

The Calvary Chronicle

04 July 2021
Volume 6 Issue 3

First Calvary Baptist Church
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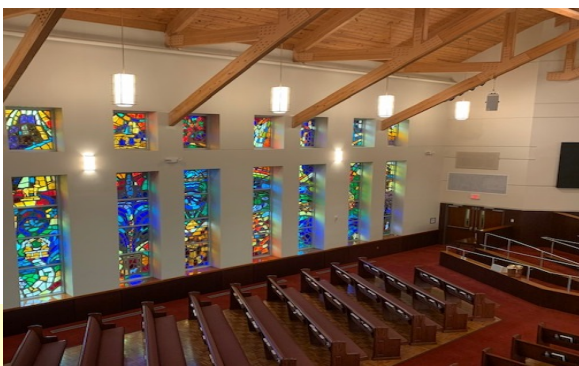
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Turning the Corner

"But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." Isaiah 40:31 NKJV

After nearly 16 months of mask-wearing, takeout meals, remote learning and working, and limited human interaction, the country is turning the corner on Covid19, with many receiving vaccinations and continuing to social distance. While we may sense a bit of the way things used to be prior to March, 2020, let us remember that it was by God's grace that we are among those "turning the corner". We waited on the Lord, and He renewed our strength. With His hands guiding our lives interrupted by a global pandemic, we continued to minister to the lost and the community while keeping everyone safe. As we reflect on this journey, and rejoice in the knowledge that God allowed us to turn the corner, consider what more He has in store for you if you continue to wait on Him. Keep the faith, wear your mask, and wait on the Lord.



Pastor's Desk Message

Greetings, First Calvary Family!



Do you want to Be in the Know about things happening around and in the life of FCBC? Well...Here is the place to start! Here we are with another issue of the Calvary Chronicle! If you want to know and grow and show, take the time to READ the Calvary Chronicle! Thank you Chronicle Staff for your tireless work in pulling this publication together. The Chronicle is full of great information regarding Ministry Work at First Calvary. I hope and pray that each family takes time to download a copy and read about some great things going on in our Church.

How appropriate is the theme of this issue: “Turning the Corner”.....and the theme Scripture of Isaiah 40:31:

“But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” (NKJV) We are truly turning a corner with regards to this Pandemic virus. We pray you are still being safe, but the vaccine gives us such freedom to get back to a little more normal.

Since our last Chronicle issue, we have accomplished a lot as a Church, and that includes having our Annual Brainstorming Session, Youth Weekend, Virtual Vacation Bible School, Graduation Sunday, and Youth Sunday, ...and now we are at the beginning of Manhood Month! This month, we will celebrate with our Men and that means we will share thoughts on a “Man from the Bible” in our Bulletin Desk Message (hope you will follow along...not just this month, but we encourage you to read your church bulletin EACH WEEK 😊). We also have Quarterly Church Conference and our mid-year statements that will go out in July. Also, please don’t forget to vote for the Man of the Year, either with ballots in the Church bulletin or by emailing lindsay@firstcalvary.org. Vote for a man in our Church that is a tither,

attends worship, and Sunday School or Bible Study....and vote by July 18th. Okay, MEN, it's your time to shine and be in place for our upcoming events, better yet, be in place for our regular worship and study times. Make sure you block out July 17th for our Annual Fellowship Cook Out! There are great things happening in Ministry here and we still have the rest of 2021 to go!

Speaking of great things....CONGRATULATIONS TO THE CLASS OF 2021!! Whether you graduated from high school, college, received a graduated degree, and even to our Kindergarteners.... CONGRATULATIONS to each of you and your families. Your Church Family is proud of your accomplishments. The best is yet to come....it sounds cliché, but with God it is so true! Continue to strive for greatness and know that God is for you.... He is in your CORNER!

Guess What? You are welcome to come back to Church! We are safely available for Worship on Sundays....and here's what to expect as you safely return:

- o Temperature Checks/Thermometers are available. Check your temp when you get here....if it's 99 or above after two temp checks—you may have to leave the building.
- o Hand sanitizer is available behind the pews and at wall stations....use them!
- o We are looking for no more than 200 worshippers in service
- o Please wear your masks....yes, they can match your outfit You can even wear a hat....BUT DON'T FORGET YOUR MASK!
- o You will be socially spaced for seating. Please, PLEASE be patient with our Essential Volunteers that will seat you. PLEASE COOPERATE AND FOLLOW THEIR SEATING DIRECTIONS TO SAFELY BE IN THE BUILDING!
- o Also....being FULLY VACCINATED is highly recommended.
- o An added note, we are not lingering and congregating in the building after service.

