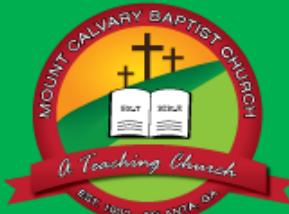


Calvary's Voice



Mt. Calvary Baptist Church

17 Fairburn Road, SW

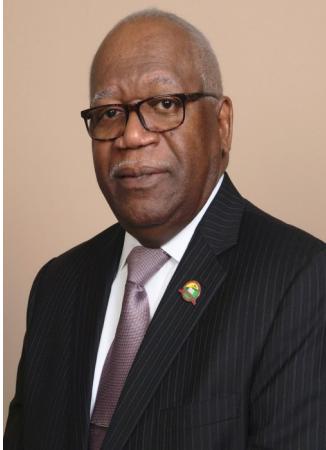
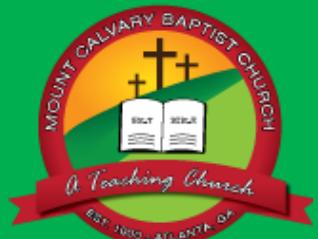
Atlanta, GA 30331

404-696-1039

Rev. Douglas E. Stowers, Pastor

www.atlmtcalvary.org - Facebook.com/AtlMtCalvary

Shirley Seymour, Editor



Greetings to each of you as we continue to lift our eyes to the One who supplies all our needs each and every day.

Thanks for joining us in-person and by way of technology for Worship each Sunday. God has blessed us with the means to stay in touch with each other and for this; - We Give God Praise!

In person worship has shown an increase since the addition to our guidelines of testing 48 hours before worship if not vaccinated. Join us for Worship it makes a difference!

In September we look forward to our **Service of Remembrance** on September 18th at 10:30am. A Special Time of Worship to remember the Saints that transitioned from "Labor to Reward" during the Pandemic.

From March 2020 to the Present we have been unable to celebrate in the Sanctuary the Honoring of the Saints. So Come as we celebrate the Promises of God and the Victory that has been won by God through Christ on our behalf. We Remember and Celebrate!

Join us in Person, by way of technology, but join us as God continues to pour God's blessings upon us.

Be Encouraged! God Sees, Knows and Cares!

Blessings on the Journey!

Remember, Celebrate and Honor Our Saints

Important Dates:

Sept. 5: Labor Day

Sept. 11: Communion Sunday

Sept. 18: Service of Remembrance

Oct. 9: Communion Sunday

Oct. 10: Columbus Day

Vision

Statement

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



Pastor Stowers Receives PNBC President's Award

The MCBC Family extends congratulations to our beloved Pastor, Rev. Dr. Douglas E. Stowers. Recognized for his exemplary service, he received the President's Award at the Progressive National Baptist Convention, Inc. (PNBC) 61st Annual Session held in Orlando, Florida August 7-12. As Pastor Stowers ended his tenure as treasurer, he has entered another phase of his service to PNBC by being appointed as Financial Advisor to the Incoming President Rev. David R. Peoples. Your MCBC Family is proud of your accomplishments Pastor and will continue to love, support and lift you and your family up in prayer as you continue your service for the Kingdom of God.



Unshakable Faith

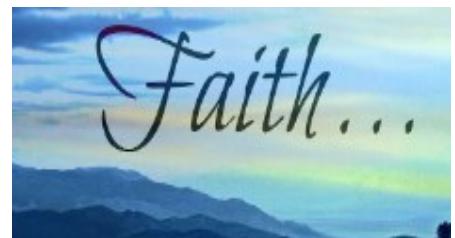
Hello My Mt. Calvary Family,

Another year is almost complete, and we have so much to be thankful for. God has kept us in the safety of his arms. Every year I pick a word to meditate on for the entire year, this year the word is Faith. First, the Bible defines faith as "Now faith is the substance of things hoped for, the evidence of things not seen" (Hebrews 11:1). Faith is the assurance that God's promises will never fail.

Faith is one of the most central parts of our relationship with God. No matter who we are, there will be difficult moments that test our faith and trust in God. Our faith is tested daily by terrible news stories that remind us of the trouble of the world. There are pandemics, wars, rampant violent crimes, and unspeakable acts against children just to name a few. We must not let these things shake our faith. Remember God is great and perfect, and he alone is qualified to judge mankind. He alone will bring justice with his mighty hand, and it will be eternal. Because God is faithful and without wickedness, we can rest without worry. His justice will make everything right one day. The more we live in faith, the better we can navigate our way in the world, by trusting in God's ultimate plan.

