

The Calvary Chronicle

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Volume 6 Issue 4

First Calvary Baptist Church
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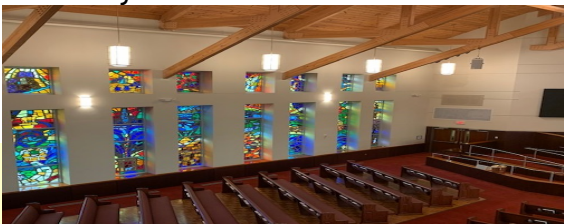
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Praise Worthy

*"The Lord is my rock and my fortress and my deliverer;
My God, my strength, in whom I will trust; My shield
and the horn of my salvation, my stronghold. I will
call upon the Lord, who is worthy to be praised..."*

Psalms 18:2-3a NKJV

As we approach the end of another year, we reflect on the continuation of our "new normal". The pandemic has been stressful, to say the least; however, regardless of a worldwide pandemic, God is still in control and Praise Worthy! He alone has allowed us to remain in this Christian race and spreading His Good News of salvation, grace, and forgiveness. He continues to be our stronghold, our salvation, our guide, our ever-present help. When we become weary, we rely on our faith in Him to push us through those uncertain times. Remain steadfast and in His care, and always believe and know that He is Praise Worthy! Praise Him for His past blessings, in your current circumstances, and in advance of what is to come! God is Worthy of All Our Praise!!



Pastor's Desk Message

Greetings, First Calvary Family!



Brothers and Sisters, here is another wonderful edition of the Calvary Chronicle! Thank you to our hard-working Chronicle Staff. By the way, if you have a knack for writing, join this Ministry! Parents, this is a great ministry for your youth to practice their writing skills, especially if they desire to study Mass Communications, English, or Journalism. This time up, we are reminded that our God is "Praise Worthy"... He is worthy of our praise! The scripture from Psalm 18:2-3a (NKJV) is very familiar and encouraging, "The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold. I will call upon the Lord, who is worthy to be praised..." What a

great reminder for each of us as we journey with Christ.

We are coming to the end of the year...can you believe it? 2021 is on its way out...just a couple more months....but much has gone on at First Calvary since our last publication. Mission Month was a blessing. We collected MUCH food for our Pantry... I encourage us to keep doing that....don't let our Storehouse get low. We also supported our ACT Ministry and gave for those who were in need. September brought Christian Education events, and we were blessed at our CE Workshop and in Worship on CE Promotion Sunday. We also did some more giving and donated generously to the Haiti Project, and those donations were delivered directly to families who were affected by the earthquakes in that area. October has come to a close...and we learned much in our Whole Family Conference this year. Also, just last week, we celebrated 137 Years of Ministry as 😊 CHURCH FAMILY at our 137th Church Anniversary....and our members received a special gift to commemorate the event. Our youth celebrated the harvest at our "Trunk or Treat" event. We have had visits from 3 Pastoral Candidates as well. A lot has gone on at First Calvary, even as we remain safe and ever mindful within this still current and real Pandemic. When I think about Ministry life here, words like blessed, full, active, and dedicated come to mind.

full, active, and dedicated come to mind.

We are moving forward in Ministry and marching on to the end of the year. November and December are on the horizon, and that means holiday time! I will celebrate with you, my Church Family, at my 30th Pastoral Anniversary on November 14th. 30 Years at First Calvary! WOW...God is truly Awesome!! Our Annual Watchnight Service, will take place on December 31st. Time is winding up, First Calvary, but we are still working for the 'Cause of Christ!

We are still "Empowering Disciples with God's Vision"! With that in mind, I encourage us to remember that as Christ's DISCIPLES we are called to strengthen our faith. I will end my message in this edition of the Chronicle by sharing some "faith nuggets" for disciples. The following can be found when doing a search for "images on faith" on the Internet:

"Faith is having the courage to let God have control."

"Faith is about believing. You don't know what will happen, but you know it will."

"Faith is the bridge between where I am and where God is taking me."

"Faith is like WiFi. It's invisible, but has the power to connect you to what you need."

One of my most memorable "Faith Quotes" is this one from Dr. Benjamin Hayes, "Faith is taking the necessary steps and leaving the consequences to God!" Now, that is a powerful statement, my Church Family! Faith tests our mettle as disciples....it takes us out of comfort zones....it pushes us to surrender. Let's be disciples that recognize the importance of faith...Let God take the reins of our hearts and minds...and allow Him to do His marvelous work. Christ intercedes on our behalf...and there is NO better one to have on our side and to have as a guide. As the song goes, "Great is Your faithfulness, Lord unto me." That's something for every disciple to shout about! Never forget that we are AN EXCITING CHURCH EXCITED ABOUT ITS MISSION!

Yours in that Blessed Hope,
Pastor Fredrick A. Davis



Black Church Leadership & Family Conference 2021: *No Doubt*

By: Minister Bevelena Davis

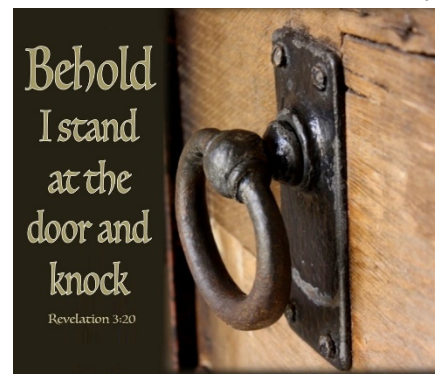
As we entered those hallowed grounds, our hearts began to soar with apprehension and joy, looking forward to what our Lord would instill in us from His great storehouse. No one was disappointed; anxiously awaiting the word from God.

1 John 5:13

I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.

No matter what else changes or is shaken in life, our faith in God is not. We have "*No Doubt*" about the love of Jesus; *No Doubt*, because we know too much about Jesus; *No Doubt*, because we feel the fire burning for Jesus; and *No Doubt* because we are trusting in Jesus, Jesus, Jesus." (Dr. Mark Croston, Sr.).

