



# THE *Mount Calvary* MESSENGER

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

NOVEMBER

2022

## MEN'S MONTH

*Living A*

# BOLD

## LIFE OF FAITH AND UNITY

Behold, how good and how pleasant it is for brethren to dwell together in unity. Psalm 133:1 KJV

### WHAT YOU WILL FIND IN THE MESSENGER...

- ◆ Message From the Men's Ministry
- ◆ Church-Wide Announcements
- ◆ 2022 Advent Season Message



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# *Celebrating Men's Month*



Hello Church Family,

Behold, how good and how pleasant it is for  
brethren to dwell together in unity!

***Psalm 133:1 KJV***

Greetings in the name of our Lord and Savior, Jesus the Christ! The month of November is designated to celebrate the Men's Ministry known as the Disciples of Christ. It is also National Men's Health Awareness Month. Our guiding Scripture, "Behold, how good it is for brethren to dwell in unity." The theme embraces the essence of our Christian bond. We will be celebrating the Men's Ministry on Sunday, November 20<sup>th</sup> at the 10:00am worship service.

The Ministry theme, "***Living a Bold Life of Faith and Unity***", reflects the vision for the Mt. Calvary men's faith journey to be "***Disciples for Christ***"; and adhering to sound teaching and doctrine for living a spirit filled Christian life. The objectives of the Men's ministry are:

- Living a prayerful life and studying the Word of God.
- Learning what our position is in the Kingdom of God.
- Promoting evangelism and discipleship through outreach initiatives.
- Establishing an accountable and responsible brotherhood.
- Being a role model for our youth.

We are calling all men to become a member of the Disciples for Christ Men's Ministry. There is much work to be done for the Kingdom of God. Mt. Calvary has so many gifted and talented men; everything we need is in the house.

As we continue to navigate through this post pandemic, brothers one thing we know for sure, "Jesus Christ is the same, yesterday, today and forever." (Hebrews13:8). He has promised to never leave us or forsake us. Men of Mt. Calvary let us respond to Jesus' promises by Believing, Being, and Becoming all that God has called us to accomplish for such a time as this. We are called to do "***More***" for the Kingdom of God.

Bro. Andrew Adams  
Men's Ministry

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# ORDER of *Worship*

Call to Worship

Morning Hymn

Invocation

Selection

Scripture

Welcome

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*

Selection

Preached Word of God

Invitation to Accept Christ

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-

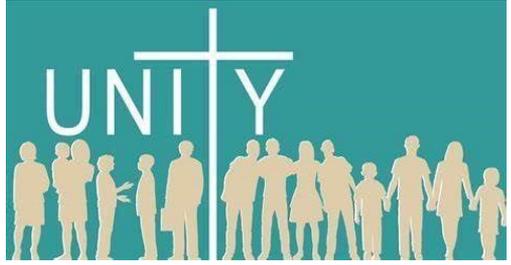
*“The Distance Was Worth The Difference.”*



# November 2022 Men's Month...

**Theme:** “*Living a Bold Life of Faith and Unity*”

**Scripture:** Behold, how good and how pleasant *it is* For brethren to dwell together in unity! (*Psalms 133:1; KJV*)



**Men's Day: Sunday, Nov 20<sup>th</sup>; Sacrificial Gift: \$100** men, **\$50** for women, and **\$10** for youth.

The **Men's Ministry** will host the following events. For more information, please contact Bro. Andrew Adams ([4adams1@gmail.com](mailto:4adams1@gmail.com), 443-370-1690).

## Men's Month 2022 Schedule of Events:

- ◆ The Men's Ministry participated in the **Men's Prostate Round Table** on October 29th at UMBC. The event was sponsored by the Kappa Alpha Psi Fraternity.
- ◆ On Thursday, November 10, 2022, at 5 pm-7 pm the men will minister at the **Hope Cancer Lodge** and will prepare a meal and fellowship with the residents.
- ◆ The Men will be hosting the in-person **Harvest Meals For the Hungry Feeding Program Thanksgiving Dinner** on Tuesday, November 15<sup>th</sup>.
- ◆ On Men's Day, November 20th, there will be “**Tailgate at the Temple**” after the 10 am worship service. The Ravens vs Panthers football game will be shown. Everyone, please join the brothers as we fellowship in unity.
- ◆ Lookout for other outreach activities in November.



**Don't forget to set your clocks back one hour at 2am on Sunday, November 6, 2022.**

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## November Men's Month Scripture Verse

Theme: "Living a Bold Life of Faith and Unity"

Behold, how good and how pleasant it is for  
brethren to dwell together in unity!

