin to recover and restart, but in the process, we must also seek ways in which we can assist those within our church family, community, and city in doing the very same. I pray that we, the NMCBC family, would band together in helping one another in both substance and spirit during this time because we need God's assistance, but we need each other as well. I pray that more than ever, this would bind us together in a way like none other. Never forget that we are NMCBC, we are, "Building Relationships One Day At A Time."

Your Pastor,

Rev. Christopher C. Moore

## ANNOUNCEMENTS

**Join us for food, fellowship, & fun**

**Saturday, September 23<sup>rd</sup>  
10:00 AM – 1:00 PM**

**Bill Crowley Park  
5100 Lauder Rd.  
Houston, TX 77039**

**Flood Victims**

**If you were impacted by the flood  
or had water infiltration, please  
see Church Administration for  
more information.**

## Family & Friends

September is our Family & Friends Month. Because so many of you have been impacted by Hurricane Harvey, our focus this year will be on supporting our Family & Friends within our church & community.

**Sunday, September 3<sup>rd</sup>** - Everyone is asked to wear black to stand in solidarity for all hurricane victims.

**Sunday, September 10<sup>th</sup>** - We will observe Grandparents Day.

**Sunday, September 17<sup>th</sup>** - We are asking everyone to bring Wal-Mart gift cards in the amount of \$5.00 to distribute to family & friends within our church who were affected by the flood and/or water infiltration.

**Sunday, September 24<sup>th</sup>** - Instead of weekly recognition of guest we would like for everyone to invite as many guest as possible **Sunday, September 24<sup>th</sup>**. There will be recognition on that day to the top five members who bring the most guest.

September 2017

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																												
	<div>Aug 2017</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr></table>	S	M	T	W	T	F	S		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<div>Oct 2017</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr></table>	S	M	T	W	T	F	S								1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							1	2
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3 <div>Church Engagement - Mt. Home Bapt. Ch. San Augustine 11:30a</div> <div>Deacons Meeting 7:00a (Room 11)</div> <div>Family &amp; Friends - Black Out - Wear All Black 8:30a (MS)</div>	4 <div>Church Office Closed Holiday</div> <div>Labor Day</div>	5 <div>Praise Dance 6:30p Bldg # 4</div>	6 <div>Bible Study 7p (YS)</div> <div>Food Bank 11:00a</div> <div>Sr. Adult Bible Study 10:30a (Room 11)</div>	7 <div>Basketball 7p GYM</div> <div>Mass Choir (YS)</div> <div>Praise Dance 6:30p Bldg #4</div>	8	9																																																																																												
10 <div>Family &amp; Friends - Grandparents Day 8:30a (MS)</div>	11 <div>Basketball 7p GYM</div>	12 <div>Praise Dance 6:30p Bldg # 4</div> <div>Trustee Meeting 6:30 p (MS)</div>	13 <div>Bible Study 7p (YS)</div> <div>Food Bank 11:00a</div> <div>Sr. Adult Bible Study 10:30a (Room 11)</div>	14 <div>Basketball 7p GYM</div> <div>Mass Choir (YS)</div> <div>Praise Dance 6:30p Bldg #4</div>	15	16 <div>Evangelism 10am (YS)</div> <div>Servant To Servant 12 noon (YS)</div>																																																																																												
17 <div>Church Engagement - Green Meadows B.C. Pastor Mills Pastor 10:00pm, Mike Chrusa</div> <div>Deacons Meeting 7:00a (Room 11)</div> <div>Family &amp; Friends - Wear your favorite sweatshirt start 10:0a (MS)</div> <div>Minister's Meeting 7:15a (MS)</div>	18 <div>Basketball 7p GYM</div>	19 <div>Basketball 7p GYM</div> <div>Praise Dance 6:30p Bldg # 4</div>	20 <div>Bible Study 7p (YS)</div> <div>Food Bank 11:00a</div> <div>Sr. Adult Bible Study 10:30a (Room 11)</div>	21 <div>Basketball 7p GYM</div> <div>Mass Choir (YS)</div> <div>Praise Dance 6:30p Bldg #4</div>	22	23 <div>Family &amp; Friends Church Picnic Crowley Park 10a - 1p</div>																																																																																												
24 <div>Family &amp; Friends Annual Day 10:00a (MS) Dress Sunday Best</div>	25 <div>Basketball 7p GYM</div>	26 <div>Basketball 7p GYM</div> <div>Praise Dance 6:30p Bldg # 4</div>	27 <div>Bible Study 7p (YS)</div> <div>Food Bank 11:00a</div> <div>Sr. Adult Bible Study 10:30a (Room 11)</div>	28 <div>Basketball 7p GYM</div> <div>Mass Choir (YS)</div> <div>Praise Dance 6:30p Bldg #4</div>	29	30																																																																																												

