



THE Mount Calvary MESSENGER

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

MARCH

2023



HEALTH & WELLNESS MONTH

"Even now, declares the Lord, return to me with all your heart, with fasting and weeping and mourning." Joel 2:12 NIV

WHAT YOU WILL FIND IN THE MESSENGER...

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



Health & Wellness Month March 2023

2023: The Year for Making Self a Priority



March has been designated as Health & Wellness Month. We would like to encourage you to embrace a healthier lifestyle by incorporating self-prioritization of exercise & healthy eating habits. We know that the past three years of seclusion, stress eating, and hibernation have found that some of us with a few extra pounds, **fitted clothing, and general feelings of fatigue & tiredness.** Well, it's time to get moving and reconnect with your health by prioritizing your health & committing to incorporate exercise along with healthier eating habits.

For many, motivation & initiation are challenges faced when beginning any exercise routine. We have difficulty prioritizing exercise and other self-improvement routines that can impact our well-being physically, emotionally, and mentally. We are often taking care of everything & everyone; however, we fail to invest in our own well-being. Establishing a routine is the foundation of consistency, it requires little conscious thought or effort.

The bible states in *3 John 1:2*, "*Dear Friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*" (NIV) Shifting the focus of good health takes a change in mindset instead of focusing on all that can't be accomplished we must shift and focus on the abundance and all that can exist because of abundant living. We must begin to shift our entire perspective as we focus on what we can accomplish and experience the many benefits of gratitude. When must adopt we begin to change our mindset, we become better able at pursuing our goals while enriching our lives, becoming the best version of ourselves as possible.

What are the steps to enjoying good health and all the benefits that are associated with health & wellness you may ask?

1. **Make Yourself a Priority.** Planning is the first step to achieving your goal. You should plan where, when, what and how you are going to perform your exercise. Make yourself the priority and give yourself permission to prioritize self-care behaviors that include exercise.

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Health & Wellness Month March 2023 (continue from P. 2)

2. **Schedule It.** We often make excuses as to why we can't commit to having better health because we "don't have time." Create and incorporate exercise into your schedule, block off a specific time each day allowing it to become part of your regular routine. Include meal planning within your schedule as it can reduce the stress of decision-making and save time during the week. You can create and design a meal plan schedule that meets your needs whether its two, three, five or seven days. Planning in advance reduces the need for temptation and it reinforces healthier living.
3. **Get moving.** Exercise is crucial to maintaining a healthy lifestyle, the American Heart Association recommends moving a minimum of 30 minutes daily. If you are not in the habit of exercising I recommend starting with 5-10 minutes 2-3 times a day. Even small increments of exercise have proven to be beneficial for those that have lacked exercise. Physical activity makes your heart stronger, lowers your risk for disease, and helps you to lose and maintain your weight. Routine exercise has also been attributed to improved sleep patterns and releasing endorphins that contribute to elevating your mood. (AHA, 2022).
4. **Celebrate You.** At the end of the week take the time to celebrate your **accomplishments and reflect on what worked best and what didn't work.** Journaling is a successful tool that allows you to take time out and reflect on **what's going well. It helps you track your progress, it improves your chances of achieving your goals, and it creates self-accountability.** Allow yourself to set short term goals that are achievable & obtainable then reward yourself once your goals have been achieved. Remember, to reward yourself not only with food but include activities that you enjoy.

The AHA Physical Activity Recommendations for Adults

- Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.
- "The good news is that when you lose weight long-term, you just don't move to a smaller dress size, you are actually moving these risk factors markedly and likely **reducing your risk of heart disease and diabetes,**" Thomson said (AHA, 2022, <https://www.heart.org/en/healthy-living/go-red-get-fit/maintain-weight-lower-heart-disease-risk>).

ORDER of *Worship*

Welcome

Invocation

Scripture

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

Benediction

“You’ve come to Worship, now leave to Serve!”

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

- ◆ On Friday, March 10th at 7pm the WOW Ministry will have a discussion on the movie *The Woman King*.
- ◆ On Saturday, March 11th from 10 am - 3 pm, Mt. Calvary will host a Blood Drive in the Family Life Center Great Room. Click [here](#) and click on the make an appointment button, then type *MTCALVARYAMETOWSON* and receive a \$10 Visa Prepaid Card by email, plus a chance to win a \$3,000 prize.
- ◆ On Sunday, March 12th Daylight Savings Time begins where we Spring Forward by setting our clocks at 2am one (1) hour ahead.
- ◆ Also, on Sunday, March 12th during the Sunday Morning Service, the Emma Jean Missionary Society will celebrate their Annual Day. Their theme this year is **“Give of Your Best to the Master”** taken from **Romans 12: 9-13**. Rev. Roslyn Sellman will be the preacher of the hour.
- ◆ Beginning on March 21st, the Youth Ministry will have Virtual Bible Study & Prayer via Zoom every 3rd Tuesday at 6:30 pm.
- ◆ On March 24th, the Youth Ministry will host **God’s People Got Talent** event at 7pm. Registration is required. Sign up after Sunday Service by March 12th or forward an email to mtcalvaryame@gmail.com by March 17th.
- ◆ On March 25th, at 10 am - noon in the Family Life Center Great Room, Rev. Roslyn Sellman and Rev. Thomasine Adams will present a session on **“How to Conduct an Effective Care Visit/Encounter.”** The session will provide information about becoming more comfortable and knowing what to say or do when visiting with someone who is sick or transitioning. All members are welcome to attend.
- ◆ On Tuesday, March 28th, the 4th Quarterly Conference will be held at 6 pm.

