

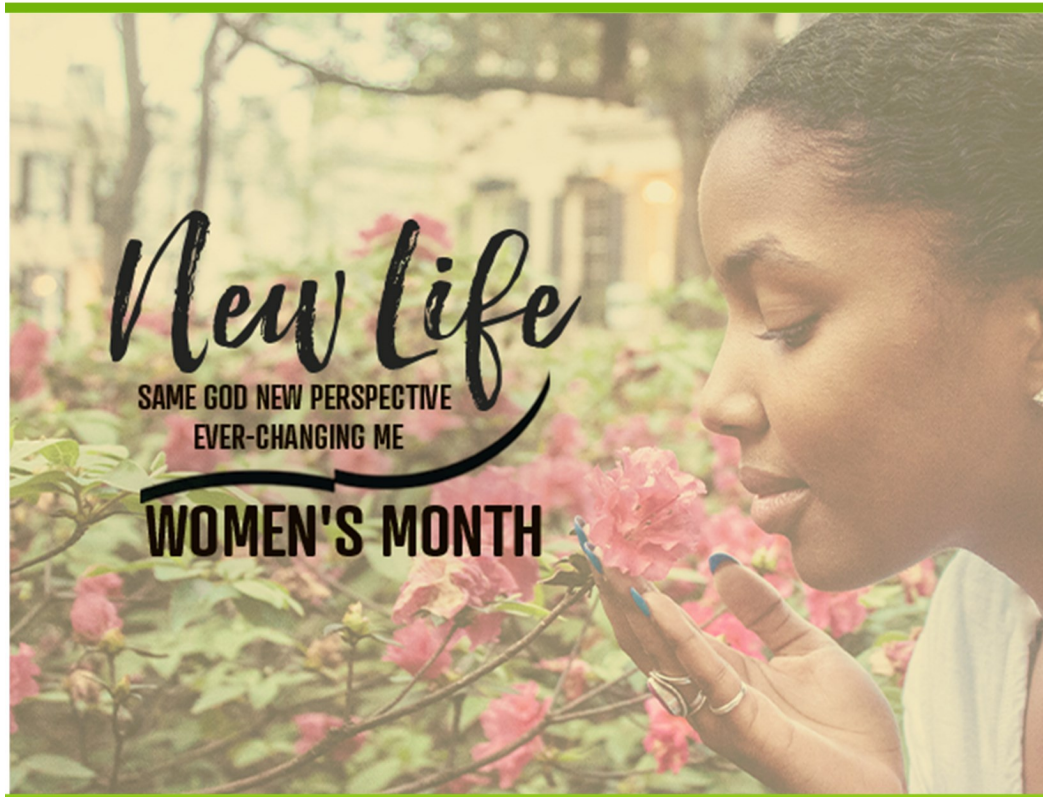


THE *Mount Calvary* MESSENGER

SMALL ENOUGH TO KNOW YOU, LARGE ENOUGH TO GROW YOU!

MAY

2020



WHAT YOU WILL FIND IN THE MESSENGER...

- ♦ Women's Month Message
- ♦ Order of Worship
- ♦ Monthly Memory Verse
- ♦ Weekly Power Cells
- ♦ Church-Wide Announcements



Women's Month Message...



**Theme: "Same God, New Life,
New Perspective, Ever-changing Me"**

"I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me." Gal. 2:20 NASB

What do you do when it seems as if people want to hold on to their past? There are some people that have a story to tell and they want to tell that story every chance they get. It may get to the point they become so entrenched in the past, that they stop looking to the future. And believe it or not, some people may like where they are, stuck in the past. You can point people in a new direction, but we cannot force anyone to embrace the new. We can support them in their move beyond their limitations, but we cannot make them move from where they are. Movement requires learning from past experiences by recognizing the role we have played in our circumstances and sometimes even our past decisions.

