

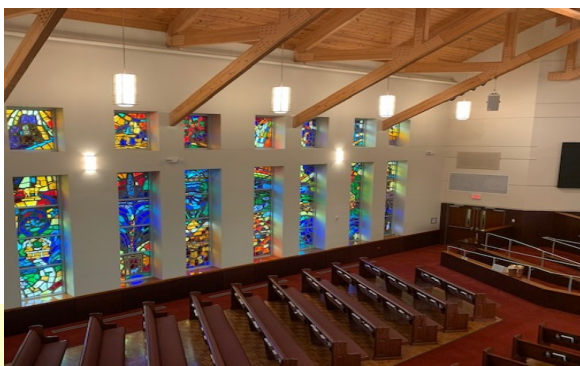
# The Calvary Chronicle

04 April 2021  
Volume 6 Issue 2

*First Calvary Baptist Church*  
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## RISEN!!

*"And go quickly and tell His disciples that He is risen from the dead, and indeed He is going before you in Galilee; there you will see Him." Matthew 28:7 NKJV*

*What an honor that this edition of the Calvary Chronicle is released on Resurrection Sunday! In December, we celebrated the miraculous birth of Christ, and today, we celebrate His defeat over the grave. Hebrews 2:17 (NIV) states: "For this reason he had to be made like them, fully human in every way, in order that he might become a merciful and faithful high priest in service to God, and that he might make atonement for the sins of the people." The child, born to die on a cross after sustaining physical and verbal flogging by His accusers, overcame death and rose from the dead. As we reflect on the life, crucifixion, death, and resurrection of the Risen King, ask yourself: Is the life I'm living acceptable to God? Are my actions in line with what God would have me to do?*

*He got up! Death could not hold Him! He is RISEN!  
Celebrate the Risen King!*

## **Pastor's Desk Message**

Greetings, First Calvary Family!



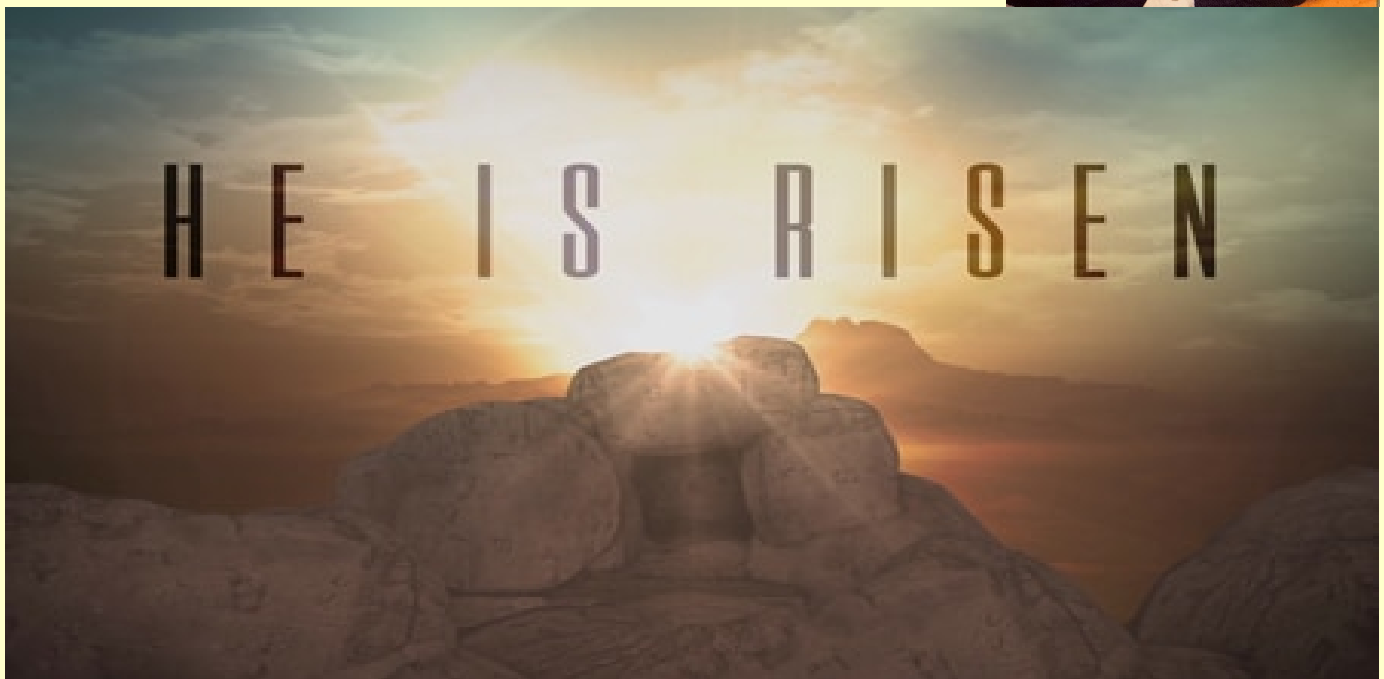
It's time for another Calvary Chronicle! Thank you to our Chronicle Staff for their tireless efforts to make this publication a reality. We hope each family would download a copy of this issue....or pick up one of a few printed copies if you visit the church these next weeks. It's quite fitting that the theme for this issue of the Chronicle is "RISEN". Matthew 28:7 states, "And go quickly and tell His disciples that He is risen from the dead, and indeed He is going before you into Galilee; there you will see Him." As the hymn says, "I serve a Risen Savior, He's in the world today. . I know that He is living, whatever men may say. I see His hand of mercy, I hear His voice of cheer. And just the time I need Him He's