Every class was presented by a Holy Ghost-filled instructor. The evening sermons left everyone with a message of certainty, that even during these pandemic times there should be *No Doubt* in our worship and service, and our belief in God for His word will stand forever, instilling the blessed assurance that His word will never fail. The first class I took, "Bible Studies for Life: Revelation: The Church God Desires" examined Jesus' messages to seven different churches. The most outstanding point to me was our Lord's words to The Church of Laodicea in Revelations 3:20: "See I stand at the door and knock (20a)". Pastor Milton Kornegay brought out a most amazing fact to consider; "If Jesus is outside knocking, who are we worshiping on the inside? HMMMM!



Great thought.

WOW! Bears repeating: If Jesus is on the outside knocking; and we're busy on the inside worshipping, Who are we worshipping on the inside? Who is in there with you?

But when you ask,
you must believe and not doubt,
because the one who doubts
is like a wave of the sea,
blown and tossed by the wind.

James 1:6

Another class I found exceptionally interesting was, "Ushering People into God's Presence". This class taught by Rev Joseph T. Howard was also very inspiring. It taught about the attributes of all Christian workers, but specifically Ushers. He spoke about how the Ushers set the environment of true worship. Having entered the class unintentionally, I was truly inspired, for all true worshippers should be Ushers having these Christian characteristics and attributes:

- having a consistent prayer life
- always present the best you
- be patient, greeting all worshipers with smiles of love and joy, welcoming them into The House of Worship.

We were encouraged as we go forth into this Covid-infested world, to keep hope and trust firmly in Christ Jesus our Victorious Lord, for HE has already won the battle for us. Trust Him; "*No Doubt*".

Even though they never sang my favorite "*No Doubt*" song:

This morning when I rose, I didn't have No Doubt. This morning when I got up out of my bed, Lord, I didn't have "No Doubt". I knew the Lord, will take care of me, I knew the Lord will provide for me, I knew the Lord will lead and guide me all the way".

NO DOUBT!

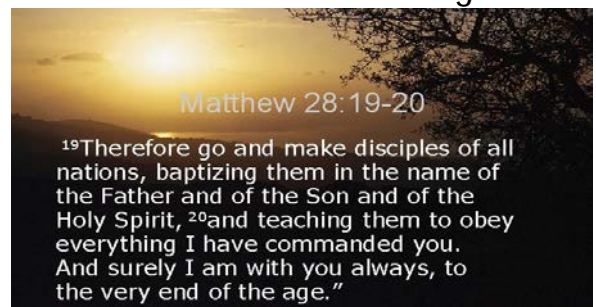
God is saying to you today,
"I will never send you
into a situation alone.
I go before you.
I am standing beside you.
I walk behind you.
Whatever situation you are
facing right now,
be confident that I am with you."

2nd Annual Virtual Christian Education Workshop

By: Sis. Mary U. Vickers

The 2nd Annual Virtual Christian Education Workshop of First Calvary Baptist Church, was held on Saturday, September 25, 2021, via Zoom. The program was opened with the Welcome, Scripture, Exposition and prayer by Minister Harriett Pratt. Minister John Carter, who hosted this session, gave opening remarks.

Minister Bevelena Davis spoke on "How Has the Pandemic Shaped Christian Education." Minister Davis said that there have been a lot of changes in the world we once knew. We've been faced with Climate Change, Global Warming and now we are in the midst of the covid19 Pandemic. However, God's Word has not changed. His mandate to believers remains the same as it was given in Matthew 28:19-20. God is still telling us to "Go and make disciples!" In order to minister in this Pandemic, we must use what God has already given us. In Exodus 14, Moses used the rod that God gave him. We, too, must use the tools that God has placed in our hands. Today, we have computers, smart phones, and social media. Our challenge is to learn to use God's Word and man's creativity to continue to be obedient to the Word of God and obey the Great Commission. We should trust God and move forward. If we do, the ultimate outcome will be Christian Growth.



Minister William Booth spoke about "Images of the New Normal in Church Ministries." He showed pictures of groups that were made prior to the beginning of the Pandemic. Under the "old normal", those pictures showed people interacting and standing very close together. Now we are in a "new normal." We are faced with the covid19 virus and the Delta and Mu variants of that virus. We have now witnessed a change in how we do business. Now, we check temperatures, maintain social distance, wear masks, wash our hands, use hand sanitizer and we have been urged to get vaccinated to protect ourselves. With the "new normal" we've had to change procedures, processes and platforms that we used and to learn how to "think outside of the box."

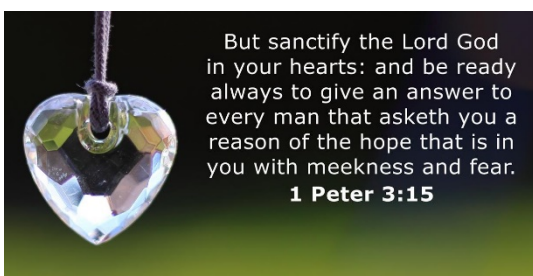


This “new normal” has required us to learn and use social media to continue to do ministry. Now, we must look at our ministries to see if they need to change or see if we need to update their platforms.

Minister Dave Young, a Pastoral Resident at Union Baptist Church in Durham, NC, spoke about “Digital Discipleship: Pursuing Digital Pedagogy.” In his first example, he told us how Blockbuster lost out to Netflix because they failed to perceive that things were changing. They failed to notice that there was the potential of a communications shift that would cause a change in their once successful business. Minister Young spoke about the need to use social media as a means of interaction. He talked specifically about using Instagram, Facebook and YouTube to get the Good News of the gospel broadcast in ways that would impact listeners the most. He stated that social media is a “digital pulpit that amplifies the message on Sunday.” He made suggestions which should guide the church when using social media, and stated that different age groups are present on the following different social media sites:

- **Facebook** - Millennials are on Facebook so the church could use Facebook Watch Parties and Facebook Groups to help make the church feel smaller. Devotionals and clips from the music ministry could also be posted on Facebook.
- **Instagram** - Instagram could be used to reach younger members by taking advantage of interactive content such as Bible Trivia, Bible Stories and Bible Quizzes. He spoke about creating stories, slides, reels, trailers, videos, pictures of real individuals and carousel posts.
- **YouTube** - YouTube could be used for the youngest members. YouTube is far-reaching and by using it, you can have a global impact.

