



THE *Mount Calvary* MESSENGER

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

MARCH

2024



WHAT YOU WILL FIND IN THE MESSENGER...

- ◆ **Message from Health and Wellness Ministry**
- ◆ **Order of Worship**
- ◆ **Church-Wide Announcements**
- ◆ **Women's History Month**



Health & Wellness Month March 2024

2024: The Year for Making Self a Priorit



*“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”
John 1:2*

March has been designated as Health & Wellness Month. This month we bring awareness to Heart Disease, the number 1 – Cause of death in men and women, claiming the lives of 700,000 people annually, (29% of all deaths in the United States). Source-Center for Disease Control: **It is a result of:** high blood pressure, unhealthy cholesterol levels, too much weight in the midsection, obesity and diabetes; smoking and secondhand smoke exposure, physical inactivity. **Dr. Michelle O’Donoghue**, a leading Cardiologist states that women have different symptoms of a heart attack: Chest pressure, Nausea, Sweating, Vomiting, Pain in the neck, jaw, throat, abdomen or back.

A major heart disease affecting adults is **Cardiomyopathy (hATTR)**, a disease of the heart muscle that makes it harder for the heart to pump blood, and causes the heart muscle to become enlarged, thick, or rigid, becoming weaker. The heart is also less able to pump blood throughout the body and incapable of maintaining a normal electrical rhythm, resulting in heart failure or irregular heartbeats called arrhythmias and heart valve problems. The sooner, one can be diagnosed, and tested, appropriate treatments can begin with a prognosis for better outcome; but heart damage before treatment is irreversible.

Please click on the link for more important facts and research information about hATTR amyloidosis. https://www.hattrbridge.com/?gclsrc=aw.ds&gclid=*

Let’s all commit to better health in 2024.

Submitted by: Sis. Cassandra Brown,
Health & Wellness Ministry

ORDER of *Worship*

Welcome

Invocation

Scripture

Selection

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

Corporate Altar Prayer

Preached Word of God

Invitation to Accept Christ

Benediction

“It’s Been A Good Day, It’s Been a Great Day, It’s Been an Awesome Day, and We Thank God for It and We Thank God for You!”

Mt. Calvary A.M.E. Church Mission and Vision

We are a Christ-Centered church that believes in the full gospel message. We believe in building and equipping disciples and we are committed to reaching our city, state, and world with the Gospel. We want to connect with people and grow an authentic relationship with Jesus. We are a word-based, soul-winning, love-centered church that hopes- *“The Distance Was Worth The Difference!”*



Church-Wide Announcements

- ◆ Join us for **Communion Sunday** on **Sunday, March 2, 2024**, at **10 am**.
- ◆ On **Sunday, March 10th** during the Sunday Morning Service, the Emma Jane Missionary Society will celebrate their Annual Day. Their theme for this year is “Expect Great Things from God and Attempt Great Things for Gods,” and their scripture is taken from Colossians 3:15:17. The guest speaker for the hour will be our very own first lady, Rev. Angie Crawford-Cox as our guest speaker.

In addition, we **Spring Forward** by setting our clocks at **2am** one (1) hour ahead to begin **Daylight Savings**.

- ◆ On **Monday, March 11th** at **7pm** there will be a Church Conference in the FLC Great Room.
- ◆ On **Sunday, March 17th** there will be a **New Members Read In** during our **10 am** Worship service.
- ◆ On **Wednesday, March 20th**, we will have our third **Wednesday Revival Service** at **7pm** in the sanctuary. All are encouraged to attend.
- ◆ On **Sunday, March 24th** we commemorate **Palm Sunday** during our **10 am** Worship Service.
- ◆ On **Friday, March 29th**, our **Good Friday Seven Last Words** evening service will be held at **7pm** in the sanctuary.
- ◆ On **Sunday, March 31st** we celebrate **Easter Sunday** during our **Easter Worship Service** at **10 am**.

