



THE *Mount Calvary* MESSENGER

WORSHIP • GROW • SHARE • SERVE

FEBRUARY

2026

CELEBRATING BLACK HISTORY MONTH



WHAT YOU WILL FIND IN THE MESSENGER...

- ◆ From the Health & Wellness Ministry
- ◆ Church-Wide Announcements
- ◆ AME Church Founders Day History
- ◆ Black History Month: Notable Firsts



From the Health & Wellness Ministry ...



Giving Loving Care to Yourself in February

Greetings Mt. Calvary Church Family,

By now, many of us may have forgotten our New Year's resolutions or abandoned them altogether. The good news is that it's never too late to start again. As we enter the second month of 2026, we remain in the heart of winter, a season that naturally draws our attention to heart health. During this time of year, many people experience Seasonal Affective Disorder (SAD), a type of depression related to changes in seasons. SAD typically begins in the fall and continues into the winter months, bringing symptoms such as fatigue, low motivation, low energy, and feelings of sadness or depression. Fortunately, these symptoms are often resolved during the spring and summer months. This makes it even more important to recognize and prioritize our heart health and overall wellbeing. Since February is recognized as Heart Health Month, let us not only focus on caring for our hearts, but also remember to show love to our entire selves—nurturing our bodies, minds, and spirits, as inspired by 1 Corinthians 6:19-20.

Emotional and Mental Wellbeing: Embrace Mindfulness and Therapy

February can be just as stressful as any other month. Taking time for mindfulness—through prayer, meditation, journaling, or simply pausing for a few deep breaths—can help reduce stress and keep you centered throughout your day. At times, speaking with a professional therapist is beneficial for promoting emotional wellness and healing from unresolved issues or trauma. Remember the comforting words: “Cast all your anxiety on Him because He cares for you,” and “Come to me, all you who are weary and burdened, and I will give you rest.”

Physical Wellbeing: Moving and Eating Through Winter

Staying active is important, even when the weather is chilly. Try indoor exercises such as yoga, stretching routines, or dancing to your favorite music. If you prefer being outdoors, bundle up and enjoy brisk walks or hikes in the crisp winter air. The Bible reminds us that our physical actions can be a form of worship—exercising can be a way to glorify God, especially when viewed as a gift and an aspect of our spiritual walk. As we move and sweat, we honor our Creator by caring for our health. Every step taken during a workout can be a step in faith, a reminder of God's goodness and love. When we engage in physical activity, we offer our energy and effort as praise to Him.

Eating healthy during the winter months is possible by including fruits and vegetables such as oranges, grapefruits, kale, sweet potatoes, and Brussels sprouts in your meals. These foods are rich in vitamins and minerals that support your

From the Health & Wellness Ministry (Cont.)...

immune system and overall health during the colder months. Remember, staying hydrated is essential—even in winter. Drinking water supports your energy levels, skin health, and overall well-being, so keep a reusable water bottle close by as a reminder to sip throughout the day.

Healthy Relationships

Take time to reflect on your relationships and consider whether any may be toxic or unhealthy. Signs of unhealthy relationships include a lack of honesty, trust, respect, poor communication, or gaslighting. Choose to nurture relationships with people who share similar values and beliefs and who demonstrate honesty, trust, respect, and healthy communication. Remember: “Bad company ruins good morals.” (1 Corinthians 15:33)

Mt. Calvary AME Health and Wellness Ministry
Shirley Stitt, LCPC

FEBRUARY 8TH

RED DRESS SUNDAY

Honoring Women • Raising Heart Health Awareness

Keep your heart with all diligence, for out of it spring the issues of life - Proverbs 4:23 NKJV.



DID YOU KNOW

- 1 in 3 women dies from heart disease
- Diabetes, high blood pressure, and smoking increase risk
- Menopause increases heart disease risk
- Symptoms can be subtle: fatigue, nausea, jaw/back pain, shortness of breath

WORSHIP TIME: 10:00 AM

 **MT. CALVARY**
AME CHURCH

300 Eudowood Lane, Towson MD
410-296-9474 | www.mtcalvaryame.org
Rev. Sheleta E. Fomby, Senior Pastor

February Memory Scripture and Theme

Theme: "Growing Spiritually"

Scripture: "...until we all reach oneness in the faith and in the knowledge of the Son of God, [growing spiritually] to become a mature believer, reaching to the measure of the fullness of Christ [manifesting His spiritual completeness and exercising our spiritual gifts in unity." Ephesians 4:13 (AMP)



Our 2026 Theme: Rise & Build

Scripture: "Come, let us build the wall of Jerusalem, that we may no longer be a reproach." (Nehemiah 2:17)

Prayer: Almighty God in heaven, You see every place that is broken, and You call us not to retreat or despair, but to build with hope. Unite our hearts. Strengthen our hands. Fill us with the faith and courage of Nehemiah. May we rise as one, declaring together, "Let us rise and build!" Let Your Spirit empower us to restore what only You can renew. In the mighty and matchless name of Jesus, we pray. Amen.