Minister John Carter spoke about “If God Is So Good, Why Do I Feel So Bad: An Apologetic Approach to Pain and Suffering.”



Apologetics is not an apology; it is providing a defense for what you believe. He said that all Christians should always be ready to give a reason for what they believe (1 Peter 3:15). He talked

about how pain, suffering and evil can exist in the context of a good God, and how they can help our Christian journeys. He spoke candidly about what death is and what it should mean to a believer and stated that man was not meant to live forever; therefore, death is a natural part of life. Death is not the end of our existence. When a Christian loses a loved one, we should not grieve as those who have no hope. Instead, we should view death of the earthly body as the gateway to an eternal existence.

The session ended at 12:30pm with comments from Minister Carter and remarks from Pastor Davis.

1 Thessalonians 4:13

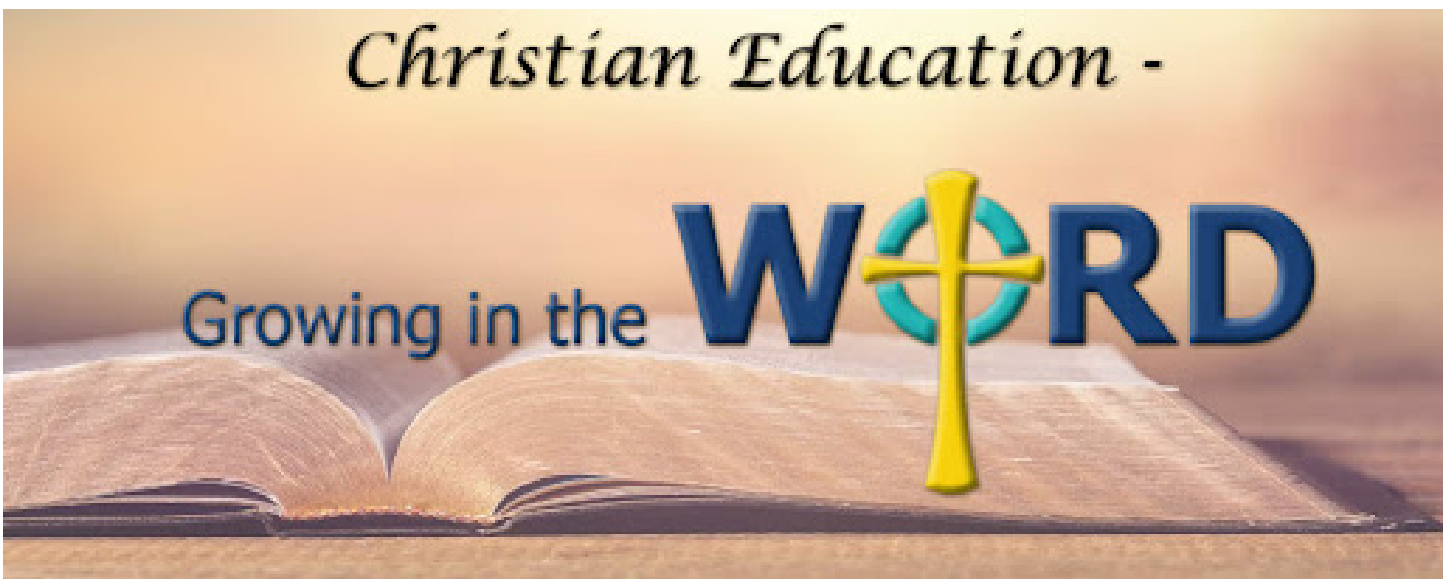
King James Version

But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.

Christian Education -

Growing in the

WORD



Ministry Volunteer Opportunities

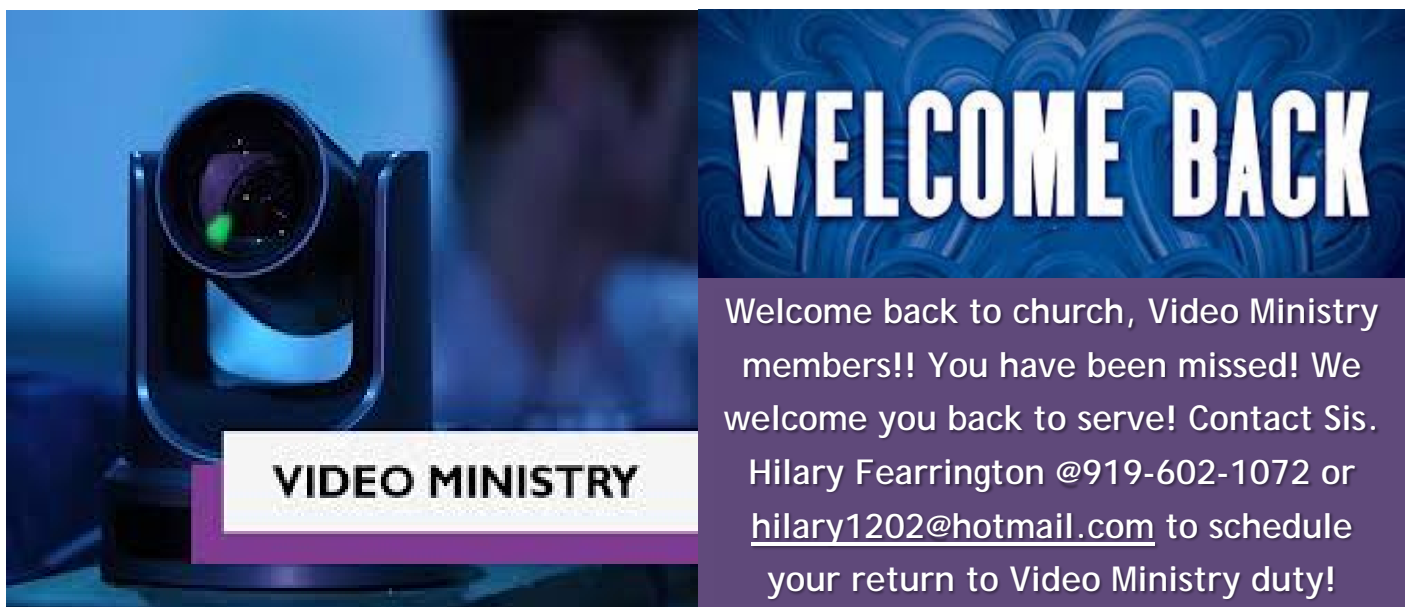


We Need YOU!!