Thank you in advance as we work to being back together....but doing so in a way that will keep each other safe! So come on back! We will also still continue our streaming of services....and don't forget Worship begins at 9:30 a.m. Remember also that we are AN EXCITING CHURCH EXCITED ABOUT ITS MISSION!

Yours in that Blessed Hope,
Pastor Fredrick A. Davis



Womanhood Wordshop: Visions

By: Sis. Mary U. Vickers

The annual Womanhood Wordshop of First Calvary Baptist Church was held virtually on Saturday, April 24, 2021. Before this Wordshop, the women of FCBC were



invited to drive through the church parking lot to receive supplies to use to prepare a Vision Board. We were asked to be ready to display our Vision Boards at the Wordshop.

The Mistress of Ceremonies was Mrs. Judith Davis. The scripture reading from Proverbs 29:18a, "Where there is no vision, the people perish," was followed by prayer and opening remarks. Mrs. Davis introduced Raevin Bryant, who led the group in some yoga stretches to show the attendees ways to relax, clear our minds and prepare for the Wordshop. Afterward, Mrs. Davis introduced our Wordshop Facilitator, Minister Vikki Kennedy Johnson. Minister Johnson is a mother, a minister, an author, a living kidney donor, and the host of a radio broadcast about *Soul Wealth*. She believes that every woman has a gift, and that gift can impact

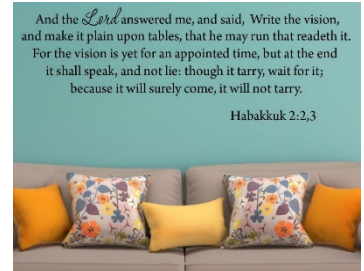


the world. Her goal is to continue to help women realize their gifts and give them the tools that will equip them to execute their vision. Minister Johnson expressed thanks for having been invited to lead this Wordshop and asked for volunteers to display and explain their vision boards. Several women volunteered to show their Vision Boards

and to explain how their boards interpreted their visions for their lives. After several

Vision Boards were displayed and explained. Minister Johnson gave a sermon based on “Vision.”

Minister Johnson’s scripture reference for this occasion was from Habakkuk 2:2-3. She said that “Your life is the result of your choices.” She asked us if we were living the lives that we wanted. She said one way to measure if you have the life you want is to determine whether you are at peace with where you are now. Furthermore, “When your choices align with God, you have peace.”



Minister Johnson gave five ways that we can use to achieve our vision:

1. Try not to get emotionally tangled in the circumstances of your life.
2. Make your vision larger than your disappointment.
3. Emotionally balanced people can sustain victories.
4. Don’t allow other people’s excuses or lack of emotional stability to be the reason you don’t execute your vision.
5. Make the necessary adjustments to direct or redirect to your vision.

Minister Johnson said that “It’s not what you don’t know that’s hindering you; it’s what you do know that keeps you back.” She encouraged us to validate ourselves because we attract what we reflect. She closed the Wordshop with this acrostic. Where your vision is, you have:

V-Victory

I-Insight

S-Strategy

I-Inspiration

O-Overflow

N-New Opportunities



2021 Virtual Brainstorming Session

Theme: “Our Next Step, Empowering Disciples with God’s Vision”

By: Sis. Faith Brodie (contributors: Bro. Robert White and Deacon Kenny Gibbs)

On Saturday, June 5th First Calvary members came together for the 2nd Virtual presentation of its’ Brainstorming Conference. Brainstorming is one of the four events hosted by the Visionary Ministry each year and is an opportunity for members and leadership to come together to share their visions for our church. This year, the men of the Visionary Ministry: Minister John Carter, Brother Robert White, Deacon Kenny Gibbs, and Brother Carter Cue facilitated a dynamic presentation about where the congregation sees First Calvary in the future.

Pastor Davis kicked off the event by sharing a presentation that Reverend Dr. Eddie Cruz had shared with a group of Pastors to encourage and support each other. The presentation was entitled “**Trends for Congregational Life**” and shared statistical data on what is happening in churches around the world, but especially in the Black Church. Dr. Cruz used the Andinkra symbol of the **Sankofa to demonstrate his principles. The Sankofa bird** embodies the spirit and attitude of reverence for the past, reverence for one’s history, and reverence for one’s elders while moving forward. One of the most startling trends that Pastor shared was the fact that giving in churches will decline 20% to 30% from pre-pandemic levels and that will mirror the decline in attendance in churches. To paraphrase my grandmother: “If we ever needed the Lord, we sure do need Him now!”



