



THE CALVARY COURIER

JULY 2020

A NEWSLETTER OF THE MT. CALVARY BAPTIST CHURCH OF PALM COAST, FLORIDA

Bringing Information and Inspiration to the Mt. Calvary Family and Community

THIS ISSUE

**The Pastor's
Pages - 1,2**

**Courier Staff -
2**

**Special
Message from
Deacon Chair
-2**

**Poet's
Memoirs- 3**

**Mt. Calvary
Members
Share -
3 - 6**

FYI - 6

**Kids Korner -
7**

**Health-
8-9**

**Happy
Birthday -
10**

**Disclaimer -
10**

Holy Greetings In Jesus' Precious Name;

"Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." (Philippians 4:6-7)

While this world has become a very different place, over the past several months, causing many of us to be concerned, with specific events having forced us to observe social distancing, wear face coverings, and take necessary precautions that may keep us from being infected with a deadly virus, we can be confident knowing that God's Word remain true, and offers us hope and comfort. *"Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord." (1 Corinthians 15:58)*

We are experiencing a time that demands unique and creative approaches to worshipping and staying connected. Staying in God's Word promises that we will be offered comfort and guidance, which will carry us through. To that end, we've made and are observing necessary adjustments that make it possible for us to participate in congregated Sunday Worship Service, as well as mid-week manna, by using multiple forms of communication. The numbers and directions for connecting to these services are provided in this paper, as well as on Facebook. Some of us are being forced to learn and use new modes of communication. So, please connect with the Church Office if you still have difficulty joining us for spiritual manna, and they will offer guidance to the extent possible. We want to remain connected with you; and your faithfulness is most important as we travel through these times together.

Thank you to those participating in our various modes of togetherness, by taking the lead, participating, or getting the Word out through the various communication methods. Know that you will be blessed for your faithfulness, as you work, plan, offer words of comfort, hope and encouragement to each other, as well as to our brothers and sisters, or help in any way possible.

While we do not yet have a definite date, please know that we are meeting on a regular basis to plan for our eventual reopening, one that will meet the demands and changes of the times that we are in, doing that which is within our control to keep everyone safe.

(Pastor's letter conclusion on page 2)

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Reverend Edwin Coffie, M.Div., Pastor

We are addressing topics such as the wearing of masks, gloves, hand sanitizer, distancing, using the restrooms, cleaning, scheduling, and occupancy, all items that must be pre planned to ensure a safer reopening and usage. Likewise, while you are home, I urge you to pay attention to the instructions from experts who offer advice on how to stay safe, and follow their direction.

For those experiencing family members that are sick, or that have passed, and in both instances being unable to visit, service, assist, or carry out recognized rituals, we pray for you and with you, as we discover new ways to honor and celebrate each one's life.

Please continue to reach out to each other by offering words of encouragement to help us through these times. Know that the question of re-opening requires serious consideration, as we have our members safety and health, as a primary concern in this situation, and are being guided by the health experts. But, God will reveal the best way for us to proceed. We may yet emerge from this improved, having clearer priorities, and with a deeper faith in God.

Be encouraged! Know that, **"The Best is Yet to Come!"**

In His Service

Reverend Edwin Coffie, M.Div., Pastor



[This Photo](#) by Unknown Author



The Calvary Courier Staff

Sister Toni Blount, columnist
Brother Ricardo Cook, photographer
Sister Jennifer Harris, columnist
Sister Maryiotti S. Johnson, layout/design/columnist
Deacon Robert Robinson, columnist
Maxwell and Myles Lee, columnists
Sister Michelle Johnson, columnist
Sister Leila Jordan, columnist
Sister Maxine Moore, columnist
Sister Anne Phillips, columnist, poet
Sister Sharlene Jackson-Smith, layout/design/print
Brother Henry Jackson, Emeritus
Sister Leasa McLeish, Advisor
Sister Marion Smith, Chair/Editor

Deadline for submitting articles for the August edition is July 24th:
marionkirkland@live.com

Special Message from Deacon Chair Joseph:
Greetings to my loving Brothers and Sisters in Christ:

I would like to remind everyone that Love has no limits and no barriers. Therefore, Covid-19 will not be a barrier to us in expressing our love and appreciation to our beloved Pastor for his birthday, coming up soon, **August 1st.**

I am asking that we send our birthday wishes and love gifts to him via Mt. Calvary. There will be a special box in office for him. The Trustees have been instructed to ensure it gets to him. Please write gift checks made out to Pastor Coffie and not to Mt. Calvary. Thank you much and may God bless all of you Real Good.
~From Deacon Chair Joseph.