Please join us in our weekly POWER CELLS!

- **The Jewel Cromwell Johnson
Prayer Line**

- **Morning Prayer:** Monday-Friday at 6 am
- **WOW Saturday Prayer Call** - Saturday at 8 am

Phone Conference Call Line:
725-735-9012. **NO** Passcode:

- **Church School** - Sundays at 9:00 am (in person & on the phone conference line).

- **Intercessory Prayer** - Tuesdays 6 pm on the Prayer Line

- **Church-Wide Faith Forward Bible Study** - Wednesdays at 7pm (*On Zoom or YouTube*).



Birthday greetings to all those celebrating a birthday in the month of **February**, from **Sis. Joyce Hunter** (hunter.joyce914@gmail.com), your **Congregational Care Unit Leader**.

Church-Wide Announcements

- ◆ This month is **Black History Month**. Visit <https://blackhistorymonth.gov/> for Black History events throughout the month of February.
- ◆ On **Sunday, February 8th**, we will celebrate **2026 Founders Day and Red Dress Sunday**. The **Health & Wellness Ministry** invites you to wear red every Sunday in February to support Heart Health Awareness. The kickoff for the month is **February 8th** Sunday service. Following the service, please join us in the FLC as Dr. Nettles will present and discuss the importance of Heart Health. On **February 15th** following the service, blood pressure checks will be provided in the Narthex.
- ◆ Join the **WOW Ministry** for a transformative Experience on **Friday, February 6th, at 6:30 PM on Zoom** to explore **WEEK ONE of "Sacred Self-Care"** by **Dr. Chanequa Walker-Barnes**. Discover the importance of prioritizing your well-being and learn practical sacred self-care strategies. Feel free to bring a friend and support each other on this journey to holistic wellness! Get your copy of the book on Amazon: <https://a.co/d/11O3eyV> . See you there!
- ◆ The **2nd Episcopal District AME Church & Bishop Harry L. Seawright, Servant Leader** invite you to attend the **Founders Day 2026 Mid-Winter Convocation**. The meeting will be held from **Thursday, February 12-14, 2026**. at the **Reid Temple AME Church (11400 Glenn Dale Blvd., Glenn Dale MD)**.
- ◆ On **Wednesday, February 18, 2026** is **Ash Wednesday**.
- ◆ On **Sunday, February 22nd**, we will celebrate **2026 Heritage Day**. Please wear African attire or your Black History Month 365 T-shirt.
- ◆ The **Lay Organization** is now recruiting members for 2026. Please join us as we participate in lay ministry, global leadership and service. Dues are \$20.00 per year. Please see Sister Lynn Newton for more information. Due to unforeseen circumstances, I was not available to receive Lay Organization dues in January. Thank you to those who have already paid their dues.
- ◆ As we embark on the critical Mid-term elections in November, we want to ensure that we are all **registered to vote** & will have voter registration forms available in the narthex after morning worship. In addition, you can register to vote [online](#), by mail, or in person at the local Board of Elections or Motor Vehicle Administration office.
- ◆ The **2025 Giving Statements** is available this month. To obtain your giving statement, log into your Realm account or click on the following link to complete and submit the form: <https://mcamecproposal.wufoo.com/forms/mksflb9b0di8m34/>.

CELEBRATING FOUNDERS DAY...

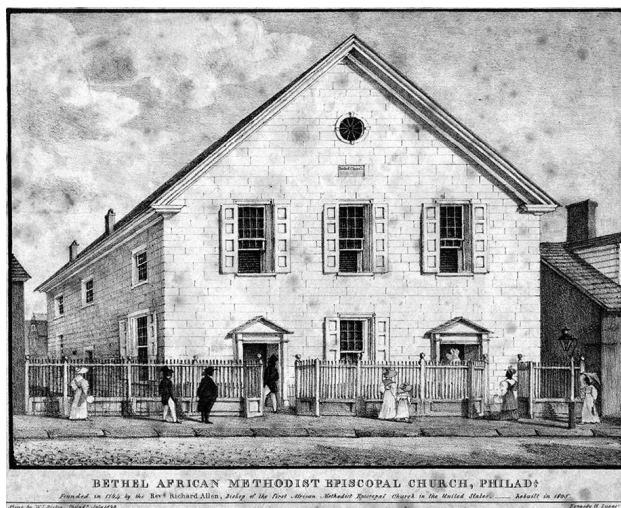


Each year, the African Methodist Episcopal Church (AMEC) celebrates Founders Day, the day that the AME connectional church was established. The church grew out of the Free African Society (FAS) which Richard Allen, Absalom Jones, and others established in Philadelphia in 1787. When officials at St. George's MEC pulled blacks off their knees while praying, FAS members discovered just

how far American Methodists would go to enforce racial discrimination against African Americans. Hence, these members of St. George's made plans to transform their mutual aid society into an African congregation. Although most wanted to affiliate with the Protestant Episcopal Church, Allen led a small group who resolved to remain Methodists.