# A PRAYER FOR LABOR DAY

COME UNTO ME ALL YE THAT LABOUR AND ARE HEAVY LADEN AND I WILL GIVE YOU REST.  
-Matthew 11:28

WHATEVER YOU DO, WORK AT IT WITH ALL YOUR HEART AS THOUGH YOU WERE WORKING FOR THE LORD RATHER THAN PEOPLE.

ALMIGHTY GOD RENEW OUR STRENGTH AND REFRESH OUR SPIRIT.

GUIDE US IN THE WORK WE DO THAT WE MAY DO IT NOT FOR SELF ALONE, BUT FOR THE GOOD OF OTHERS AND THE GLORY OF YOUR NAME.

FOR WE KNOW ALL GOOD THINGS COME FROM YOU.

YOU HAVE EQUIPPED US; YOU HAVE PREPARED US TO WORK WITH YOU TO CHANGE THE WORLD.

THROUGH YOUR PLANS AND OUR HANDS MAY OUR WORK AND OUR REST ALL GIVE PRAISE TO YOU!

AMEN.



# September Health Awareness Tip

Children, young adults and older Americans can have high cholesterol. Get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. Below you will find some information about cholesterol and a few fact sheets and publications about cholesterol, as well as links to useful consumer and health care provider information on our partner Web sites.

**How many Americans have high cholesterol?** More than 102 million American Adults have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

**What is cholesterol?**

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.



**How do you know if your cholesterol is high?**

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

**How often should you have your cholesterol checked?**

[The National Cholesterol Education Program](#) recommends that adults aged 20 years or older have their cholesterol checked every 5 years. Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history. A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides. The following chart shows optimal lipid levels for adults

**Desirable Cholesterol Levels**

<b>Total cholesterol</b>	Less than 170 mg/dL
<b>Low LDL ("bad") cholesterol</b>	Less than 110 mg/dL
<b>High HDL ("good") cholesterol</b>	35 mg/dL or higher
<b>Triglycerides</b>	Less than 150 mg/dL

# Community News

## After A Hurricane: Safety Tips

Safety- and insurance-related hurricane information should be included in your emergency preparedness and emergency management plans. This list of post-hurricane safety tips, generator safety tips, and insurance claim guidance will help you deal with the aftermath of a hurricane.

[After The Hurricane](#)

Protect yourself. Always be careful when entering a damaged building. If there is serious structural damage, contact local officials before entering.

Protect your property. Take reasonable steps to protect your property from further damage. This could mean boarding up windows and salvaging undamaged items.

Report the loss as soon as possible. Contact your insurance agent or insurer as soon as you can.

Provide a general description of the damage and have your policy number handy if possible. Write **down the adjuster's name, phone number and work schedule as soon as you have them.**

Prepare a list. Keep damaged items or portions of them until the claim adjuster has visited, and consider photographing or videotaping the damage to document your claim. Prepare a list of damaged or lost items for your adjuster.

Keep receipts. If you need to relocate, keep records and receipts for all additional expenses. Most insurance policies cover emergency living arrangements.

Return claim forms. After your insurance company has been notified of your claim, they must send you the necessary claim forms within a certain number of days. Fill out and return the forms as soon as possible.

Cleanup. When starting the cleanup process, be careful, and use protective eyewear and gloves if available. Adjusters may tell business owners to hire a professional cleaning service.

Build stronger next time. **When you're ready to start repairs** or rebuild, work with your contractor to make the new structure disaster-resistant.