always near. He lives! He lives! Christ Jesus lives today! He walks with me and talks with me, Along life's narrow way. He lives! He lives! Salvation to impart! You ask me how I know He lives? He lives within my heart!" Our Savior LIVES!! And we Glorify HIM.....to see Him lifted up....and to bring souls to HIM!

Hopefully you have joined us....or will join us....at the recent First Calvary Baptist Church Ministry virtual opportunities and events. We are now in Womanhood Month. I hope the Sisters will be blessed in this month of April....stay tuned for the coming events. Then it will be May and Evangelism Month at First Calvary! Always held the first week of May is our Annual Spring Revival, so be on the lookout for details on this annual event. Then, youth and men...get ready....June and July will be here before you know it! Summertime is on its way...and Vacation Bible School will safely be back! There is always something going on in Ministry at First Calvary....even in our current virtual space as we continue to stay safe. First Calvary, remember it is your time, talents, and treasures that allow us to be effective in Ministry and to make a difference for the Cause of Christ!

Lastly, I would like to give a reminder to each of you. Don't forget that your church needs YOU. Your gifts, your talents, your support....it's TIME, TALENTS, AND TREASURES!! Come Worship on Sundays....join us in Sunday School....attend Bible Study....take your lunch break on Wednesdays and pray with us in Noon Day Prayer. Right now, it's all virtual...and we look to see you online....however, as we safely come back.....COME BACK! It takes all of us to make this Church grow....not one or two of us....but all of us. Speaking of all of us, THANK YOU to those that are keeping us up and running during our time in this Pandemic. The Church Staff and Volunteers are our "essential workers"....and they have kept us connected. Lastly, let us keep praying for the Pastoral Search process that God's Will Be Done! Let's all continue to come together and let's continue to be AN EXCITING CHURCH EXCITED ABOUT ITS MISSION!

Yours in that Blessed Hope,  
Pastor Fredrick A. Davis





Thank you to our essential Sunday staff who continue to provide Sunday services to the congregation virtually! We appreciate your commitment to serving during this year of pandemic restrictions!

Audio Ministry (not pictured):  
Deacon Calvin Squires, Deacon  
Darryl Gadson, Deacon Xavier Cason,  
Bro. Michael Hill, Bro. Derrick  
Garrett, and Bro. Ivan Holloway



Minister John Carter and  
Pastor Fredrick A. Davis

*Thank  
you*



FCBC Praise Team: (back row: l to r)  
Sis. Kendra Adams, Sis. Dolli Bradford,  
Sis. Loretta Bradford, Sis. Lois Leazer  
(front row: l to r) Bro. Andre Sanders,  
Deaconess Janet Squires, Min. Michael  
Dotson



Video Ministry: Sis. Hilary Fearington  
and Dr. Toni McIntosh

## Honoring Our Elders



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FREDRICK A. DAVIS, PASTOR

First Calvary Mature Adults:

February is always an exciting time when the Diaconate Ministry shows their love and recognition to you at the HONORING OUR ELDERS luncheon. Out of an abundance of caution and due to safety protocols, we will postpone the event until later in the year. We want all of us to remain safe and well during this time.