In 1794 Bethel AME, located in Pennsylvania, was dedicated with Allen as pastor. To establish Bethel's independence from interfering white Methodists, Allen, a former Delaware slave, successfully sued in the Pennsylvania courts in 1807 and 1815 for the right of his congregation to exist as an independent institution. Because black Methodists in other middle Atlantic communities encountered racism and desired religious autonomy, Allen called them to meet in Philadelphia to form a new Wesleyan denomination, the AME.

Today, the AMEC has membership in twenty Episcopal Districts in 39 countries on five continents. The work of the Church is administered by twenty-one active bishops, and nine General Officers who manage the departments of the Church.





This month we celebrate Black History Month, also known as African-American History Month, in the United States. It began as a way to remember

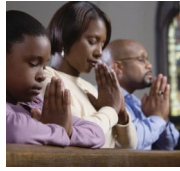
important people and events in the history of the African diaspora.

Black History Facts: Notable Firsts...

- **Bishop Richard Allen** established the first AME Church (Mother Bethel) in Philadelphia, PA in 1787. It is the first independent black denomination in the US. Bishop Allen also became the first elected Bishop of the AME church.
- **Bessie Coleman** became the first African American female pilot and the first to have an international aviation license in 1921.
- **Nat King Cole** was the first African American to host a network television program. In 1956 *The Nat King Cole Show* aired on NBC.
- **Jackie Robinson** was the first African American to win the Major League Baseball's Most Valuable Player award in 1949 and the first African American player to be inducted into the Hall of Fame in 1962.
- **Sir Sydney Poitier** is the first African American winner of the Academy Award for Best Actor in 1963 for his role as Homer Smith in *Lilies of the Field*.
- **Thurgood Marshall** was the first African American US Supreme Court Justice (1967).
- **Shirley Chisholm** was the first African American woman elected to the US Congress in 1968 and also became the first African American candidate to run for the Democratic Party's presidential nomination in 1972.
- **Oprah Winfrey** is the first African American woman to host a television show (1986) and the first African American woman to become a billionaire.
- **Mae Carol Jemison** was the first African American female astronaut in 1992.
- **Gwen Ifill** became the first African American woman to host a prominent political talk show on national television when she became moderator and managing editor of PBS's Washington Week and senior political correspondence for the PBS Hour (1999).
- **Gen. Colin Powell** is the first African American to become US Secretary of State (2001-2004).
- **Condoleezza Rice** is the first woman to be the National Security Advisor in the George W. Bush administration (2001-2009) and the first African American woman to be U.S. Secretary of State.
- **Barack Hussein Obama** is the first African American to hold the office of President of the United States. He was the 44th President (2008-2016). Michelle Obama was the first African American First Lady.
- **Kamala D. Harris** is the first female and African/Asian American to serve as vice president of the United States (2020).

February 2026 Prayer List

Rev. Sheleta E. Fomby
Bishop Harry Seawright &
Supervisor Sherita Seawright
Presiding Elder Johnny &
Rev. Patricia Calhoun
Bro. Andrew Adams
Bro. Bruce Ashe
Sis. Katherine Banks
Sis June Bryant
Mother Cleo Cole
Sis. Florene Fields & Family
Sis. Tina Fuller
Mother Grace Hicks



Sis. Fran Hennigan
Bro. Kevin Johnson
Sis. Kathy Thrasher
Sis. Sylvia Twiggs
Sis. Candice Watkins
Bro. Derrick Watson
Sis. Cynthia Whye
Ministerial Staff
Ministries & Ministry Leaders
Mt. Calvary Church Family
Caregivers
First Responders
Grieving Families

Mount Calvary AME Church

WAYS TO GIVE


THROUGH PHONE


IN PERSON


ONLINE
www.mtcalvaryame.org


BY MAIL
300 Eudowood Ln
PO Box 20416
Towson MD 21286

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ELECTRONIC GIVING
Rev. Sheleta E. Fomby, Senior Pastor



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Rev. Sheleta E. Fomby, Senior Pastor

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.