Psalm 133:1 (KJV)

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### CHURCH-WIDE ANNOUNCEMENTS

- ◆ The **Youth Ministry** will host the annual **Fall Festival Trunk or Treat** on **Saturday, November 5<sup>th</sup>** beginning at **12 noon** on the church campus. Please come out and bring your children to enjoy the treats.
- ◆ The **WOW & Spiritual Formation Ministries** will host the "**Cast Your Cares**" **Prayer Session** on **Friday, November 11<sup>th</sup>** at **7pm** in the Family Life Center.
- ◆ The **Harvest Meals For the Hungry Ministry** will resume in-person dining with a Thanksgiving celebration meal beginning on **Tuesday, November 15<sup>th</sup>** at **6 pm - 7 pm**. Thereafter, weekly meals will be served each Tuesday at 6pm.. Volunteers are needed to make this a successful ministry for our guests. To volunteer please contact Bro. Andrew Adams at [4adams1@gmail.com](mailto:4adams1@gmail.com), 443-370-1690, or call the Church office.
- ◆ **November is Men's Month.** Join us as we celebrate **Men's Day** on **November 20<sup>th</sup>** at **10 am**. The Men's Day Sacrificial Offering are as follows: adult brothers men - **\$100**, all sisters - **\$50**, and all youth **\$10**.
- ◆ The **2nd Quarterly Conference** will be held on **Tuesday, November 22<sup>nd</sup>** at **6 pm**.
- ◆ **Women's Retreat:** *A "Time to Reflect, Rejoice, and Be Revived"* one-day Advent Retreat will be held on **Saturday, December 3rd from 8:00am - 5:00pm** at the Bon Secours Retreat and Conference Center. The cost is \$65.00 including meals and retreat materials. For further information, contact Rev. Thomasine Adams 410-967-6788 or [adamsthomasine7@gmail.com](mailto:adamsthomasine7@gmail.com).
- ◆ **COVID Precautions:** Temperature checks are no longer required to enter our buildings; however, masks are still mandated. Please remember to bring and wear your mask!
- ◆ **Parking:** Please be reminded that parking is restricted in the apartments locating in the back of the church. Failure to comply may result in your car being towed at your expense.

## November Prayer Requests

Pastor Bob & Rev. Angie Cox  
Sis. Charlene Boatwright  
Rev. Evelyn Booze  
Mother Virgie Brandt  
Sis. Bonnie Epps-Burgess  
Mother Cleo Cole  
Bro. Carlton Epps, Sr.  
Sis. Sherrilyn Ifill  
Bro. Ivo Knobloch  
Rev. Regina Muschett  
Sis. Mesha Newton



Sis. Ann Norman  
Sis. Wendy Savoy  
Sis. Shammon Shine-Lee & Family  
Sis. Sylvia Twigg  
Sis. Doris Walker  
Bro. Warren Whitworth  
Bro. Al Williams  
Bro. Derek Williams  
All Ministries

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### 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)
- Join us every **Thursday** for **Thursday Treats** for the Thirsty - Zooming in His Word at 7pm.
- **Church School** - 9am-9:45am in the FLC.
- **Beads of Wisdom Bible Study** - Wednesdays at noon (prayer line).
- **Church-wide Bible Study** - Wednesdays at 7pm (*Face Book Live*). **No Bible Study 11/23.**

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### **EMMA-JANE GARDNER MISSIONARY SOCIETY** **ADOPT A FAMILY FOR THANKSGIVING FOOD DRIVE**

*Matthew 25:36 & 40: "I needed clothes and you clothed me. I was sick and you looked after me. The King will reply, I tell you whatever you did for one of the least of these brothers and sisters of mine, you did for me."*

The Emma-Jane Gardner Missionary Society is sponsoring an "Adopt a Family for Thanksgiving Food Drive." Please support the Society in their effort to provide Thanksgiving bags to families in need. They welcome non-perishable food items. By adopting a family you may purchase some or all of the listed items. A sign up sheet will be in the Narthex to sign up for item. See Sis. Joy Carter or Joyce Hunter for more information. The deadline for donations is **Tuesday, November 15th.**

- 1 can sweet potatoes (23-29oz)
- 1 large can fruit (20-30oz)
- 4 cans vegetables (e.g., green beans/peas, corn; 15oz)
- 1 can cranberry sauce
- 2 packages of macaroni & cheese
- 1 box instant mashed potatoes (1 box; 13.3-13.75 oz)
- 1 brownie or cake mix
- 1 bag or box of stuffing
- 1 bag or box rice (28-32oz)