Know that we are thinking of you with a special poem. written by Deaconess Brenda Gore.

Peace and Blessings,

Deacon Xavier Cason - Diaconate Ministry/Deacon Ministry Chair

Deaconess Cynthia Gadson - Deaconess Ministry Chair

## YOU'LL ALWAYS MATTER

Greetings, First Calvary Seasoned Saints.

Take a moment to praise God,  
ridding your hearts and minds of any worries or complaints.

2020 had nothing on you,  
God's grace and mercy brought you through.  
Now, you're in a New Year and GOD is here!

We honor and cherish you from afar,  
we hope you realize YOU MATTER wherever you are. We'll miss your smiling  
faces and warm embraces. We'll miss your voices in the atmosphere,  
full of laughter and cheer.

Honoring Our Elders  
is an occasion we look forward to every year.  
It brings our hearts such joy when you appear.  
The knowledge and wisdom that you possess,  
is a testament of GOD'S faithfulness at its best. Every time you  
show your face, we're excited to see you in the place!

This is just a temporary delay.  
Just show up and represent on the appointed day. We'll break bread  
together and be entertained. Everything you think you're missing will be regained.

The Diaconate Ministry,  
we do what we do,  
express our love and appreciation by celebrating SPECIAL YOU!

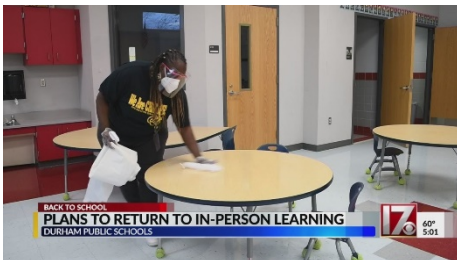
Written by Deaconess Brenda H. Gore, 2021

## Meditating on Resurrection Season

*By: Dr. Jennifer L. Rounds-Bryant*

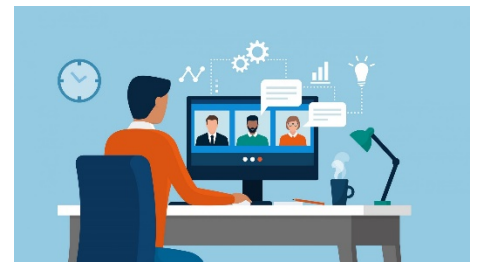
In this season when we celebrate the Resurrection of Christ, we can also meditate on resurrections of different types. Due to COVID19 quarantine, many “normal” behaviors were stopped or “buried”. With the spread of the COVID19 vaccines, we are hoping to resume some “normal” behaviors or to “resurrect” our normal lives as much as possible. This is the perfect time to be intentional about the behaviors that we want to keep from the COVID19 routine, resurrect from our pre-COVID19 normal, and the ones from both eras that we want to leave buried.

Durham Public Schools reconvened in-person instruction recently. North Carolina colleges and universities have announced in-person graduations in May and in-person



classes for fall 2021. In between, there will be returns to office work settings and leisure travel. As we move back toward “normal”, let’s make a list of all the things we learned from quarantine, social distancing, wearing

masks, and frequent washing (the COVID19 routine). Many students found that they were much more productive in class without a lot of distraction from the presence of peers. Likewise, many adults found that they were more productive in their work without the fatigue of the routine of getting ready for work, traveling to and from work, and the distraction of peers. Some companies have even



decided that their employees will remain remote permanently because of the unexpected financial benefit to the company. Furthermore, many health reports indicated that social distancing, wearing masks, and frequent washing resulted in

nearly no cases of flu during the most recent flu season and that masking is helping to reduce symptoms during the current allergy season.

When we have completed our list of the things we have learned about ourselves and our families, let's decide which COVID19 routine behaviors we want to keep. If



virtual school worked for you, there are virtual schools at every level. In fact, many states have free virtual K-12 schools. Likewise, most colleges have virtual school options. If the COVID19 routine kept you healthier than usual, then be intentional about continuing aspects of it. I will definitely continue wearing my mask in public and avoiding crowds even after my vaccination reaches full effect. If you find that you need to be around people and are therefore excited about going back into public spaces, then be sure to bring that gratitude when you start to move around public spaces again. Your positivity will be greatly appreciated as we come together again.