Health & Wellness Ministry Notice:

- ◆ The **Empowerment Temple Health & Wellness Ministry** have requested assistance with the Baltimore Annual Conference scheduled for **April 3rd - April 6th**. If you are a medical professional and want to donate your time and talent during the conference, please see Sis. Cheron Jones-Hawkins for more details.

Join the Baltimore Annual Conference (BAC) Richard Allen Young Adult Council (RAYAC) Praise Team:

- ◆ There is an open call for musicians and singers to join the **BAC RAYAC Praise Team** for the upcoming 2024 BAC. Rehearsals are scheduled for **March 9th & 16th** from **10 am - 12 pm** at the *Oak Street AME Church - 123 W. 24th St., Baltimore*

March Memory Theme & Scripture

Theme: “Cross of Christ”

Scripture: “Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.”

Please join us in our weekly **POWER CELLS!**

- **The Jewel Cromwell Johnson Prayer Line**
- **Morning Prayer:** Monday-Friday at 6am
- **Church-wide Bible Study** -
Wednesdays at 7pm (In-person & *Face Book Live*).
- **Phone Conference Call Line:**
 - 725-735-9012. **NO Passcode:**
Church School - Sundays at 9 am adults in the FLC.
- **Noon Day Bible Study** -
Wednesdays at 12 pm.
- Join us every **Thursday** for **Thursday Treats** for the **Thirsty–Zooming in His Word** at 7pm.
Meeting ID: 879 5461 0400
Passcode: 12345



Happy Birthday greetings to all those celebrating a birthday in the month of **March**. From your Congregational Care Unit Leaders Sis. Tonya Cherry (tcherry856@gmail.com) & Sis. Valerie Johnson.

Lenten Meditation & Prayer - March 4-9, 2024



On Scripture:
Matthew 5: 3-10

How Do We Become Better 'Followers of Jesus Christ?'

Jesus knew that there was not time to put his disciples through a Doctor of Divinity program where they could spend many hours over multiple semesters pondering, discussing, and writing possible answers to that question. Instead, He gave them the answer in eight, short, easy to understand phrases, in one short lesson. That lesson in the 5th Chapter of the book of Matthew, verses 3-10, The Beatitudes (Blessings), is just as relevant today as it was then. Jesus, like a professor on the first day of class, told His disciples then, and now, what He and His Father expect of their “followers,” and what the rewards will be for meeting those expectations.

I encourage you to take time to read and reflect on those expectations during this Lenten season. Simple and direct, easily understood, but challenging to live, especially in this world. You will find them counter to the culture of today, and often in conflict with our nature and instincts. That is the way that it should be. To meet the expectations that we have been given should require us to stretch, to dig deep, root out, suppress, and replace our way of thinking and living with the way, spirit, and mind of Jesus.

Before departing, Jesus prayed to His father for the “followers” that He left behind: “They are not of the world, just as I am not of the world.” (John 17:16 NKJV). When we strive to become like Christ, we too will inherit the Kingdom of God and all that it has to offer.

Let us pray: Father God, please help us seal The Beatitudes in our hearts, so that our actions and thoughts will be more like those of Jesus Christ than of the world in which we live. Give us the courage and strength to make a difference by being different, and in so doing, not only please you, but lead others to the truth of your way. Amen.

Bro. Carlton G. Epps, Sr.

March is Women's History Month



The month of March is set aside as **Women's History Month**. This national commemoration began as "Women's History Week" in 1981 when Congress passed a bill (Pub. L. 97-28) which was authorized by President Ronald Regan. In 1987 the National Women's History Project petitioned Congress to pass another bill ((Pub. L. 100-9) which designated the month of March 1987 as "Women's History Month.

In 1995, after Congress passed several resolutions to the 1987 bill, President Bill Clinton declared in the month of March of each year the nation will observe "Women's History Month." During the month the contributions and specific achievements women have made to the United States would be recognized over the course of American history in a variety of fields.