As we embark upon Women's season, in the midst of this pandemic, let us not get discouraged. While it feels as life has thrown us a curve ball and sometimes we ask, how long will this situation last? Will some people ever learn? When will the curve flatten? Will I see my family or friends again? We now have a better understanding of depending on God rather than our own resources. We know what it means to trust God rather than ourselves in the midst of challenges. We understand that living whole is mental, physical and spiritual, as we go through our daily lives.

In this Women's season, this season of Covid-19, God is pointing us to embrace a new life, a new perspective, and the ever-changing person we are becoming in Christ. During our sabbatical, we may have received some unexpected news, experienced some unexpected events, including some tragedies. But regardless of what happened, we have to trust and believe God for unexpected blessings, unexpected favor, peace, and miracles.

Therefore, take the time to reflect on how God has shaped and performed in your lives. We all have moments, choices, events, that changed us completely. If we see them as part of God's purpose for our lives, then we will come to understand that there is a higher hand in all we seek to accomplish and do. Perhaps, we will also realize how often God walks ahead of us and keeps all of our tomorrows in God's hands. Yet, on the other hand, if we continue to tell the story of our past, looking to go back to yesterday, looking to get back to the normal, we will miss the that Greater God has in front of us!

~Rev. Dr. Corliss Heath

ORDER of Worship

Praise and Worship

Invocation

Scripture

Musical Selection

Preached Word of God

Invitation to Accept Christ

Tithes, Missionary, and General Offering

This is My Tithe

*I acknowledge that God is the giver of every good and perfect gift. I can only reap what I have sown. I cannot out give God no matter how I try, and as I act in obedience to the word of God, I bless my church, myself and my family.
This is the promise of God. Malachi 3:10*

Doxology and Benediction

"You've come to Worship, now leave to Serve!"



May Season Dates:

- ◆ May 10th - Mother's Day
- ◆ May 21st - Ascension of Jesus
- ◆ May 24th - Women's Day
- ◆ May 25th - Memorial Day
- ◆ May 31st - Pentecost Sunday

This Month's Memory Scripture

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."

~Galatians 2:20 NIV

MAY PRAYER LIST



*Rev. Thomasine Adams
& Family*

Bro. Arthur Boatwright

*COVID-19 Patients/
Survivors*

Rev. Angie Crawford-Cox

Pastor Bobby B. Cox, Jr.

Sis. Shirl Creek & Family

Min. Mariab Dixon

Mother Jewel Edwards

*Rev. Dr. Ann Lighter-
Fuller*

Mother Mabel Gray

Rev. Marvin Higgs

Rev. Melissa Higgs

Sis. Sherrilyn Ifill

Bro. Ivo Knobloch

Sis. Michele Norris

Bro. Steve Rollins

Sis. Wendy Savoy

Sis. Odessa Scott

Bro. Warren Whitworth, Sr.

Essential Workers

Health Care Workers

Rev. Natalie Watson &

Family

Please join us in our weekly POWER CELLS!

- **The Jewel Cromwell Johnson
Prayer Line**

– **Morning Prayer: Mon.-Fri., 6am**

Phone Conference Call Line:

(712) 770-5505; Passcode: 902714#

- **Intercessory Prayer– Tuesday's at
6pm.**

(712) 770-5505; Passcode: 902714#

Bible Studies:

- **Church-wide Bible Study -**
Wednesdays at 7:00 pm (*Face Book
Live*). All are welcomed.

Church School:

- Sundays at 9am for children,
youth, and adults (*on the prayer line*).

Sunday Online Services...



We are still having church, just a little differently. Join us online on Face Book Live for our Sunday Morning Worship Service at 11:00 am (<https://www.facebook.com/MtCalvaryAMEChurch/>) or dial ((712) 770-5505; Passcode: 902714#). If you miss the service you can view it on YouTube (<https://www.youtube.com/user/nataliew340>).