EMERGENCY
ERT
RESPONSE TEAM

The ERT is recruiting new members for 2022! Contact Trustee Toni McIntosh for more information:
tmtrustee@aol.com

The graphic features a blue and purple background with a large white 'ERT' logo. To the right, there is a blurred image of many small human figures, with one white figure in the center having its arms raised.



WELCOME BACK

VIDEO MINISTRY

Welcome back to church, Video Ministry members!! You have been missed! We welcome you back to serve! Contact Sis. Hilary Fearington @919-602-1072 or hilary1202@hotmail.com to schedule your return to Video Ministry duty!

The graphic is split into two main sections. The left section shows a close-up of a black video camera on a tripod against a blue background, with a white box containing the text 'VIDEO MINISTRY'. The right section has a blue background with a white wavy pattern at the top, followed by the text 'WELCOME BACK' in large white letters, and then a purple box containing the welcome message and contact information.

Virtual Whole Family Conference

By: Sis. Faith Brodie

As the temperatures become cooler and the leaves fall from the trees, it is more than a signal that Fall is here. It is also a signal that it is time for the Whole Family Conference at First Calvary Baptist Church! 2021 was our second virtual conference due to the lingering effects of the COVID-19 virus and its variant strains. However, like 2020, the Whole Family Conference did not disappoint. What it lacked in attendance, it more than made up for it in content. The 2021 Theme was *The Whole Family Care Conference* and each week presenters shared information about ways to may for family healthier, wealthier, wiser, and more socially conscious.

Our first week featured Dr. Delores Benton-Evans as the facilitator. She led the participants in a fact-filled session involving Guardianships, Powers of Attorney, and ways to protect family assets as family members age and are deemed incapable of handling their own affairs. Snatching information from the headlines, involving Brittney Spears, Dr. Benton-Evans encouraged participants to know the law and the power of the Clerk of Court.

Additional information can be found in the North Carolina General Statutes at section 35A-1101 and 35A-1202.



Questions? Contact Dr. Delores Benton-Evans, Attorney at Law at deloresbevans@gmail.com or text: 919-638-3000.

The second week involved our very own dynamic duo: Kenny & Lorie Gibbs. This powerhouse couple assisted the participants in tips and techniques on how to make the money you have today work for your tomorrows. Using biblical principles and financial concepts, all attendees received super information about savings, tithing, debt, budgeting, and leveraging funds with prayer and planning to reach saving goals. There were several questions, as this is a topic that many families are grappling with in this time of reduced income and increasing costs.

Savings Tips (Lori & Kenneth Gibbs)

The 52 Week Savings Plan – Start Small

Week	Deposit	Account Balance	Week	Deposit	Account Balance
1	\$ 1.00	\$ 1.00	27	\$ 27.00	\$ 378.00
2	\$ 2.00	\$ 3.00	28	\$ 28.00	\$ 406.00
3	\$ 3.00	\$ 6.00	29	\$ 29.00	\$ 435.00
4	\$ 4.00	\$ 10.00	30	\$ 30.00	\$ 465.00
5	\$ 5.00	\$ 15.00	31	\$ 31.00	\$ 496.00
6	\$ 6.00	\$ 21.00	32	\$ 32.00	\$ 528.00
7	\$ 7.00	\$ 28.00	33	\$ 33.00	\$ 561.00
8	\$ 8.00	\$ 36.00	34	\$ 34.00	\$ 595.00
9	\$ 9.00	\$ 45.00	35	\$ 35.00	\$ 630.00
10	\$ 10.00	\$ 55.00	36	\$ 36.00	\$ 666.00
11	\$ 11.00	\$ 66.00	37	\$ 37.00	\$ 703.00
12	\$ 12.00	\$ 78.00	38	\$ 38.00	\$ 741.00
13	\$ 13.00	\$ 91.00	39	\$ 39.00	\$ 780.00
14	\$ 14.00	\$ 105.00	40	\$ 40.00	\$ 820.00
15	\$ 15.00	\$ 120.00	41	\$ 41.00	\$ 861.00
16	\$ 16.00	\$ 136.00	42	\$ 42.00	\$ 903.00
17	\$ 17.00	\$ 153.00	43	\$ 43.00	\$ 946.00
18	\$ 18.00	\$ 171.00	44	\$ 44.00	\$ 990.00
19	\$ 19.00	\$ 190.00	45	\$ 45.00	\$ 1,035.00
20	\$ 20.00	\$ 210.00	46	\$ 46.00	\$ 1,081.00
21	\$ 21.00	\$ 231.00	47	\$ 47.00	\$ 1,128.00
22	\$ 22.00	\$ 253.00	48	\$ 48.00	\$ 1,176.00
23	\$ 23.00	\$ 276.00	49	\$ 49.00	\$ 1,225.00
24	\$ 24.00	\$ 300.00	50	\$ 50.00	\$ 1,275.00
25	\$ 25.00	\$ 325.00	51	\$ 51.00	\$ 1,326.00
26	\$ 26.00	\$ 351.00	52	\$ 52.00	\$ 1,378.00