Health & Wellness Ministry Events:

- ◆ During the month of March Dea Lott of DivineSense will offer Soul Yoga Classes on Saturdays 10:30 am-12 pm, in the Family Life Center, 2nd Floor . Cost: \$25/Class or \$80/Month. Pre-registration is required.
- ◆ On March 25th the 14th **Annual B’ More Healthy Expo** will be held from 10:00 am- 4:00pm at the Baltimore Convention Center.

Harvest Meals 4 the Hungry Ministry:

- ◆ The Harvest Meals Ministry is inviting organizations and groups to volunteer and support this much needed outreach ministry. Monetary donations are also welcomed to keep this outreach ministry viable for this year.

March Memory Scripture and Theme

“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.” Joel 2:12 NIV

Theme: :

A Changed Heart”: Repent, Renew, Return, and Refocus..

Please join us in our weekly
POWER CELLS!

- The Jewel Cromwell Johnson Prayer Line
 - Morning Prayer: Monday-Friday at 6am
 - 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.
 - Church-wide Bible Study - Wednesdays at 7pm (*Face Book Live*).
 - Virtual Youth Ministry Bible Study and Prayer every 3rd Tuesday at 6:30 pm.
 - Join us every Thursday for Thursday Treats for the Thirsty– Zooming in His Word at 7pm.
-



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



Sunday Online Services...

Join us online on Face Book Live for our Sunday Morning Worship Service at 10:00 am <https://www.facebook.com/MtCalvaryAMEChurch/>. If you miss the service you can view it on YouTube (<https://www.youtube.com/user/nataliew340>).

LENTEN MESSAGE...

Lenten Season: February 22 - April 6, 2023

“A Changed Heart”

Lenten Prayer: Psalm 51:10

Lord, let everything I do this day and in this season of Lent, come from You, and be inspired by You.

I long to be closer to You. Help me to remember that nothing is more important in my life unless it glorifies You in some way.

It is so easy to get caught up in the day to day of my life and keep saying, tomorrow is another day, and I will spend more time in prayer; but now my longing meets Your love, and I want to do it now. I want to be in Your presence now.

Holy Spirit help me to rely on you to be more disciplined in my daily prayer life. Heal me Lord and help me find You in the darkness of my life.

I want the light of Your love to permeate through me that I might have a “Changed Heart.”

In Jesus Name! Amen

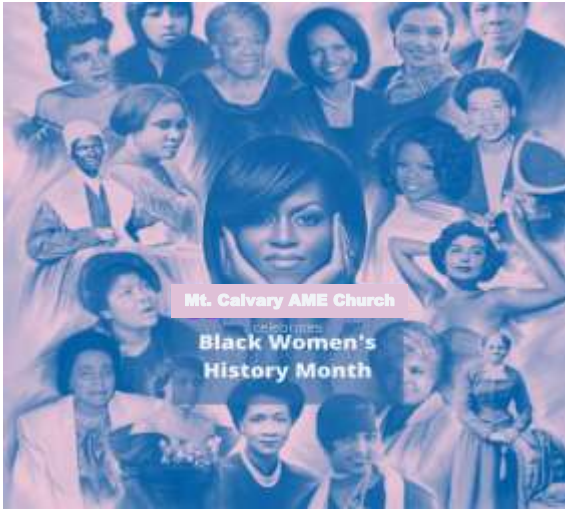
Rev. Thomasine Adams
Prayer and Spiritual Formation Ministry



Looking Ahead to April 2023...

- Sunday, April 2, 2023 - Palm Sunday
- Friday, April 7, 2023 - Good Friday Service
- Sunday, April 9, 2023 - Easter Sunday
- Thursday - Saturday, April 27 – 29, 2023 - 207th Session of the Baltimore Annual Conference

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.

This month, we celebrate the contributions of notable women in history and all the women of Mt. Calvary who are making a difference and contributing in a positive way in the communities that they serve each day. These woman are serving in various areas of society and serve with the heart of Christ. Thus, this month, please the time to celebrate the women in your life.

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.

March is National Craft Month



The Crafty Hands Ministry Is Looking for Crafters

“10 Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms. 11 If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.” 1Peter 4 10-11

March is National Craft Month. This month is dedicated to finding hidden creativity and inspiration. It is a good time to not only take up a new craft but to blend your talents & skills together with others to bring an idea to life. Crafting is not only a way to challenge yourself but to keep your mind active while being a blessing to others. Mt Calvary has a ministry dedicated to crafting- Crafty Hands Ministry!