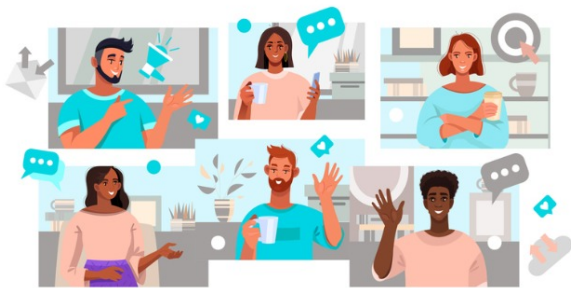
Deacon and Deaconess Cason shared a presentation from a book that the Diaconate has been using as a guide. Entitled “**A Scrappy Church**”, the Casons shared

the mindset of a scrappy church that is destined to survive:

1. Moves from excuses to ownership
2. Turns obstacles into allies
3. Perspective changes from limitations to abundance
4. Turns despair into joy
5. Makes courageous moments out of fearful ones
6. And challenges all to view the impossible as possible

The Casons challenged the participants to think on: ***What it looks like to lead with a joyful attitude, how we can convince all members that praying for our church, members and that leadership is our reasonable service.*** An analogy was offered of a small mom and pop store that continues to thrive even while big-box stores are going up all around them. What are we doing to guarantee our existence 100 years from now?

Attendees then broke into small groups to discuss what they are looking for in their congregation. A very lively discussion ensued, and participants shared in the larger



group some of the items that were discussed. Some of the more common themes that appeared in most groups were: Engagement, Communication, Relationship Building, Prayer as a Priority, Training, Maintaining the hybrid model

of offering service virtually as well as in person, and increased Youth and Senior involvement.

If you are interested in serving with the Visionary Ministry as we continue to grow and learn more of God's vision for our church, please send an email to Visionary@firstcalvary.org We would love to have you join us!

First Calvary Baptist Church
Fredrick A. Davis, Pastor



*Congratulations to all of the
First Calvary Graduates!*
Your Church Family is very proud of you!
**THE BEST IS YET TO COME,
MAY GOD CONTINUE TO KEEP
EACH OF YOU IN HIS CARE.**

Kindergarten

Fredrick A. Davis III
Hope Valley Elementary School
Maddison Getward
Excelsior Classical Academy
Marlyss Williams
Gorman Christian Academy

High School

Cayla Baines
Voyager Academy
Crysten Kaylee Bethea
*Southern School of Energy &
Sustainability*
Dianpaigé Bourgeois
*Southern School of Energy &
Sustainability*
Mary Katherine Bryant
Durham Academy
Malachi Cain
Jordan High School
Johnae Cater
Hillside High School
Zion Flood
Hillside High School
Daniel Forde
City of Medicine Academy
Julian Hatcher
Graham High School

Farrah Kearney
Middle College High School/Durham
Technical Community College
Jorynne McNeil
City of Medicine Academy
Ayanna Thomas
*Southern School of Energy &
Sustainability*
Cameron Sanders
Northwood High School
Amani White
E.E. Smith Senior High School

College

Jillian Bryant
NC A&T State University
Bachelors in Psychology
Tyler Davis
University of North Carolina at Charlotte
Bachelors in International Business
Devon Gregory
NC A&T State University
Bachelors in Marketing
Tamelia Grimsley
University of North Carolina at Charlotte
Bachelors in Exercise Science
D'Nai Jackson
Winston Salem State University
Bachelors in Healthcare Management
Ty'Anna Neale
North Carolina Central University
Bachelors in Public Health
Courtney Thomas
Winston Salem State University
Bachelors in Exercise Physiology

Post Graduate

Gabrielle Gregory
NC State University
Masters in School Counseling
Dr. Toni McIntosh
Walden University
*PhD in Management with a concentration
in Leadership and Organizational
Change*

Graduation & Recognition Sunday – June 13, 2021



Graduation & Recognition Sunday – June 13, 2021



Graduation & Recognition Sunday – June 13, 2021



Congratulations, Class of 2021!!!

