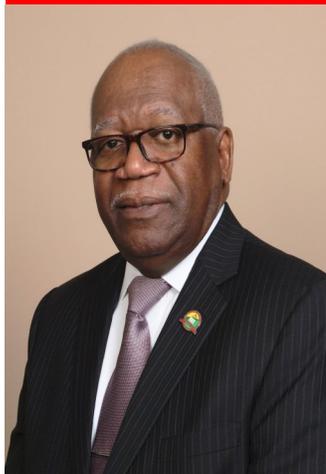


# Calvary's Voice



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**“If it had not been the Lord, where would we be”**

Greetings Mt. Calvary,

These words are a paraphrase from Psalm 124, but they sum up our thoughts as we, as I reflect on the past year, and the previous year. The Lord has brought us – a people of Faith, through a period that has been long and full of unexpected circumstances. But is that not the Promise of God to the children of faith. That God would not leave nor forsake us. That God would provide; That God would lead and guide us

along this journey called life? That God would bring us through? The question for us is will we continue to trust him when the journey gets long, and the end seems to be far in the distance.

The answer is yes! Yes Lord, because our Faith looks up to Thee. We have the Reward of your Faithfulness and of your Deliverance.

In these last months we will have some important dates to celebrate: Church Anniversary 121 years, Thanksgiving, Christmas- Birth of Christ, all these times of celebration are centered around, “If it had not been the Lord- where would we be.”

Lord God sustains us- Mt. Calvary for 121 years; blessed us in the midst of a pandemic; turned our sorrows into joy and remains with us in the midst of it all. Sent a Gift of Love to all who will believe that keeps on giving year after year because this Gift is Love Everlasting.

So, I implore each of us to take the time as we approach the end of the year and stand on the brink of a New Year to pause and reflect, Give Thanks and Recommit ourselves to Worship and Service to the One who has Kept and Provided for us along this Journey.

“If it had not been the Lord- where would we be.”

Be Encouraged, Blessings on the Journey!

Pastor Stowers

## Important Dates:

**Dec. 10: Annual Conference**

**Dec. 25: Christmas**

**Dec. 31: New Year's Eve**

**Jan. 1: New Year's Day**

**Jan. 17: Martin L. King Jr. Day**

## Vision

### Statement

**Mount Calvary Baptist Church seeks to be a “Teaching Church”, empowering people through the Word of GOD to effect change in their lives and the life of the community.**

**FAITHFUL GOD**

## The Greatest Gift



Greetings MCBC Family,

Please enjoy this devotional from "Fresh Waters."

Salvation is not an insurance policy. An insurance policy is something you cash in when a crisis hits. A relationship is something you are involved in every day. Unfortunately, there are a bunch of Christians who don't know whether they want to make a lifetime commitment to the Lord or not. In crisis they try to make a claim on their "salvation policy" only to find out that it's invalid. To have a relationship with God means that you are all the way in. Some people think they can just go along living their lives until they get ready, and then decide to walk into the Kingdom of God. You may not get that privilege. You are not the owner. You don't write the rules, and therefore you cannot serve God any kind of way. The Word of God says, "Today is the day of salvation." This day is your opportunity to accept Jesus as Lord. Decide today that you are in all the way. He is the best gift that anyone could ever give you.

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. John 3:16

Merry Christmas!

Love is Forever,

*Lady Wanda Stowers*

## **Mt. Calvary Congratulates and Celebrates members with 50 Years of Church Membership**



**Emma Bolton  
Geraldine McKnight  
Mae Echols  
Mildred Taylor  
Wanda Stowers  
Willie Russell**



## The Best Gift



I know that you've noticed that over the past several years some people have tried to make Christmas just another holiday. Before I retired, we were told to say "Happy Holidays" or Season's Greetings" instead of "Merry Christmas." And we are to have "holiday" trees and lights, instead of Christmas trees and Christmas lights. The world has tried to completely remove Christ from Christmas. The truth is, Christmas is all about Christ. It's the day we choose to celebrate His birth and remember why He was born.