We currently participate in crocheting, knitting & clay work. Crafty Hands has been blessed to share our talents by donating completed items to churches, schools, nursing homes, prenatal programs, as well as within Mt Calvary and our surrounding community. We are always looking for new members, we are open to everyone young, old, male, female! No experience needed (we will provide learning resources and assistance) . So if you find your heart yearning to find your hidden talents while being a blessing to others, reach out to the Crafty Hands Ministry at mtcalvarycrafters@gmail.com.

Sis. Renee Mills
Ministry Lead

Wow Friday Session

WOW Friday Session
Lights, Camera, Discussion
Come Camera Ready to Discuss
The Woman King



Friday, March 10, 2023
@6:30pm

Mt. Calvary AME Church Great Room

Mount Calvary AME Church
300 Eudowood Lane | Towson MD 21286
410-296 - 9474 | adminassist@mtcalvaryame.org | www.mtcalvaryame.org
Sis. Patricia Joyner, Ministry Leader | Rev. Bobby B. Cox, Jr., Pastor

March Blood Drive



*Be a part of the
lifesaving cause.*



**American
Red Cross**

Community of Giving

Blood Drive **Mt. Calvary AME**

Great Room
349 Eudowood Lane
Towson, MD 21286

Saturday, March 11, 2023
10:00 a.m. to 3:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: MTCALVARYAMETOWSON to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



Scan to be directed to
RapidPass

Come give in March and get a \$10 Visa Prepaid Card by email. PLUS, get a chance to win a \$3,000 Visa Prepaid Card to help with gas or grocery expenses! You could be one of five lucky winners. Lend an arm; we'll lend a hand. Terms apply: rcblood.org/help.



Scan to schedule
an appointment

redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767 | Download the Blood Donor App

© The American National Red Cross | 181201

SPRING FORWARD



Don't forget to

Spring Ahead

DAYLIGHT SAVING TIME BEGINS ON

Sunday, March

12 at 2.00 AM

Missionary Society Annual Day

MOUNT CALVARY AME CHURCH
EMMA JANE GARDNER MISSIONARY SOCIETY

JOIN US FOR
Our Annual Day
Worship Service

March 12, 2023
10:00AM



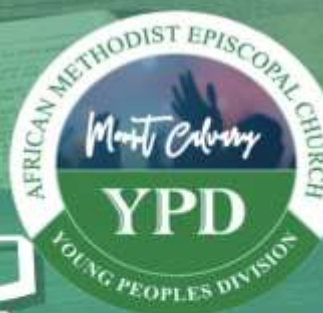
Rev. Bobby B. Cox Jr.
Pastor



Rev. Roslyn Sellman
Preacher

Mt. Calvary AME Church
300 Eudowood Lane
Towson, MD 21286

YOUTH BIBLE STUDY & PRAYER



JOIN US ON
zoom



Every 3rd Tuesday at 6:30p
Starting March 21st

Contact Rev. Natalie for more information in-person
or mtcalvaryame@gmail.com.

Mt. Calvary AME Church | 300 Eudowood Lane, Towson MD 21286
Rev. Bobby B. Cox Jr, Pastor | 410.296.9474 | www.mtcalvaryame.org

God's Got Talent

MOUNT CALVARY A.M.E. CHURCH | YOUTH MINISTRY

Presents

GOD'S PEOPLE

T Got TALENT

Shine Like a Star

**FRIDAY, MARCH 24TH
FROM 7PM -9PM**

**Mount Calvary A.M.E. Church, Towson
Family Life Center**

Sign up after service until March 17. Alternatively, send an email to mtcalvaryame@gmail.com to register.

FOR MORE INFORMATION CONTACT SIS. LAUREN BROWN

MT. CALVARY A.M.E. CHURCH | YOUTH MINISTRY
300 EDDOWOOD LANE | TOWSON, MD
MTCALVARYAME@GMAIL.COM
410-296-9474 | WWW.MTCALVARYAME.ORG

Rev. Bobby B. Cox, Jr. | Pastor

March Prayer List

Pastor Bob & Rev. Angie Cox
Sis. Bruce & Sis. Altrena Ashe
Mother Virgie Brandt
Sis. Angela Burgess & Family
Mother Cleo Cole
Bro. Carlton & Sis. Roxanne Epps
Sis. Vivian Fenton
Sis. Tina Fuller
Mother Mabel Gray
Mother Grace Hicks



Sis. Sherrilyn Ifill
Bro. Ivo Knobloch
Sis. Nadine Marsh
Bro. Laverne & Sis. Ursula Slade
Sis. Kathy Thrasher
Ministerial Staff
Ministries/Leaders
Steward & Trustee Boards
Cancer/Coronavirus Patients & Survivors

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 \$mccamec



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: mtcalvaryamemessenger@gmail.com.