Graduation & Recognition Sunday – June 13, 2021



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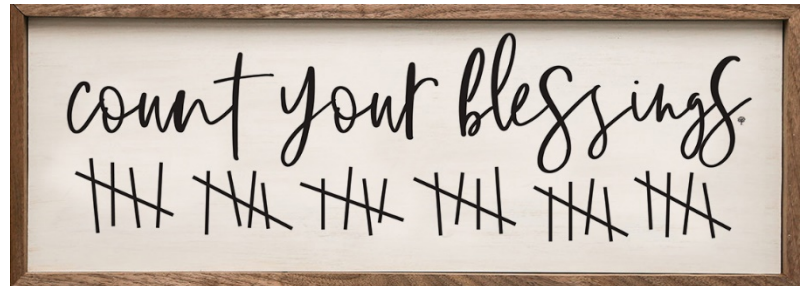
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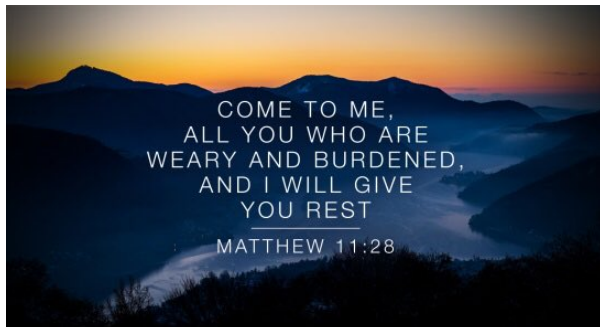
Counting Our Victories and Renewing Our Strength

By: Dr. Jennifer Rounds-Bryant

Very often we are so busy with day-to-day requirements of living that we do not take the time to acknowledge our efforts and our victories. So often we focus on the challenges that we face, which can make us feel tired and ready to give up. So, taking the time to savor our victories and blessings allows us to see that we have survived every challenge and even achieved some important goals. We can allow ourselves to relive some of the details of the journey to those important goals to remind us to rejoice even more in our victories and blessings. Centering gratitude can help us to gain perspective on our challenges and gain strength and motivation to keep running the race.



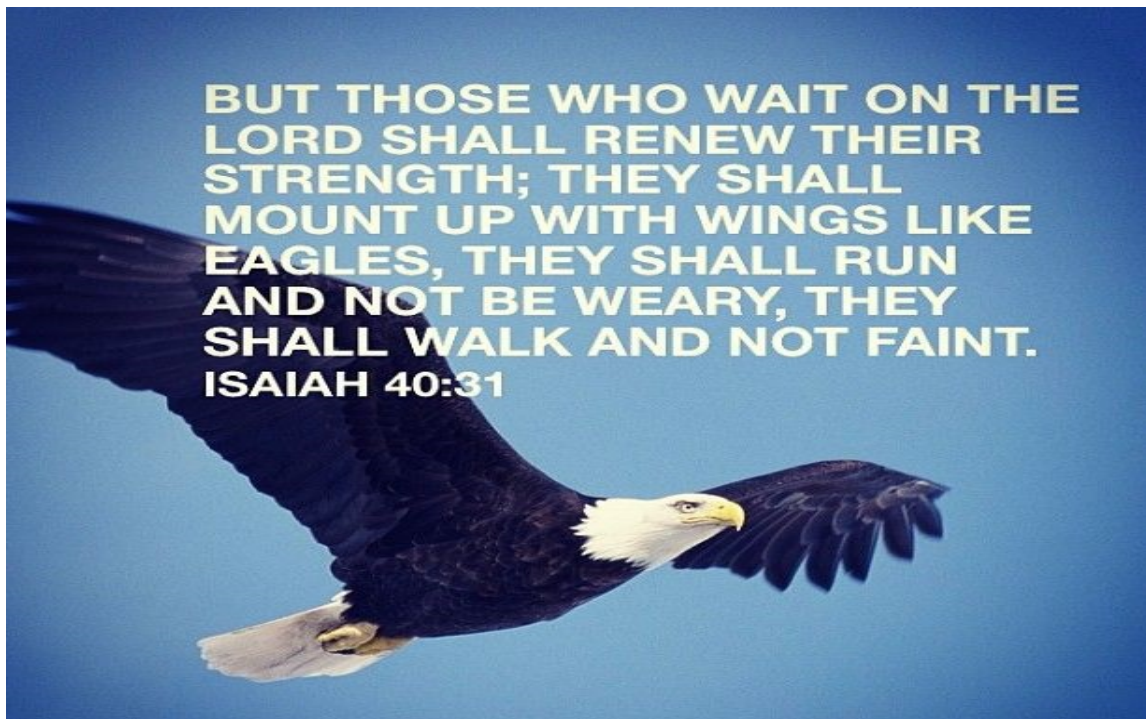
An equally important element to running the race is also allowing ourselves to have guilt-free rest. The activity in our lives will consume as much space as we allow.