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## 2022 ADVENT SEASON MESSAGE

### Theme:

“Prepare the Way for the Lord”

### Scriptures:

⇒ *In those days John the Baptist came, preaching in the wilderness of Judea <sup>2</sup> and saying, “Repent, for the kingdom of heaven has come near.” <sup>3</sup> This is he who was spoken of through the prophet Isaiah: Matthew 3:1-3 (NIV)*

⇒ *A voice of one calling: “In the wilderness prepare the way for the LORD; make straight in the desert a highway for our God. Isaiah 40:3 (NIV)*



Advent starts at the beginning of the liturgical calendar year. It begins the fourth Sunday before Christmas Day. The first Sunday of Advent, the start of a four-week observation begins this year on November 27<sup>th</sup> and ends on December 24<sup>th</sup>.

The word “Advent” means “coming” or “arrival.” The focus of the entire season is the celebration of the birth of Jesus the Christ in His First Advent, and the anticipation of the return of Christ the King in His Second Advent. Jesus (Immanuel) coming to live among us fills our world with hope and light to guide us in darkness. *“In Him was the light of mankind. The light shines in the darkness, and the darkness has not overcome. (John 1:4-5)*

Advent is marked by a spirit of expectation, anticipation, and preparation of longing of the coming of Christ. During Advent, our hearts are filled with Hope, Love, Joy, and Peace.

Yet, it all begins in the Hope that God will come and come again into our world to reveal Himself as a God of newness, of possibility, a God of new things. During Advent, we long for the newness with hope, the expectation, indeed the faith, that God will once again be faithful, to see our circumstances, to hear our cries, to know our longings for a better world and a complete life in Him. And we hope as He first came as an infant, so He will come as King for the Second Advent.

In “Preparing the Way for the Lord, Advent can be a time when God’s grace takes the clay of our lives and begins with a new phase of reshaping us to **Believing** and **Becoming** all that He has created us to **Be** for His Glory.

Rev. Thomasine Adams  
Prayer and Spiritual Formation Ministry

## Youth Ministry Fall Fest

**Please Come Out and  
Be a Part Of The fun!**  
Your Assistance Is Needed  
& Will Be Much  
Appreciated!

How can you help? Here is  
how you, your family and  
your friends can get  
involved:

- Pray for this  
Outreach Event.
- Join the planning  
committee.
- Sign up to decorate  
your car in a family  
friendly theme of  
your choosing.
- Sign up to work an  
activity or a  
concession booth.
- Assist with set up  
and or clean up.
- Donate, donate,  
donate!

Stop by the volunteer sign  
up table set up in the  
Narthex after 10 am  
service if you would like  
to get involved!

**SATURDAY  
NOVEMBER  
5TH**

**YOUTH MINISTRY**

**FALL  
FEST**

**& TRUNK OR TREAT**

**MOUNT CALVARY A.M.E. CHURCH CAMPUS  
300 EUDOWOOD LANE, TOWSON  
FROM NOON - 3 PM**

**FOOD - FUN GAMES -  
MUSIC - RAFFLE PRIZES**

**FESTIVAL FOR EVERYONE!**

**FOR MORE INFORMATION: CONTACT REV. NATALIE OR SIS. LIZ**

Join the **Youth Ministry** at their annual Fall Fest and Trunk or Treat event on **Saturday, November 5, 2022** beginning at **noon**. For more information, you may contact Rev. Natalie ([bernie060@aol.com](mailto:bernie060@aol.com)) or Sis Liz ([wehlizzy@yahoo.com](mailto:wehlizzy@yahoo.com)).

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YOUR VOICE YOUR VOTE

District of Columbia, Maryland,  
Virginia, and North Carolina

\*\*\*\*\*  
**YOUR VOICE** *Matters*  
**YOUR VOTE** *Counts*  
\*\*\*\*\*



*#govote!*

Second Episcopal District of the African Methodist Episcopal Church  
James L. Davis, Servant Bishop

Please exercise your right to vote on **Tuesday, November 8, 2022**. We also encourage you to offer to take someone to the poll who does not have transportation.

**Remember it's:**

**YOUR VOICE & YOUR VOTE!!**

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## Cast Your Cares Prayer Session

WOW AND SPIRITUAL FORMATION MINISTRIES

*Present*

A woman with her eyes closed and hands raised in prayer, set against a dark, textured background.