Developed by Kassondra Perry-Moreland

The Reverse 52 Week Savings Plan- Start Big

Week	Deposit	Account Balance	Week	Deposit	Account Balance
1	\$ 52.00	\$ 52.00	27	\$ 26.00	\$ 1,053.00
2	\$ 51.00	\$ 103.00	28	\$ 25.00	\$ 1,078.00
3	\$ 50.00	\$ 153.00	29	\$ 24.00	\$ 1,102.00
4	\$ 49.00	\$ 202.00	30	\$ 23.00	\$ 1,125.00
5	\$ 48.00	\$ 250.00	31	\$ 22.00	\$ 1,147.00
6	\$ 47.00	\$ 297.00	32	\$ 21.00	\$ 1,168.00
7	\$ 46.00	\$ 343.00	33	\$ 20.00	\$ 1,188.00
8	\$ 45.00	\$ 388.00	34	\$ 19.00	\$ 1,207.00
9	\$ 44.00	\$ 432.00	35	\$ 18.00	\$ 1,225.00
10	\$ 43.00	\$ 475.00	36	\$ 17.00	\$ 1,242.00
11	\$ 42.00	\$ 517.00	37	\$ 16.00	\$ 1,258.00
12	\$ 41.00	\$ 558.00	38	\$ 15.00	\$ 1,273.00
13	\$ 40.00	\$ 598.00	39	\$ 14.00	\$ 1,287.00
14	\$ 39.00	\$ 637.00	40	\$ 13.00	\$ 1,300.00
15	\$ 38.00	\$ 675.00	41	\$ 12.00	\$ 1,312.00
16	\$ 37.00	\$ 712.00	42	\$ 11.00	\$ 1,323.00
17	\$ 36.00	\$ 748.00	43	\$ 10.00	\$ 1,333.00
18	\$ 35.00	\$ 783.00	44	\$ 9.00	\$ 1,342.00
19	\$ 34.00	\$ 817.00	45	\$ 8.00	\$ 1,350.00
20	\$ 33.00	\$ 850.00	46	\$ 7.00	\$ 1,357.00
21	\$ 32.00	\$ 882.00	47	\$ 6.00	\$ 1,363.00
22	\$ 31.00	\$ 913.00	48	\$ 5.00	\$ 1,368.00
23	\$ 30.00	\$ 943.00	49	\$ 4.00	\$ 1,372.00
24	\$ 29.00	\$ 972.00	50	\$ 3.00	\$ 1,375.00
25	\$ 28.00	\$ 1,000.00	51	\$ 2.00	\$ 1,377.00
26	\$ 27.00	\$ 1,027.00	52	\$ 1.00	\$ 1,378.00

Developed by Lori Jones Gibbs

10 Wealth Principles For Life

1. I will live within my means.
2. I will maximize my income potential through education and training.
3. I will effectively manage my budget, credit, debt, and tax obligations.
4. I will save at least 10% of my income.
5. I will use homeownership as a foundation for building wealth.
6. I will devise an investment plan for my retirement needs and children's' education.
7. I will ensure that my entire family adheres to sensible money management principles.
8. I will support the creation and growth of minority-owned businesses.
9. I will guarantee my wealth is passed on to future generations through proper insurance and estate planning.
10. I will strengthen my community through Philanthropy.

Source: Black Enterprise

Saving Tips

- Direct deposit to savings
- Pay your bills on time and setup for automatic payment
- Use a checking account vs. check- cashing stores
- Save extra money from birthdays, holidays and cash gifts
- Make loan payments to yourself – The goal should be 10% of income should go to pay yourself (Start with a minimum 25.00 per week)
- Apply at least 50% of pay increase to savings
- Use coupons and rain checks, sign up for all store discount programs
- Put excess change at the end of each day in jar (Deposit every 6 months)
- Buy only what you Need and Save for what you Want

The third week was facilitated by Jill Potter and Pastor Davis with the assistance of congregants from neighboring churches. The session was advertised as "The Church and the Racial Divide" but very quickly became a conversation about what actions, thoughts, and behaviors are expected of those who call themselves Christians. Participants were reminded that one of our first objectives should be to see people as God created them first and the other more divisive characteristics later. Conversation was lively and caused many participants to examine their personal relationship with God and allow that to govern their interactions with people who look differently from them.

Racism is an assault on the glory of God.
And it's also an assault on the gospel.

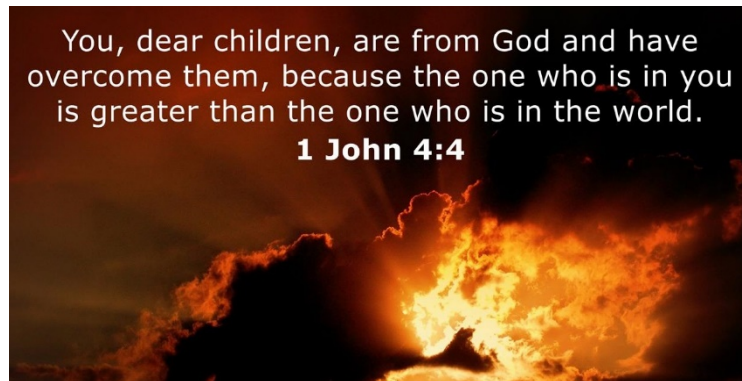


Questions? Want to continue the conversation? Contact First Calvary Baptist Church at info@firstcalvary.org.

Our last Wednesday of the month completed the series with a bang in more ways than one. Minister Treyvon Sinclair and the Youth Council led the participants in a vibrant conversation about the "God in Me". Using excerpts from the popular re-make of the Wizard of Oz (affectionately known as the WIZ), they helped attendees

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

1 John 4:4



examine the "Wiz" in their life that they were allowing to control and affect their actions. Using 1 John 4:4 as the backdrop, Minister Sinclair challenged the participants to remain alert and vigilant against external forces that seek to control and direct our focus away from our God and His plans for our

lives. It was great to have multi-generational conversations about who we are and if our lives reflect the God within us.

First Calvary Baptist Church remains an EXCITING CHURCH EXCITED ABOUT ITS MISSION and will continue to plan and implement programming to assist its members to grow and flourish in the Word of God. As one of the ministries created by Pastor Fredrick A. Davis, the Visionary Ministry is honored to serve First Calvary through its three programming efforts each year:

- January: Leadership Conference
- June: Brainstorming Conference
- October: Whole Family Conference

If you would like to be a part of this dynamic ministry, please contact us at visionary@firstcalvary.org.