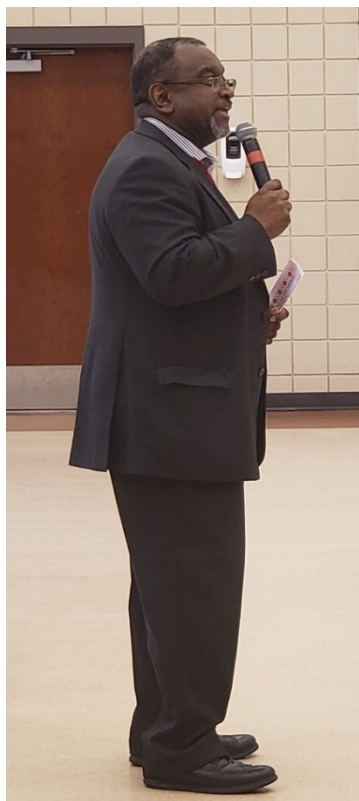


There will always be work and play of some kind to do. Very often we neglect rest because we think we will miss out on something important when rest is actually the *something important* that we should not miss. If we wait to rest “when our schedules permit”, rest will never happen.

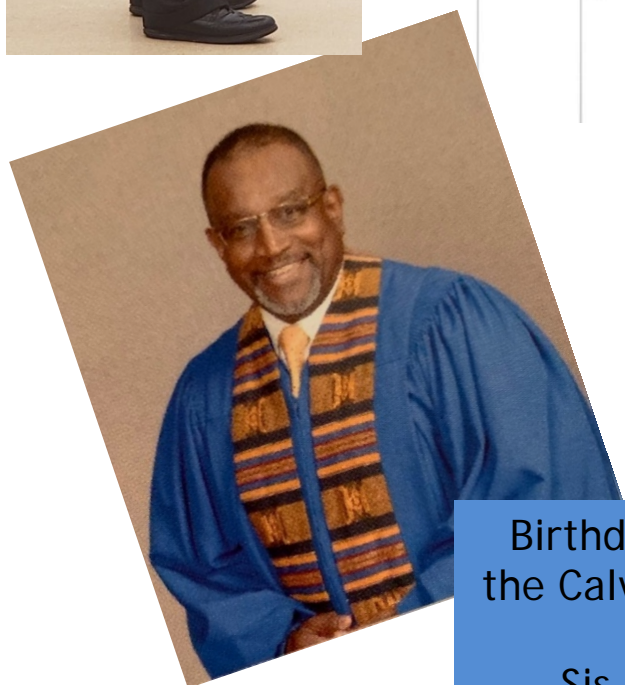
Instead, we have to be as intentional about rest as we are about working and play. That means putting guilt-free rest on our schedules and honoring the time with actual rest.

There is much research on the importance of regular sleep patterns and resting habits, yet many people confess that they don't sleep well, nor do they make time to rest. Without changing something, this becomes an unending cycle of little sleep and constant fatigue. What if learning how to rest is the first step in changing this cycle? I challenge you to take a few baby steps to find out.





*Happy Birthday,
Pastor Davis!!
We love you!!*



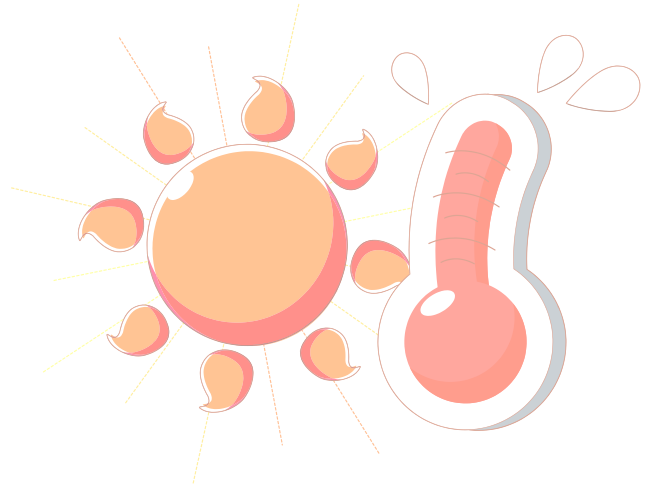
Birthday Greetings from
the Calvary Chronicle Staff

