



# THE *Mount Calvary* MESSENGER

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

MARCH

2022



## HEALTH & WELLNESS MONTH

It is in the wilderness experience that God prepares us for the next steps in life and ministry.  
Luke 4:1-2 AMP

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

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



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# Your Mental Health Matters: Self-Care for Healing, Restoration, and Wholeness

Written By: Tierra Sydnor-Diggs, LCSW-C  
Keys of Hope Consultants, LLC

Taking time to care for your mental, physical and spiritual health is one of the ways we can honor God. 1 Corinthians 6:19-20 states “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore, honor God with your bodies”. While there are many blessings happening daily to be thankful for, there are also challenges that people are experiencing that impact their daily lives, their mental health and overall well-being.

Implementing self-care as a daily practice is one way to show stewardship to be the best and healthiest version of yourself. Self-care involves being deliberate and intentional about engaging in activities to sustain life, health, and well-being. It's about practicing self-compassion and self-awareness to not only give yourself grace, but to also examine your overall needs holistically. Self-care is also about becoming aware of your emotions, stressors, and the challenges in your life that may be contributing to you not feeling well physically, mentally and emotionally.

Developing a self-care plan will be unique to you and your needs. Taking time to pray and self-reflect will help you decide which activities will be helpful to implement into your routine.

Here are a few ideas for your self-care toolbox:

- ◆ Praying
- ◆ Getting enough sleep
- ◆ Walking/Exercise
- ◆ Practicing gratitude
- ◆ Going to therapy
- ◆ Writing/Journaling
- ◆ Setting firm boundaries
- ◆ Connecting with your support circle
- ◆ Getting organized
- ◆ Identifying and managing stressors

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# 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!”***

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## 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!”*



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## Church-Wide Announcements

- March 13 Daylight Savings Time begins
- March 15 Virtual Church Conference and New Members Read-In - 7pm
- March 16 Virtual 4th Quarterly Conference - 7pm
- March 26 Red Cross Blood Drive - FLC 11am-4pm

◆ Harvest Meals 4 The Hungry Ministry

The serving of the *Grab and Go Meals* began on Wednesday, February 2<sup>nd</sup>. Monetary donations are accepted. If you would like to volunteer for this much needed ministry, please contact the following persons: Bro. Andrew Adams: [andrewadams99@msn.com](mailto:andrewadams99@msn.com) or 443.370.1690; Rev. Thomasine Adams: [adamsthomasine7@gmail.com](mailto:adamsthomasine7@gmail.com) or 410.967.6788

◆ Disciples for Christ Men's Ministry Soup Kitchen:

Serving hot soup and sandwiches to the homeless twice monthly through March. NEW Items, such as socks, gloves, and warm hats are needed through the end of March. Please contact Bro. Andrew Adams for donations: [andrewadams99@msn.com](mailto:andrewadams99@msn.com) or 443.370.1690.

- ◆ The Health & Wellness Ministry would like to invite those interested in joining the ministry. On Saturday, March 26th at 11:00am via Conference Line (725-735-9012) we will meet to discuss plans for 2022. So bring your ideas, talents, and treasures to this kickoff event. We look forward to working with you.

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## EMMA JANE GARNER MISSIONARY SOCIETY

Annual Day  
Sunday, March 13, 2022

Theme: Missions: The Heartbeat of God

Scripture: Each of you should use whatever gift you have received to serve **others, as faithful stewards of God's grace in its various forms.**

1 Peter 4:10

Preacher: Rev. Dawn Wayman

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## March Memory Scripture and Theme

“Now Jesus, full of [and in perfect communication with] the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And He ate nothing during those days, and when they ended, He was hungry.”

Luke 4:1-2 AMP Version

Theme: Reposition: It is in the wilderness experience that God prepares us for our next steps in life and ministry.

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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:
- Church School - Sundays at 8:30 am adults (*On the prayer line*).
- Church-wide Bible Study - Wednesdays at 7pm (*Face Book Live*).
- Join us every Thursday for Thursday Treats for the Thirsty– Zooming in His Word at 7pm.
- YPD Virtual Church, 4th Sunday at 1pm on Facebook Live.



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/> or dial 725-735-9012.

## 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 Reagan. 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, Mount Calvary celebrates and congratulates our very own, Sis. Sherrilyn Ifill, for her recent acknowledge as being one of the 12 Time [Women of the Year for 2022](#). Sis. Sherrilyn is an attorney, law professor, and the president and director-counsel of the NAACP Legal Defense Fund. She is the Legal Defense Fund's seventh president since Thurgood Marshall founded the organization in 1940. She is also a nationally recognized expert on voting rights and judicial selection. In 2021, Time named her one of the 100 most influential people in the world on its annual Time 100 list.

Sis. Sherrilyn, Bro. Ivo, and their three daughters joined Mount Calvary in 2001 and have remained active members of our church. Her church family acknowledge her as a member and a servant to God and her life commitment to fighting for equal rights.

Congratulations  
Sis. Sherrilyn!!!



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# LENTEN MESSAGE...

Lenten Season: March 2 - April 17, 2022

Lenten Season 2022

**“Prepare”**

*Isaiah 40:3-5; Mark: 1:1-3*

This year Lent takes place from Wednesday, March 2nd, Ash Wednesday, to Thursday, April 14th. Easter takes place on Sunday, April 17th. Lent is a Christian annual period that starts on Ash Wednesday lasting 40 days (not including Sundays) representing the 40 days Jesus spent fasting in the wilderness.

Lenten Season is a journey. Our Theme for the Lenten Season is *“Prepare.”* We will be intentional as we **prepare by fasting, praying, reading Scripture, creating a Sacred Space, and giving to the poor (benevolence)** during the Lenten Season.

*You might think, how do I prepare myself for this season? What needs to happen within so that I can practice with more integrity and intention whatever I am doing on the outside?*

As we prepare for the Lenten Season Journey, we begin with prayer. It allows us to physically carve out Sacred Space daily for prayer, which allows our minds to be mentally prepared for our prayer experience. Our intentional prayer experience enables us to first begin an inward *Fast* that manifests in an outward way of being. Through prayer, we can acknowledge the things in our lives that we must ask God for forgiveness (repentance) which frees our spirit to thrive in a gentle and loving way.

Reading Scripture and Meditating on the Word of God renews our mind by applying it to those things that will transform our spiritual lives. The Scriptures become liberating and can bring Love, Peace and Joy to our souls. Our love enables us to give to the poor and needy from our hearts (benevolence) with boundless joy.

As the Body of Christ, our Lenten Journey has begun. We invite The Holy Spirit to guide us through Holy Week, into Resurrection Sunday, **transformed and renewed by God’s Love, Grace, and Mercy** for the continued journey before us.



Rev. Thomasine Adams  
Prayer and Spiritual Formation Ministry

# March Prayer List

Sis. Virgie Brandt  
Rev. Bonnie Epps Burgess  
Pastor Bob & Rev. Angie Cox  
Bro. Brian Creek  
Sis. Vivian Fenton  
Mother Mabel Gray  
Mother Grace Hicks  
Sis. Sherrilyn Ifill  
Bro. Ivo Knobloch



Sis. Wendy Savoy  
Sis. Liz Weh  
Bro. Warren Whitworth  
Cancer patients/Survivors  
Coronavirus patients/Survivors  
First Responders  
Health Care Workers  
Ukraine

## 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](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 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](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).*