Be intentional about noticing you and your family's reactions to "resuming normal". Just like we had to give ourselves and each other grace to adjust to the COVID19 routine, we will have to do the same as we start co-mingling again. This might be harder for some than others, so be on the lookout for challenges and solutions. Although we had to rush into the COVID19 routine for safety reasons, resuming normal may not require such a rush. Pace yourself and your family where possible. There is every reason to consider that we won't ever return to what we knew pre-COVID. Hopefully, we will keep the best of both times and leave the worst buried.



## **Youth Council Virtual Event**

*By: Sis. Demisha Grimsley and Sis. Crystal Bethea*

The Youth Council of First Calvary Baptist Church sponsored its first virtual African American Living Museum on February 28, 2021, which was attended by church members and guests via Zoom and Facebook Live. The participants of this virtual event, youth ages 5-17 years, selected and researched an individual who inspired them and contributed to society. Each participant engaged the audience in presentations in which they dressed as their chosen historical figure and presented creative video productions and slide shows. The audience was captivated by a tour of the African American Living Museum's decades in history. African American figures represented the Civil Rights Movement and education, sports and music in the African American community. Figures such as Dr. Martin Luther King, Jr., Katherine Johnson, Jim Brown, Wynton Marsalis, Debbie Allen, Rosa Parks, Arlie Petters and Muhammed Ali were represented in the virtual museum. Participants and guests were honored by viewing the poetry recitation of Amanda Gorman, the first National Youth Poet Laureate. The virtual event ended with the ceremonial dance performed by the Chuck Davis African American Dance Ensemble.

Many thanks to Min. John Carter for delivering the welcome, Elijah Suggs for delivering the scripture, and Karmen Grimsley's offer of blessings for the even. A special thanks also to Ah'mir Derricott, Malachi Cain, Quinn Kearney, Farrah Dortch, Daniel Forde, Shane Dortch, Thaddeus Allen, Elijah Suggs and Karmen Grimsley.





## 22nd Annual WECF Golf Tournament: March 20, 2021





## A Mental and Physical Health Checkup

In a year of highs and lows, ups and downs, achievements and losses, we have all experienced some level of anxiety. The Calvary Chronicle Staff offers the following resources we hope will be helpful in navigating these feelings throughout this pandemic and beyond.

- Scriptural References:
  - **Anxiety:** Psalm 143:8, 10-11; Psalm 26:1; 1 Peter 5:7
  - **Depression:** Psalm 18:4-6, 16; Isaiah 14:3; Psalm 31:7; Psalm 55:4-5, 16-17; Luke 1:78-79
  - **Empowerment:** Psalm 59:16; 1 Corinthians 1:23-24, 27; Job 37:23; Psalm 147:5; Proverbs 8:6-7; 11:25; Micah 7:8
  - **Fear:** Isaiah 43:1; Romans 8:15; Psalm 27:1,3; Psalm 23:4
  - **Grief:** Isaiah 53:3-4; 61:1-3; 2 Thessalonians 2:16-17; Psalm 6:7-9; Lamentations 3:22-23; 2 Corinthians 1:3-4; Psalm 30:10-11
  - **Peace:** John 14:27; Psalm 55:18; 119:165; Isaiah 26:3, 54:10; James 3:18
  - **Strength:** Psalm 28:7-8; 118:14; Ephesians 6:10-11; 2 Corinthians 12:9-10
  - **Stress:** Matthew 11:28-30; Psalm 107:28-30; Isaiah 40:29; Mark 4:39-41
  - **Success:** Deuteronomy 28:1-2, 8; Ecclesiastes 5:18-19; Psalm 1:1-3
  - **Worry:** Philippians 4:6-7; 2 Peter 1:10; Matthew 6:31-33; Proverbs 3:21, 24
- Coping With Stress: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>
- Help for Mental Illnesses: [www.nimh.nih.gov/health/publications](http://www.nimh.nih.gov/health/publications)



## The Health Tip



## ALLERGY ALERT!

Spring is in the air, and so are billions of tiny pollens that trigger allergy symptoms in millions of people. This condition is called seasonal allergic rhinitis, commonly referred to as hay fever. Hay fever can affect your quality of life. It can lead to sinus infections,

can disrupt your sleep and affect your ability to learn at school or be productive at work. Symptoms include:

- Itching in the nose, roof of the mouth, throat, eyes
- Sneezing
- Stuffy nose (congestion)
- Runny nose
- Tearing eyes
- Dark circles under the eyes

Depending on where you live, there are generally three pollen seasons. The start and end dates of these seasons, as well as the specific plants, vary based on the climate.