Think for a moment, what's the best gift you ever received at Christmas? For me, it was a transistor radio. I got it when I was about 11 or 12 years old. I wished you could have seen the expression on my face when I received this gift. I was so excited. I took it with me everywhere, even to the movies. Even though it was a wonderful gift, it could never compare to the very best and greatest gift I've ever received. See you and I have been given a gift by God. It's the most awesome gift we could ever possess. Isaiah 9:6 says "For unto us a child is born, unto us a son is given ... and His name shall be called Wonderful, Counsellor, the Mighty God, the everlasting Father, the Prince of Peace."



Jesus wrapped Himself in flesh and came to the earth, born as a baby in Bethlehem. Jesus, the Messiah, took on the biggest job that's ever been assigned to anyone. He took on the responsibility of redeeming you and me, purchasing our salvation with His own life. John 1:14 says, "The Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth." God gave His Son and Jesus gave His life, as a gift for us. With this gift comes eternal life, freedom from guilt, shame and fear, prosperity, love, peace and joy like you've never experienced before.

So you see, if Christ were to be taken out of Christmas or the Bible, what would we have left? We would have some nice stories, history, and words of encouragement. It would be like reading any other book, because without Christ, there would be no salvation – no hope of glory. Without Him, December 25th will be just another day on the calendar BUT because of Him we celebrate! That's what Christmas is all about. You may look far and wide and you will never find another gift like this one.

Merry Christmas to everyone. May this be a season of joy, peace, and love like you've never known before.

*Sister Janie Lowe*

## Health and Wellbeing

### CareGiving: Coping with Emotions

During the past few month, Pastor Stowers have encouraged MCBC to remember our caregivers. He has even encouraged caregivers to learn if they are eligible for financial support by visiting the church's website where important information can be found. A caregiver is a family member or paid helper who regularly looks after a child or a sick, elderly, or disabled person. Caregivers are responsible for the physical care and emotional support of someone who can no longer care for themselves due to an illness, injury or disability. Acting as a caregiver, especially for a prolonged period of time, can be an emotional challenge. Emotions such as feelings of guilt, anger and sadness may appear. Knowing that these feelings are common may help but there are ways to help deal with these emotions. Here are a few coping tips for some common emotions:

**Anger:** Perhaps you have too much on your plate. Is there someone who can step in to take on one or more of your tasks? Don't be afraid to let others know that you need help.

**Guilt:** Are you feeling that you could be doing more or that you should not be struggling. No matter what, try to accept the fact that you are doing as much as you can do right now. Knowing that you are giving it your all and doing what you can is okay. Also remember that it is okay to ask for help if you need it.

**Loneliness:** Providing care for someone constantly may lead to feelings of isolation. You may feel cut off from physical and emotional support. Think about joining a support group where you can talk with others who understands what you are going through. They not only understand but can provide an outlet for you to share your feelings without feeling guilty.

**Anxiety:** Not knowing what to expect or what lies ahead can lead to feelings of anxiety. To combat this, try learning as much as you can about caring for your loved one or the person in your care. The internet can provide a wealth of information on many things from learning about the illness, or disability to care tips on how to manage and care for your loved one. Don't forget to talk to their doctor, nurse or a trusted medical person. Knowledge is power and can allay your fears.

**Sadness:** Unfortunately, you may grieve about your loved one's illness or disability and the life they or you may have had. Don't be afraid to allow yourself to feel this way. Be honest with yourself and then seek help from a grief counselor if you feel you can benefit from counseling.

You may not always be thanked for providing a loving, safe and caring environment for a loved one but remember God sees, knows and cares about you too. Take care of your emotional health!

For additional information on caregiving visit: [www.caregiveraction.org](http://www.caregiveraction.org) To learn if you qualify for financial support for providing for a loved one visit: [www.healthforcega.com](http://www.healthforcega.com) and click on the link for Care Costs, then look for The Structured Family Caregiver link.



**Care-  
givers  
Matter**