# CAST YOUR CARES PRAYER SESSION

CALLING ALL WOMEN

▼ FRIDAY, November 11, 2022

▼ 7PM

FAMILY LIFE CENTER

Bring your pillow and shawl (Optional)

RSVP for Zoom Participation -  
email [adminasst@mtcalvaryame.org](mailto:adminasst@mtcalvaryame.org)

Mt. Calvary AME Church  
Rev. Bobby B. Cox, Jr., Pastor  
300 Eudowood Lane, Towson MD 21286

Come out and cast all your cares  
on the Lord and leave them there.  
(I Peter 5:7)



**Wellness Wednesday**  
**November is Diabetes Awareness Month**



“Managing your blood sugar is the key to living well with diabetes, and eating well is the key to managing blood sugar” (<https://diabetes.org>).

**Tips for the Enjoying the Holidays**

**1. Create a Plan & Know Your Numbers**

- Eat small meals.
- Do not skip meals it will be harder to manager your blood sugar, keep your blood sugar steady, and reduce portion sizes of carbs (bread & potatoes) if your planning on enjoying dessert.
- As always, monitor your blood glucose levels.

**2. Make Healthy Choices**

- Your plate should consist of veggies & proteins with the remainder plate of the foods you like best.

**3. Don't Forget Your Favorites**

- Select dishes that you normally don't have at any other time of the year and make sure you count in as part of your meal plan.

**4. Keep Moving**

- Physical activity is essential and being active is your holiday weapon. Start by adding 10-15 minutes of physical activity into your daily routine, or take a walk after a meal.

**5. Get Your Rest**

- Sleep deprivation causes increased desire for higher fatty foods. Aim for 6-8 hours of sleep to avoid mindless eating.

*~From Health & Wellness Ministry*

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# Thankful

## SCRIPTURE FOR THANKSGIVING

During the month of November we celebrate Thanksgiving Day. Families and friends gather together to give thanks, fellowship with one another, and share a meal. This day and season is also a time of year where we reflect on the goodness of God. During this Thanksgiving season, take an inventory of things that you are thankful for through out this month. Here are a few thankful scriptures that may inspire you:

- **1 Thessalonians 5:18**

...give thanks in all circumstances; for this is God's will for you in Christ Jesus.

- **Colossians 3:15**

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

- **Colossians 3:17**

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

- **Philippians 4:6**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

- **Psalms 7:17**

I will give thanks to the LORD because of his righteousness; I will sing the praises of the name of the LORD Most High...

# A One-Day Women's Advent Retreat

Mount Calvary AME Church Invites You



A ONE-DAY  
*Women's*

# ADVENT RETREAT

Matthew  
11:28 NIV

Prepare Yourself for the Coming of the Lord  
A time to Reflect, Rejoice, & be Revived



*Sat.* **DECEMBER 3**

**8:00 AM** —  
**5:00 PM**

**BON SECOURS RETREAT & CONFERENCE CENTER | 1525 MARRIOTTSVILLE RD, MARRIOTTSVILLE MD**

[www.rccbbonsecours.com](http://www.rccbbonsecours.com)

**COST \$65 includes all meals & retreat materials**  
Register NLT Nov. 11th via Cash, Check, or Cash App at [\\$sistersonretreat](mailto:$sistersonretreat)

Contact Rev. Thomasine Adams 410.967.6788/ [adamsthomasine7@gmail.com](mailto:adamsthomasine7@gmail.com)  
Rev. Dr. Lisa Banks-Williams 301.543.7143/ [lbw1221@verizon.net](mailto:lbw1221@verizon.net)  
Sis. Shirley Stitt 410.804.6215 / [ssmstitt@aol.com](mailto:ssmstitt@aol.com)



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Bon Secours Retreat & Conference Center Grounds

# Mount Calvary AME Church Honors all Veterans on November 11, 2022...



Birthday greetings goes to all those celebrating a birthday in the month of November from your Congregational Care Unit (CCU) Leaders Sis. Raquel Batson ([batsonrocky@yahoo.com](mailto:batsonrocky@yahoo.com)) and Bro. Al Williams ([powill200@gmail.com](mailto:powill200@gmail.com))

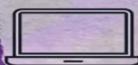


Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this, says the Lord Almighty, and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.

Malachi 3:10

# 5 Ways to Give

Mount Calvary AME Church



**ONLINE**

[www.mtcalvaryame.org](http://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 Eudwood Lane | Towson, MD 21286



**SMART DEVICE**

Cash App Smeamed



Mount Calvary AME Church  
300 Eudwood Lane  
Towson, MD 21286  
410-296-9474 (phone) 410-296-8710 (fax)  
[adminasst@mtcalvaryame.org](mailto:adminasst@mtcalvaryame.org)  
[www.mtcalvaryame.org](http://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](mailto:mtcalvaryamemessenger@gmail.com).