When you feel overwhelmed and your faith wavering, remember God's word, "Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus" (Philippians 4:6-7). If we keep our eyes on God and make decisions based on faith, we become agents of a God who can move mountains. We must remember that "without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him" (Hebrews 11:6).

**Thank you, Lord that your Word is faithful and true,
and I don't have to doubt your promises.
Lord, help me to persevere in faith,
you hear my prayers and even if I cannot see your response,
I know you are working! Amen**



Happy Holidays, Love Is Forever, Lady Wanda Stowers



Believing God

All of God's promises in the Bible are for us today. His character guarantees that what He said shall be done. Matthew 24:35 says "Heaven and earth shall pass away, but my words shall not pass away." That means whatever God said in His Word is still true today.

Believing everything God did in the Old Testament and the miracles Jesus performed in the New Testament is not enough. We have to believe that our Heavenly Father is capable of doing them today and be fully persuaded that He is the same now as He has always been. Hebrews 13:8 says "He is the same yesterday, today and forever." God is unchanging in His being, perfection, purposes, and promises. The Word of God contains a promise for every need. Whatever that need is, God has the answer. You name it, He has it - and if God has it, we can have it too.

Whose report will you believe? Will you accept what people, doctors, the world, or the devil says? Or will your faith remain steady in God. He has already promised to meet your needs. So if you want to see the promises fulfilled in your life, start by saying I believe God. God is greater than any situation, trial, or circumstance. There's no reason to ever have a long face when tough times come your way.

Many times we try to do things our own way and in our own strength. We carry the anxieties instead of casting them over on the Lord. These anxieties affect your physical life as well as your prayer life. Jesus cares for you and He will not let you down. So don't let obstacles stop you. When it seems as if you won't receive what you are standing in faith for, get joyful. Of course, you aren't joyful about the problem, but get joyful about the answer to your prayers. If you put your faith in the power of God there's no reason to stop believing because God cannot and will not fail. He has your answer. Simply trust His ability.

Don't ever give up your right to hear from Him directly. He designed us to hear His voice. He's an expert consultant. I looked up the word consultant and it means a professional who provides expert advice. We have the greatest consultant! He lives in us and goes with us everywhere. He will never leave us, turn away or say you have blown it too many times. No, He wants us to endure and not get weary so that we may see the fulfillment of the promise.

Proverbs 3:5-6 in the Message Bible says "Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; He's the one that will keep you on track." And, First Peter 5:7 says "Give all your worries and cares to God, for He cares about you".

Sister Janie Lowe





MCBC Future Pediatrician

Briel Delores Hill, daughter of **Sister Debra Aikens**, just completed her advisor role at the National Youth Leadership Forum on Advanced Medicine and Healthcare. As a member of the Minority Association of Pre-Med Students, she applied to this program and was accepted. The program, sponsored by Envision by Worldstrides, was held at John Hopkins University, Baltimore, Maryland. Briel got a chance to explore a variety of specialized medical fields through this program's exciting, hands-on interactive curriculum, small group activities, and true-to-life medical workshops—such as testing her skills at performing a simulated fracture reduction. The program was seven weeks long.

She joined with other high school students from around the country to learn from and interact with subject-matter experts, gain invaluable, firsthand experience by assuming the role of a physician, and being empowered to fully realize her true potential. At this challenging and rewarding program for high school students who are seriously considering a career in medicine, she was able to tour the R Adams Cowley Shock Trauma Center at the University of Maryland (UMD) Medical Center and learn about its mission, patients, and programs. She participated in a first-responder simulation received a Stop the Bleed certificate. Briel said about 25 students were in her section. She was trained first and then in her advisor role, trained others in her program to do medical procedures such as how to scrub in for surgery, how to suture a wound and technique on fracture reduction. Briel stated that learning how to suture wounds was a difficult procedure to learn but she mastered it. Learning the technique of fracture reduction was the easiest for her.

Briel thanks her MCBC family for their prayers. Her future plans are to continue with her education and eventually attend the Morehouse School of Medicine where she plans to study Pediatrics. **Congratulations Briel! Your MCBC Family is proud of you and wish you God's blessings and success!**



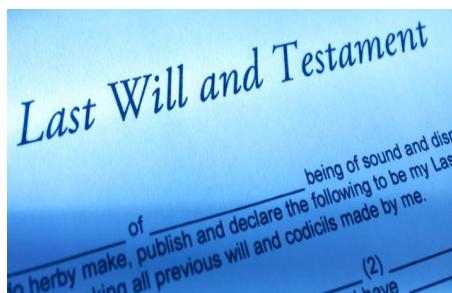


MCBC Service of Remembrance

Smile Because They Lived

You can shed tears that they are gone, or you can smile because they lived. You can close your eyes and pray that they will come back, or you can open your eyes and see all that they have left. Your heart can be empty because you can't see them, or you can be full of the love that you shared. You can turn your back on tomorrow and live yesterday, or you can be happy for tomorrow because of yesterday. You can remember them and only that they are gone, or you can cherish their memory and let it live on. You can cry and close your mind, be empty and turn back, or you can do what they would want: **Smile**, open your eyes, love and go on.