Let us honor **Women's History Month 2024** by celebrating the remarkable accomplishments of extraordinary women who have left an indelible mark on history. As we set our sights on the future, let us take inspiration from the promises of God, who has consistently blessed women who dared to have faith in themselves and their abilities. By digging deeper and believing in ourselves, we can achieve greatness and create a legacy that will inspire future generations.

In addition to Women's Month, annually on **March 8th** we also celebrate **International Women's Day (IWD)** which is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

National Slam the Scam Day

National Slam the Scam Day

March 7, 2024



On National Slam the Scam Day and throughout the year, we give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information.

Help protect your loved ones and people in your community this Slam the Scam Day by:

- Educating them about government imposter scams. Let them know they shouldn't be embarrassed to report if they shared personal information or suffered a financial loss. It is important to report the scam as quickly as possible.
- Sharing our [Scam Alert](#) fact sheet and helping educate others about how to protect themselves.

Report Social Security-related scams to the Social Security Office of the Inspector General (OIG).


Report a Scam

Visit www.ssa.gov/scam for more information.


Spring Forward - 3/10/2024



Wednesday Revival Service - 3/20/2024



Mt. Calvary AME Church



You are invited to our
**WEDNESDAY
REVIVAL**
Service

Every 3rd Wednesday

7:00PM

Mount Calvary AME Church | 300 Eudowood Lane Towson, MD 21286
410-296-9474 | www.mtcalvaryame.org
Rev. Bobby B. Cox, Jr- Pastor | Rev. Angie Crawford-Cox-First Lady

Easter Sunday Service - 3/31/2024

An invitation for an Easter Sunday Service. The background is a deep blue with a large, glowing crown of thorns. A golden ribbon curves across the bottom. On the left, a photograph of Pastor Bob, a man in a dark suit and bow tie, is shown with his hands open in a gesture of welcome. The text is arranged in a clear, hierarchical layout, starting with the church name and year, followed by an invitation, the event title, the officiant, the date and time, and the service options. The church's name and contact information are at the bottom.

Mount Calvary AME 2024

YOU ARE INVITED TO OUR

Easter
SUNDAY
SERVICE

With Pastor Bob

31st
March
at
10 AM

In Person
& Facebook Live

Mount Calvary AME Church
300 Eudowood Lane, Towson MD 21286
+4102969474 | www.mtcalvaryame.org

March Prayer List

Pastor Bob & Rev. Angie Cox
Sis. Bruce & Sis. Altrena Ashe
Mother Virgie Brandt
Sis. Angela Burgess
Sis. Tonya Cherry
Mother Cleo Cole
Bro. Carlton & Sis. Roxanne Epps
Sis. Vivian Fenton
Sis. Keena Harvin
Sis. Carol-Ann Hendricks
Mother Grace Hicks



Rev. Marvin & Sis. Trina Higgs
Sis. Gerri Miles
Rev. Johnny & Sis Barbara Palmer
Bro. Norbert & Sis. Kelly Robinson
Sis. Elissa Ross
Sis. Aurisha Stanley
Sis. Sylvia Twigg
Sis. Liz Weh
Ministerial Staff
Steward & Trustee Boards
All Members

Opportunities to Give...

Bring the whole tithe into the storehouse,
that there may be food in my house. Test me
in this, says the Lord Almighty, and see if
I will not throw open the floodgates of
heaven and pour out so much blessing that
there will not be room enough to store it.
Malachi 3:10

5 Ways to Give

Mount Calvary AME Church

ONLINE www.mtcalvaryame.org
click the give tab.

PHONE 410-296-9474

MAIL-IN Mail your gift:
Mount Calvary AME Church
PO Box 20416 | Towson, MD 21286

IN-PERSON
Drop off your gift at the church office: Mt. Calvary AME Church
349 Eudowood Lane | Towson, MD 21286

SMART DEVICE
Cash App Smcamec



Mount Calvary AME Church
300 Eudowood Lane
Towson, MD 21286
410-296-9474 (phone) 410-296-8710 (fax)
adminasst@mtcalvaryame.org www.mtcalvaryame.org
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: mtcalvarymemessenger@gmail.com.