“Walking into Your New Season”



Pastor Fredrick & Mrs. Judith Davis

*Celebrating 30 Years of Pastoral Ministry for
Pastor Fredrick A. Davis*

*Celebrate 30 years of Pastoral Service for
Pastor Fredrick A. Davis
at First Calvary Baptist Church!*

*Worship Service: Sunday, November 14th, 9:30 a.m.
Limited In-Person Seating (Masks must be worn)
and streaming-www.firstcalvary.org*

***THANK YOU, PASTOR DAVIS FOR 30 YEARS
OF DEDICATED PASTORAL SERVICE!***

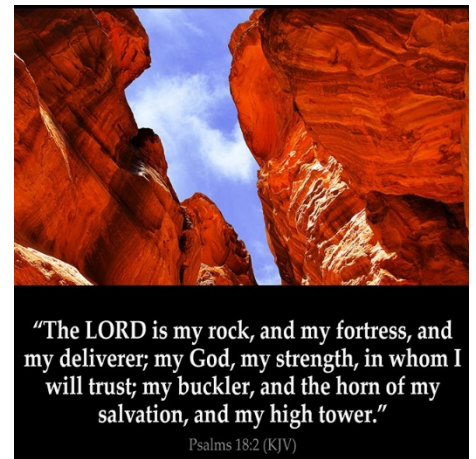
First Calvary Baptist Church ♦ 1311 Morehead Avenue ♦ Durham, NC 27707 ♦ Fredrick A. Davis, Pastor

Teaching Our Children How to Praise God

By: Dr. Jennifer L. Rounds-Bryant

"The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold. I will call upon the Lord, who is worthy to be praised..." Psalm 18:2-3a (NKJV)

Adults and children alike who are active in religious practice can easily relate to the mantra that "God is worthy to be praised!" Adults can easily recount many instances when God has answered both uttered and unuttered prayers with yes or no, not necessarily when we wanted it, but always right on time!! Amen for the well-placed "NO!" Such experiences are more than enough reason to evoke the spirit of thanksgiving and bring a praise to one's lips. While children might understand the idea of God being worthy of praise, it is important for parents to be intentional about teaching children the skill of praising God, not just for what He does, but for who He is.



Learning the meaning of and how to praise God provides children with a great set of coping skills. Like adults, children often experience fear, sadness, and worry, sometimes leaving parents at a loss for how to help to bring peace to their children. Learning to focus on a loving and protective God, who ensures that things work out in our favor more than they should, provides for children the same sense of safety that it provides for adults. It can be very reassuring for children to understand the many ways to praise God, such as song, prayer, testimony, and poetry - which also serve as great ways to cope with challenging emotions. Parents can share with their children their favorite ways to praise God and join with the children to develop new favorites. Parents can be sure that what they teach their children about praising God will come back to them as a constant reminder and invitation to join in. Now that's a win-win for the whole family.

Squires – Martin Deacon Family Fellowship

By: Deaconess Janet Squires

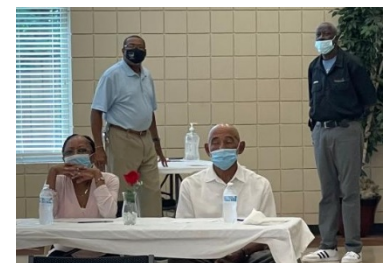


On August 21, 2021, the Squires and Martin Deacon Family fellowship, hosted by Deacon Calvin and Deaconess Janet Squires along with Deacon James and Deaconess Cherry Martin, was held in the FCBC Fellowship Hall. There were 26 in attendance, and when each guest

arrived, they were met with jazz music, creating a relaxing atmosphere. Our indoor event followed CDC guidelines, and all participants wore masks and sat with their household family members. The event began with prayer and scripture, and each family member was asked to introduce themselves and identify their deacon family. Minister Booth was the first guest to arrive, and received a gift. Throughout the event, we held raffles and played Bingo and Outburst, and the winners were awarded gifts. Together, our family discussed how the covid19 pandemic has affected our lives over the past year and a half.



We were treated to a delicious lunch, catered by our own Sister Mary Gilmer, of spaghetti, salad, toast, strawberry cake, peach cobbler, and a variety of drinks. Our Deacon Family guests enjoyed the fellowship, and we were blessed to have Pastor Davis join us and speak to our families. Our guests were thankful for a safe event to gather and fellowship. An awesome time was had by all!



Celebrating Our 137th Church Anniversary

By: Sis. Mary U. Vickers

On October 24, 2021, First Calvary Baptist Church celebrated 137 years of ministry. Those in attendance were asked to wear pink in honor of Breast Cancer Awareness Month.

Pastor Davis preached from the topic, *How Come*, taken from Mark 9:14-29. Pastor Davis stated that because today is the church's anniversary, it is our duty to celebrate some of the remarkable things that this church has done. Many good things have been written and said about this church but we have never been known as a helpless church. We want our church to continue to do God's will because we don't want our church to be the church that makes God sick.

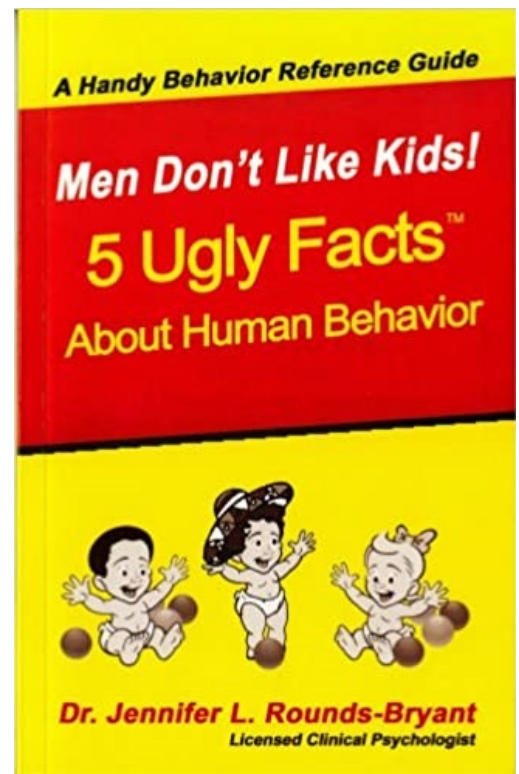
Pastor Davis said that one of the things that Jesus Christ did was to perform miracles. A miracle is something unusual, remarkable or astonishing. In the story found in the book of Mark, a man brought his son, who had a deaf and dumb spirit, and asked the disciples to cast this spirit out of his son. The disciples were not able to cast the spirit out of the man's son. When the scribes saw that the disciples were unable to heal the man's son, they mocked them. The man went to Jesus to tell him that the disciples could not heal his son. Jesus said that the disciples were members of a "faithless generation." Pastor Davis said that Jesus rebuked the disciples because they failed to exercise and release the authority that had been given to them. Jesus then told the man to bring his son to Him. He asked the father if he could believe that his son could be healed. Pastor Davis pointed out that the real problem was the father's unbelief. Jesus then rebuked the deaf and dumb spirit and healed the man's son. Later, the disciples came to Jesus to ask Him why they could not heal the man's son, Jesus said "This kind can come forth by nothing but by prayer and fasting." Pastor said that "The effectual, fervent prayer of the righteous availeth much." He pointed to the packet of gifts that were given out when members drove through the parking lot on Saturday. In that packet was a card with a mustard seed. Pastor Davis said "If you have the faith of a mustard seed, nothing shall be impossible to you. Some things only happen after prayer and fasting". He ended the sermon with the exclamation that "PRAYER STILL WORKS!"