-Author Unknown



Let's Think About The Unthinkable

Ecclesiastes 3:1-2 reads "To every thing there is a season, and a time to every purpose under the heaven. A time to be born and a time to die..." We will all die a physical death and when that time comes, we can prepare our family to carry out our final wishes by preparing some documents beforehand. Prepare them now and be better prepared in the event of the unthinkable and possibly unexpected tragedy.

1. Be sure to prepare and or update your **Will** as needed. Review every 5 years or if there are major life changes. If you have any assets of value, you need a will. Make your wishes known.
2. Prepare your **Advanced Care Directives** and any other end of life documents. This document states what medical care you want to receive if you can't speak for yourself. Be sure a trusted family member, friend or advisor know where all of your important documents are. Can they be located if necessary.
3. **Review your beneficiary(ies)** on investment accounts, insurance policies, stocks, bonds and other financial documents. While there are Do It Yourself templates for Wills and Advance Directives, consider having a professional lawyer look over your documents or prepare them for you. Remember that a court will decide what will happen to your personal property if you have not prepared a Will in advance. A family member can petition the court to manage your estate if there is not a Will but it can become a lengthy and potentially expensive process.
4. Finally, consider if you need a **Durable Power of Attorney**. The trusted person you select as your agent will be able to make financial, business and legal decisions on your behalf if you become incapacitated or unable to make informed decisions. Review your emergency plans and prepare for your future and family law needs.



Back To School Prayer



It is the custom of **Pastor Stowers** to pray for the safety and well-being of our youth, their teachers and all support staff as they return to school. This prayer of faith takes place during the morning worship service on the first Sunday in August. **Pastor Stowers** talked about the importance of covering administrators, teachers, students, bus drivers, custodial staff and all support personnel in prayer. As our youth in attendance, **Jomar Todd, Miah Todd, M.J. Todd, Briel Hill and Sanai Robinson**, stood before the

MCBC family, **Rev. Kenneth Brown** covered them in prayer. After the service, they were presented with a Back To School gift bag from Mt. Calvary by **Dea. Leander Parker**, Youth Ministry Coordinator, full of items that will be needed during the school year to include, notebooks, hand sanitizers, face masks, etc.



Your MCBC Family is praying for you to have a blessed, safe and successful school year!

HYMNS

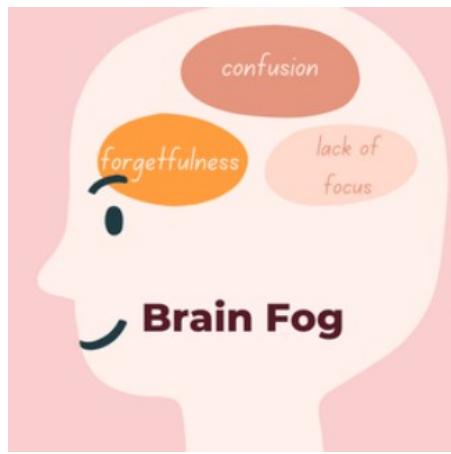
INSPIRING STORIES ABOUT
600 HYMNS AND PRAISE SONGS