🌳 Trees generally pollinate in the spring.

Birch, cedar, cottonwood and pine are big allergy triggers.

🌳 Grass releases its pollen in the summer.

Timothy and Johnson, and Rye grasses are examples of allergens in this category.

🌳 Weeds cause hay fever in the fall.

Ragweed is the biggest offender as it can grow in nearly every environment.

Avoiding your allergy triggers is the best way to reduce symptoms:

- ❖ Limit outdoor activities during days with high pollen counts. Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air. Delegate lawn mowing, weed pulling, and other gardening chores that stir up allergens.
- ❖ Don't hang laundry outside — pollen can stick to sheets and towels.
- ❖ Keep windows closed (at home or in the car) to keep pollens out.
- ❖ Take a shower after coming indoors. Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- ❖ Wear a pollen mask if you do outside chores.



## Did you know?

Hay fever cannot be diagnosed by history alone. An allergist/immunologist can diagnose your allergies, and determine the specific triggers that cause them, through simple tests. If you have hay fever, keep track of pollen counts in your area by subscribing to the National Allergy Bureau's email alerts. Allergy shots (immunotherapy) have been proven to provide long-term relief of allergic rhinitis symptoms.

Submitted by: Nurse Betty Borden



# Jesus died for our sin

"For **God** so **loved the world** that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" John 3:16.

↓

"Believe in the Lo'd **Jesus**, and you will be sa'ed..." Acts 16:31.

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Use the bold letters of the verses to help you fill in the blank squares on the cross. The letters on the cross are the ones you will need to complete the words that remind us of Christ's death for us



## Upcoming Events...

### APRIL, 2021

<i>Hour of Power:</i>	<i>April 23, 2021</i>
<i>Womanhood Wordshop:</i>	<i>April 24, 2021</i>
<i>Celebration of Womanhood Sunday:</i>	<i>April 25, 2021</i>

### JUNE, 2021

<i>Annual Brainstorming Event:</i>	<i>June 5, 2021</i>
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*Stay tuned to the weekly bulletins and church announcements for more information.*

- *Noon Day Midweek Prayer and Devotion:*    *Wednesdays@ 12:00pm*
- *Bible Study via Zoom:*    *Wednesdays@ 7:00pm*
- *Zoom Sunday School:*    *Sundays @11am*
- *Weekly Online Worship Service:*    *Sundays @9:30am*



*The FCBC Food Pantry is ALWAYS TAKING NON-PERISHABLE FOOD DONATIONS. Things like peanut butter, jelly, pasta, pasta sauce, cereal, rice, canned veggies (ALWAYS NEEDED), and ramen noodles.*

***\*\*Many thanks to the Well Fellowship Christian Church for their donation of 75 boxes of cereal to the FCBC Food Pantry. To God be the Glory!!***

*Coming Soon (Holidays)...*

*Sunday, May 9, 2021*



*Monday, May 31, 2021*

*Sunday, June 20, 2021*



*Sunday, July 4, 2021  
(observed: Monday, July 5, 2021)*

*Monday, September 6, 2021*



*We salute all military, front-line, and essential workers as we continue to be in the midst of the coronavirus pandemic. Stay safe and well!*

## ***Calvary Chronicle Staff:***

*Sis. Crystal Bethea*

*Sis. Faith Brodie*

*Bro. Carter Cue*

*Dr. Toni McIntosh*

*Dr. Jennifer Rounds-Bryant*

*Sis. Mary Vickers*

## ***Contributors:***

*Pastor Fredrick A. Davis*

*Sis. Betty Borden*

*Sis. Dennise Lindsay*

*Sis. Angela Sanders*

*Sis. Demisha Grimsley*

\*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! Please contact the Calvary Chronicle via email at [calvarynews@firstcalvary.org](mailto:calvarynews@firstcalvary.org) if interested in joining the staff!



**Continue to join us  
for worship each  
Sunday at 9:30am  
via the church  
website, YouTube,  
and Facebook  
page!**

**The mission of the Calvary Chronicle 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 Dr. Toni McIntosh at [calvarynews@firstcalvary.org](mailto:calvarynews@firstcalvary.org) or (919)341-4645. Thank you!