Young Adult Ministry Presents: *Effective Relationships w/Dr. Jenn*

By: Dr. Jennifer Rounds-Bryant

The Young Adult Ministry (YAM) sponsored a church-wide Zoom book talk titled *Effective Relationships* on October 28, 2021 at 7 pm. First Calvary's own Dr. Jennifer Rounds-Bryant, licensed clinical psychologist for 26 years, discussed the most surprising element of effective relationships of all kind, based on her "5 Ugly Facts" book series, which consists of three books - *The Honeymoon Won't Last Forever*, *Men Don't Like Kids!*, and *It Takes A Village to Raise A Criminal!*

Dr. Jenn shared with the audience that most people are surprised to learn that the most important element of all types of relationships is the individual person. Dr. Jenn stated that every person has the responsibility to be for themselves who they wish someone else could be. For example, we are responsible for creating our own happiness, for trusting ourselves to move us into spaces that will serve our best interest, and for trusting ourselves to move us out of those spaces when they no longer serve our best interest. As with congruent spaces, we are responsible for ensuring that we choose to be in relationship with those whose agendas match our own. She challenged us to be OK about saying *no* to relationships where there is no common agenda, without becoming angry or holding a grudge.



The book talk audience was encouraged to visit the church office to pick up copies of the book series which were made available by YAM. All three books can also be previewed at www.drjennmovedmeforward.com and on Dr. Jenn's Facebook page. To purchase all three books and have them mailed to your home: Cash app \$6 to **\$PayDrJenn** and include your mailing address.

FCBC Happenings...



****Thank you for your contributions to the *Haiti Project*!! Your donations are greatly appreciated!**

****The *Annual Food Pantry Challenge* in August was a success...again!! Thank you for your donations! The Food Pantry is always in need, so contributions and donations are accepted year-round!!**



****Check out the new *Choir Room chairs*!!!**

FCBC Happenings...

Pastor Davis' 65th Birthday!
(July 11th)



FCBC Happenings...

2021 Harvest Festival



How to Cope with Holiday & COVID-19 Stress

With COVID-19 cases still prevalent and in many places on the rise and the holidays around the corner, you may be feeling stress from all over. Your family plans are changing. Days are getting shorter. The warm holiday traditions you cherish upended. Not to mention, the holidays in a typical year can be overwhelming anyway. Beyond that, outside stressors may be bearing down too – children, stressful work situations, and a persistent pandemic. It's normal to feel increased stress and anxiety.

Mentally prepare yourself for the holidays

Managing your expectations for the winter season can help you prepare for what's to come. Before filling out your calendar for the season, sit down and be realistic with yourself.

Make safe choices for your family

Once you've identified your priorities, plan how you can meet your expectations in a way that's safe and responsible. Whether you host a virtual dinner, spend the holidays at home or create new traditions, be creative and have a meaningful holiday season at home. Everyone is weary and tired of wearing masks and limiting travel or social activities, but these practices are proven to limit the spread of COVID-19. The point is to make it to next year without you or your loved ones getting significantly ill. If we want to return to normal as soon as possible, we all have to do our part. While it can be frustrating, recognize that some unforeseen circumstances are out of your control. Instead of focusing on what you can't control, focus on what you can. Practicing mindfulness can help ground you when you feel overwhelmed by unpredictability.

Learn how to respond to feeling overwhelmed

When you find yourself feeling overwhelmed or stressed, it can be difficult to get out of that mindset. It's important to slow down and acknowledge why you may be feeling the way you are. Just like we adjust our lives to thrive in wintertime, we have to learn to also thrive mentally and physically in the midst of this pandemic.

Here are some steps to help recognize and relieve stress:

1. Walk away from what you're doing for a minute or two, reflect on why you're feeling that way and if you can do anything about it at that moment.
2. Take some deep slow breaths in a quiet space. If you can address the source of stress at that moment, deal with it. If not, write it down and prioritize what needs to be done first.
3. Ask yourself if what you're feeling stressed about is even worth getting upset over.
4. Give yourself permission to not sweat the small stuff.

We have all had a tough 2 years. We have had to figure out new ways of living. Don't beat yourself up over things you can't control. Do the best you can to the best of your ability and give yourself credit for making it through.

Look on the sunny side

As days get shorter in the winter, you might find yourself lacking energy and motivation. Embrace winter. Plan fun activities and things to look forward to during the colder and darker months.

Some fun activities to add to your winter list could include:

- Take advantage of snow days by getting outside with your family members and sledding or building snowmen.

- Plan a weekly movie or game night with those in your 'bubble' to look forward to every week.
- Have a craft night where you decorate and personalize your masks.
- Re-discover your pantry and make something new in the kitchen with your family.
- Have a dance party by yourself or with your family.

If you're struggling to get through the darker days, look at your diet and make sure you're getting all the necessary vitamins and minerals that boost your energy levels.

Keep on moving

While the winter weather can make you want to spend all your free time under a blanket, it's important to remain active. Exercise helps tremendously with boosting your mood. It releases the endorphins your brain needs to feel happy and satisfied. If you don't feel comfortable going to a gym or it's too cold out for your favorite outdoor activities, there are plenty of ways to get active at home. You can invest in workout equipment, watch fitness videos online or even incorporate more physical activity into your daily routine by walking more. Still get outside and get moving, especially on the days when it's sunny. Just because it's cold doesn't mean you can't go outside and bike, walk, hike and skate.