CHURCH-WIDE ANNOUNCEMENTS

- Every **Wednesday evening**, Pastor Bob will be hosting our church-wide Bible Study on Face Book live at 7pm. Please join us live. (<https://www.facebook.com/MtCalvaryAMEChurch/>)
- Beginning on **Thursday, May 7, 2020**, join us for **Thursday Treats– Zooming in His Word** at 7pm. Join the Zoom meeting by clicking the flink: (<https://us02web.zoom.us/j/89048132424?wd=OWRvRXUwYlpYaVJkc2lyeTlKU2dpQT09;> Meeting ID: 890 4813 2424; Password: 006833.
- **Annual Women’s Day** will be held on **Sunday, May 24th. Rev. Dr. Natalie P. Alford**, the Presiding Elder of 1st Episcopal District located in Philadelphia, PA will be our guest speaker. A sacrificial gift: **\$100** for women/men and **\$10** for children/youth) is requested.
- **“When I think of Calvary”**– During the month of May please submit a short video clip (less than 20 seconds) expressing your love and how much you miss your Mt. Calvary Family. The clips will be shared throughout the month. Email your video to: **digitalmcamec@gmail.com**.
- **Ministries** who would like to utilize the prayer line to hold their monthly meetings, please email or call the church office to schedule your meeting.
- **Happy Birthday** greetings to all those celebrating a birthday in the month of May from your CCU Leaders: Sis. Quiana Johnson (songbird3379@gmail.com). God Bless you!!
- Please check the church’s website or your email for further announcements.

Opportunities to Give...



Mental Health Awareness Month...

“Self-Care is Good for the Soul”

By: Tierra Sydnor-Diggs, LCSW-C

What is the state of your mind, body and soul? As we enter the month of May which happens to be Mental Health Awareness month, it is a great time to do a self-check of your mental health. Is your soul vibrant, weary, energetic, depleted, distracted, broken or resilient? Just like a car after so many miles traveling on the road of life, our bodies need maintenance to stay healthy and endure all of life's positive and challenging experiences that may come our way. Mental health is important for everyone.

Mental health involves our emotional, psychological and social well-being. It affects how we think, feel, and act. It also plays a role in how we manage day to day stressors, relate to others, and make choices. Mental health is important at every stage of life from childhood through adulthood. Intentional and daily acts of self-care is a must and should be non-negotiable. Self-care allows an opportunity to reset, recharge and renew your soul by engaging in deliberate activities to take care of our mental, emotional and physical health.

During a time when things may seem uncertain, our way of operating in life has shifted, we are experiencing grief and loss on many levels and we are trying our best to adjust to our “new normal”, it is imperative that we lean on our faith in God along with committing to self-care. Let's utilize this time of stillness to re-focus and reconnect with the things that matter the most. Here are a few ways you can get started below:

- *Create a daily self-care routine (i.e. prayer, deep breathing, journaling, reading, family check-in).*
- *Stay connected with family and friends via phone calls, text messaging, writing letters & virtual gatherings.*
- *Engage in physical activity (i.e. walking, dancing, YouTube fitness videos).*
- *Practice an attitude of gratitude by acknowledging things you are thankful for each day.*
- *Get enough sleep (at least 8 hours)-Develop positive coping skills to manage day to day stressors and/or emotional triggers and create and stick to maintaining healthy boundaries.*
- *Seek professional help for extra support and to address current and past issues (i.e. licensed clinical*

Mount Calvary Celebrates Nurses ...

National Nurses Day is celebrated annually on **May 6** to raise awareness of the important role nurses play in society and marks the beginning of National Nurses Week and ends on May 12, the birthday of Florence Nightingale (1820-1910). Let's be sure to thank all of our nurses and Healthcare workers for their service during the month of May.



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Rev. Bobby B. Cox, Jr. Pastor
Rev. Angie Crawford-Cox, First Lady

Items for the Messenger must be submitted by the 2nd Friday of each month. Leaders, please add the following address to your email contacts to receive a reminder: mtcalvaryamemessenger@gmail.com.