Did You Know? Inspiring Stories About Some Familiar Hymns

1. The popular hymn “**Amazing Grace**” was written by a former hardened slave trader, John Newton.
2. A poor insurance agent, Thomas Chisholm, first penned the song “**Great Is Thy Faithfulness**” at the age of 57 based on Lamentations 3:22-23.
3. A missionary, Adelaide Pollard, who had trouble raising support to go to Africa wrote the song “**Have Thy Own Way, Lord.**”
4. In Australia, a young woman, Darlene Zschech, struggling with depression wrote “**Shout To The Lord**” and nervously sang it for the music pastor of her church.
5. Thomas Dorsey, the best known African American composer of gospel music in America, wrote “**Peace In The Valley**” just before Hitler sent his war chariots into western Europe. While on a train passing through a valley in Indiana that was tranquil, he wondered “What’s the matter with mankind?” and scribbled the words to the song.
6. “**Near The Cross**” was written by Fanny Crosby, the blind songwriter who wrote more than eight thousand hymns, after composer William H. Doane gave her the tune for it and asked her to write a hymn.
7. The gospel song “**He Lives**” was written by Alfred Ackley, after a young Jewish student asked him: Why should I worship a dead Jew? Ackley quickly answered, “He Lives! I tell you He is not dead, but lives here and now! Jesus Christ is more alive today than ever before.”
8. “**Silent Night, Holy Night**” was written by Joseph Mohr, a Catholic priest because the church organ broke just before Christmas and a hymn was needed that could be easily sung by the congregation without the organ. Franz Gruber wrote the tune that could be accompanied by a guitar.
9. The song “**Count Your Blessings**” written by Johnson Oatman Jr. came about because he realized he could not sing like his father who was a gifted singer. He decided to count his blessings and realized that he could write songs and usually wrote 4-5 songs a week. Not wanting to accept any money for the songs he wrote, his publisher insisted and he finally accepted \$1.00 per song.
10. “**Through It All**” written by Andre Crouch, was his testimony in his time of personal anguish. People walked out of his concerts after learning he was African, American. Once the only housing he found was next to a chicken coop. Finally, after learning that the woman he wanted to marry announced that she would be marrying another, his mind went to David and how God directed him both by God’s rod and God’s staff. *Excerpts taken from The Complete Book of Hymns by William J. Petersen and Ardythe Petersen*

If you would like to know the inspiring stories behind some of our most popular and beloved hymns and praise songs, consider reading this book. It is filled with some very interesting stories of faith, tragedy, hope and love. Discover the history of songs based on Adoration and Praise, Assurance, Atonement and the Cross, Comfort and Peace, God the Father, Hope and Heaven, Mission, Prayer, Resurrection, Salvation, Thanksgiving and Trials to name a few.



Understanding Brain Fog

Not thinking clearly, feeling forgetful, having difficulty focusing, you might be experiencing what scientists have characterized as Brain Fog. This condition is very different from Dementia or Alzheimer's Disease. Many believe this can be a long term effect of Covid, but chronic insomnia, head injuries, strokes, depression, cancer therapies, and drug side effects can all lead to similar and often troubling mental cloudiness. Not feeling mentally as sharp as you used to often accompanies problems with multi-tasking, articulating words, or finding things around the house. How many of us have entered a room and then wondered why we came into the room or

what were we looking for? Brain fog also differs from cognitive changes that come with age. Retrieval of information get a bit slower with age, remembering a name for example, but doctors say brain fog comes on suddenly and is often linked to a head injury or Covid-19. Stress or anxiety can exacerbate symptoms. Lack of sleep, poor nutrition, hormonal changes such as menopause, allergies or sensitivity to foods, certain medications, and chemotherapy can contribute to this condition. While there is no perfect treatment for brain fog, experts believe that there are some therapies you can try to alleviate the symptoms.

1. **Always consult your doctor if you have concerns.** A referral to a neurologist for a formal cognitive assessment can identify strengths to compensate for impairments.
2. **Limit medications and alcohol.** Drugs like sleeping aids for insomnia could leave you feeling foggy. Ask your doctor before stopping any medication.
3. **Improve your Sleep.** Good sleep practices play an important role in decreasing brain fog. Chronic sleep problems can lead to consistent episodes that you get similar to jet lag. Good sleep hygiene consists of having a consistent bed time, sleeping in a cool dark room, and avoiding screens (TV, computer, phone) for an hour before bed.
4. **Exercise Regularly.** Aerobics exercise may help to clear brain fog for those who are able to do it. Walking is great. Any exercise is better than nothing at all. Check with your doctor to be sure it is safe before you begin any new exercise routine.
5. **Take It Easy.** Reduce your cognitive or brain load when you can. Reduce the stress on your memory by making lists for example. Also, try to avoid multitasking or doing multiple things at once. Focus on items and events, give them your full attention separately.
6. **Mental Health.** Check with your doctor if you are feeling depressed or lonely. Therapy or medication can help you avoid long term brain fog that will affect your memory.

Excerpts taken from Consumer Reports/On Health, Volume 34 Issue 8, August 2022

MULTIVITAMINS: Take your multivitamins or fish oil with your meal or after eating. The fat in the meal helps your body absorbs the vitamins better.

Got a Persistent Cough: Try a small square of dark chocolate - about one half to one ounce two or three times a day. It is a natural cough suppressant thanks to a chemical call theobromine. Aim for products with more than 65% cocoa. Avoid eating late in the evening due to the caffeine.