If you find yourself making excuses to not exercise, schedule the exercise on your phone or calendar. The goal is 2.5 hours per week. You have seven days to hit that goal and you can get a good workout in as little as 15 minutes per session. If you work from home, use that extra time you're not commuting to get in some exercise.

Take time for yourself

While it may be disappointing that some of your traditional holiday plans have shifted this year, try to be optimistic. The holidays often bring stress and anxiety due to the countless obligations, time spent traveling, hosting events and sitting in traffic. Due to COVID-19, a lot of the activities that would leave you drained have to be saved for next year. Take advantage of the quiet winter season to decompress and do some self-care.

Here are some small ways to stay balanced when you begin to feel overwhelmed:

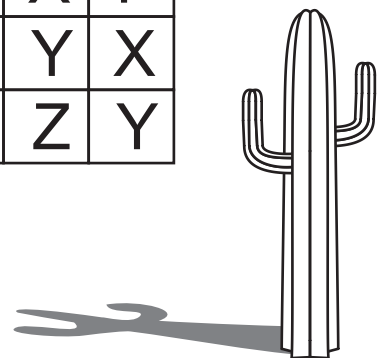
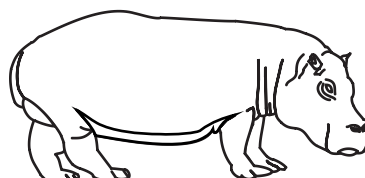
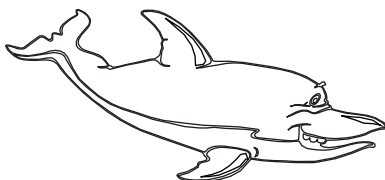
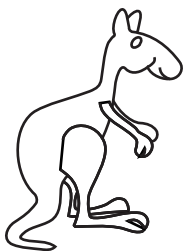
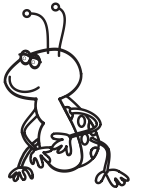
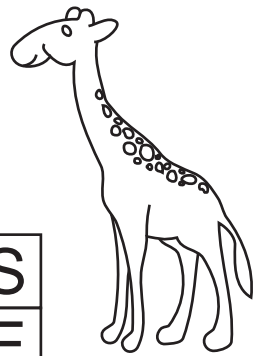
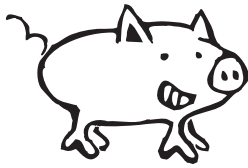
- **Reset.** If you feel burned out, it's important to make sure you're getting enough sleep, eating nutritious meals, drinking lots of water and staying active. Incorporating these things into your routine will leave you feeling good inside and out.
- **Moderate.** When stressed, you may find yourself turning to alcohol or unhealthy foods. It's important to recognize this coping mechanism only gives you short-term relief and can worsen your physical and mental health.
- **Organize.** Turn on your favorite playlist, podcast or movie and clean out that area of your house that you have been putting off. You will not only feel accomplished but being in a tidy space also brings clarity.
- **Plan.** Take the extra time at home to sit down and plan out some realistic goals you'd like to achieve in the upcoming year. While 2020 has been unpredictable, it can be motivating to focus on the aspects of your life that you do have control over.
- **Participate.** With more time inside, you can finally read that book, take that online course, bake that recipe or kick off the hobby you've been dying to try. Staying productive with activities you enjoy can help you remain present.
- **Connect.** Winter months can amplify loneliness. Check in with your loved ones through phone or video chat.

When you find an activity that brings you peace, incorporate it into your daily or weekly routine. By being consistent and intentional with your self-care routine, you can reduce or prevent feelings of stress and anxiety.



GODS cReAtION

Draw a line around the hidden words in the square--God created each of these. (Crossing out the letters x, y, z will make it a bit easier to find the words.) You could also color in the pictures.



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

Upcoming Holidays



Thursday, 11 November 2021
*Thank you, Veterans, for your
service to this country!*

Thursday, 25 November 2021

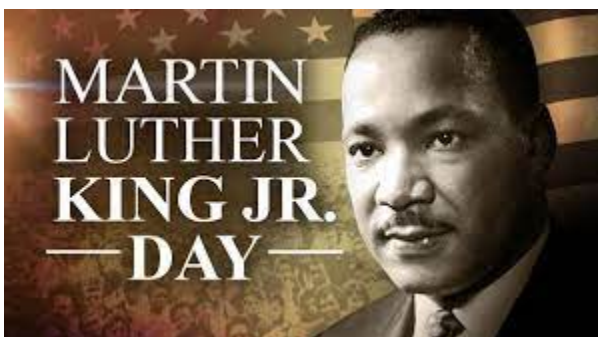


Saturday, 25 December 2021

Saturday, 01 January 2022



Monday, 17 January 2022





Upcoming Events

NOVEMBER 2021

Veterans Day:	November 11, 2021
30 th Pastoral Anniversary:	November 14, 2021
Thanksgiving Holiday (church office closed):	November 25-26, 2021

DECEMBER 2021

Annual "Bring a Pot" Fellowship:	December 8, 2021 @7pm
Youth Caroling Event:	December 11, 2021
Volunteer Recognition Event:	December 15, 2021
Christmas Presentation:	December 19, 2021
Christmas Holiday (church office closed):	December 24-25, 2021
ChristKwanzaa Sunday:	December 26, 2021
Watchnight Service:	December 31, 2021 @10pm

JANUARY 2022

New Year's Day:	January 1, 2022
Quarterly Church Conference:	January 5, 2022 @7pm
Memorial Sunday:	January 9, 2022
MLK Youth Lock-In:	January 16, 2022
Martin Luther King Jr. Day (observed):	January 17, 2022
Leadership Conference:	January 29, 2022
Leadership Sunday:	January 30, 2022

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

Noon-Day Midweek Prayer and Devotion:	Wednesdays @12pm
Bible Study via Zoom:	Wednesdays @7pm
Zoom Sunday School:	Sundays @11am
Weekly Worship Service (online & in person):	Sundays @9:30am

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

Deaconess Janet Squires

Minister Bevelena Davis

Sis. Angela Sanders

*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!