Sis. Crystal Bethea
Sis. Faith Brodie
Bro. Carter Cue
Dr. Toni McIntosh
Dr. Jennifer Rounds-Bryant
Sis. Mary Vickers

SMART TIPS FOR SUMMER TEMPERATURES

Heat Exhaustion and Dehydration -- More Common

Symptoms of *heat exhaustion* are dizziness, headache, feeling tired, and perhaps sick to your stomach. The key difference from heat stroke is that people with heat exhaustion feel lousy, but their body temperature doesn't rise, and they aren't disoriented. Heat exhaustion is caused by dehydration (your body doesn't have enough fluids). If you or someone you know has symptoms of heat exhaustion, the remedy is to drink more fluids and get to a cooler place – cool, not ice cold, water, and air conditioning are ideal.



When your body has given off more fluids than you've taken in, you're a prime candidate for *dehydration*. The most common symptoms of dehydration are thirst and headache. Remember that your body is at least 60% water – your brain is 75% water, and your blood is more than 80% water. You need to maintain those fluid balances for your body to work properly.

Four Tips for Preventing Heat-Related Illness

TIP 1: RECOGNIZE WHEN YOU'RE AT RISK

Many people think they have to be exercising to be at risk for dehydration and heat exhaustion – that's why heat-related illnesses are summer's hidden danger.

Many summertime activities can put a person at risk including:

- ☐ Physical activity in a warm or hot environment – not only recreational sports or exercising, but also yard work and gardening .

TIP 2: STAY HYDRATED

Always have water available. There are plenty of fluid choices, but water remains the best. Drinks with more than 10% sugar or carbonation delay stomach emptying, and thus don't get fluid back into your cells as quickly (not to mention all those calories).

. TIP 3: PLAN AHEAD

- Keeping hydrated means that you drink *before* you get dehydrated. That means planning ahead, for example: Start drinking water about 2 hours before you begin any activities. Don't restrict fluids while you're active. Carry your water with you.

TIP 4: AVOID UNNECESSARY HEAT EXPOSURE.

- ☐ Avoid exercising or activity during the hottest part of the day. Try to plan outdoor activities for days or times of day when the heat index is below 80
- ☐ Wear light colors, which absorb less heat from the sun.
- ☐ Wear fabrics such as natural cotton that breathe and allow sweat to evaporate.

There's nothing wrong with saying, "I've had enough." Take a break. Go sit in the shade. If there's a heat wave and you don't have air conditioning at home, go to the movies, or a shopping mall, or the public library, where it's cool.

MAKE MINE WATER

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 30%.
- One glass of water shut down midnight hunger pangs for almost 100% of dieters studied in a University of Washington study.
- Lack of water is the #1 trigger of daytime fatigue.
- A mere 2% drop in body water can trigger fuzzy short term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.



The bottom line?
Drink water for a healthier YOU!

God created EVERYTHING!

The heavens declare
the glory of God; the
skies proclaim the work
of his hands. Psalm 19:1

David, the
Psalmist



Use the words around the
thought bubble to write a
praise psalm like David did.

Praise the Lord for...

creation blue / green earth / world stars / space

created beautiful

sunset ----- awesome

sunrise ----- wow

valleys ----- nature

colour ----- praise

rainbow ----- glory

mountains ----- power

universe ----- thank you

sea / waves ----- wonderful

great / greatness heavens (sky)



Upcoming Events...

JULY, 2021

Independence Day:	July 4, 2021 (observed July 5 th)
Quarterly Church Conference:	July 8, 2021, 7 pm
Lifebuilders Conference:	July 24, 2021
Sacrificial / Manhood Sunday:	July 25, 2021

August, 2021

Missions Sunday:	August 15, 2021
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September, 2021

Labor Day:	September 6, 2021
Grandparents Day :	September 12, 2021
Christian Education Workshop:	September 25, 2021
Christian Education Promotion Sunday:	September 26, 2021

Stay tuned to the weekly bulletins and church announcements for more information.

- Noon Day Midweek Prayer and Devotion: Wednesdays@ 12:00 pm
- Bible Study via Zoom: Wednesdays@ 7:00 pm
- 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.

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. Dolli Bradford
Bro. Robert White
Deacon Kenny Gibbs

*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 if interested in joining the staff!



**Continue to join us
for worship each
Sunday at 9:30am
in person, 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 or (919)341-4645. Thank you!