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God Only Knows
Submitted by Sister Anne Phillips

*I can't breathe, for I am not free,
 Cover my face, just to be safe.
 They say don't worry, pray,
 I keep my bible at my side,
 Not in the air as a sense of pride,
 To display a false sense of righteousness.*

God Only Knows!

*I can't breathe, remove your knee,
 Four hundred and one years,
 Watching the mothers through their tears,
 Modern day lynching is their fear.*

God Only Knows!

*Jobs are lost, money is short,
 Tempers flare, nothing seems fair.
 No socialization, six feet apart,
 Loved ones die, can't mourn or say goodbye.*

God Only Knows!

*Police stop and frisk, your life is at risk.
 Keep your hands up, do not resist.
 Marching every day, demanding our rights,
 Hiding at night, waiting for the morning light.*

God Only Knows!

***Forgive them Father for they know not
 what they do! ~ Luke 23:34***

***Mt. Calvary Members Share Life Experiences
 in Wake of Nation's Racial Unrest***

Pastor Edwin Coffie used the Wednesday Midweek Prayer & Praise hours on June 10, to have a conversation about the protests that is sweeping through virtually every corner of the United States and the world in the wake of the George Floyd murder at the knee of Minneapolis police officers. Six Mt. Calvary members were invited to share their experiences and concerns. Here are snippets of their stories:

Protests are necessary



This Photo by Unknown Author

"I do not condone looting and destroying property nor attacks on police. But we must march, be boisterous, vociferous, persistent and demanding. This is what is required to make those in power act, and not just have them say what they think." —
Trustee Jimmie Johnson, Jr.

Trustee Jimmie Johnson grew in De Leon Springs, Florida, and he says rather emphatically: "I experienced and still experience racism every day I leave my home and that is no exaggeration." Examples he says are walking through a parking lot and hearing car door locks go "click." Or walking near a white woman in a grocery store and she clutches her purse tighter. Or sitting in his 50-yardline reserved seats at his alma mater Stetson University football games and the usher singling him out and asking to see his tickets. Or being told as a child by his parents that the way to stay safe and alive is not to talk back to whites, obey police orders, don't look white men in the eye and to avoid

Calvary and his college experience at Morehouse for molding and shaping him into the man he is today. “Both were unique because they spoke to me as young Black child and a young Black man,” he said. “There was something uplifting about being in an environment where Black excellence was not only encouraged, it was expected. People who were part of the environment around you provided you with the tools to succeed. And then the HBCU experience gave you the chance to see and understand the different ways in what it means to be black and to have social consciousness. Those experience are something that to this day I lean back on and draw strength from.”



[This Photo](#) by Unknown Author

I am the Black Child

“I Am the Black Child . . . I hold my head high, proudly, proclaiming my uniqueness” — Jabari Williams, 5th-grade

Nine-year-old Jabari Williams, who just completed fourth grade at Belle Terre Elementary, read two youth poems, one titled, “I am the Black Child,” by Mychal Wynn:

I Am the Black Child

*I am special, ridicule cannot sway me
I am strong, obstacles cannot stop me
I hold my head high, proudly, proclaiming my
uniqueness
I hold my pace, continuing forward through
adversity
I am proud of my heritage
I am confident that I can achieve my every goal.
I am becoming all that I can be.
I am the Black Child, I am a Child of God*



[This Photo](#) by Unknown Author

I’m Black and I’m Proud

“Everywhere I go, I try to carry love with me. I don’t want hate to be part of who I am. As a Black man, I want everything to be about love.” — Kace Jones, college student

Kace Jones, a 2019 honors graduate from Flagler Palm Coast High School, is entering his sophomore year at Florida State University. Make no mistake about it, he knows who is and makes no apologies. “I’m proud to be Black and I know that pride might cause fear for others, fear of what they don’t know,” he said. Having that self-awareness, Kace said he probably threads more lightly than those who are not people of color. “But I don’t allow me knowing that I might strike fear in others bring me down or shy away from other things,” he said. “I try to do the best that I can in everything I do. I don’t try to fit into anybody else’s stereotypes.”

These are challenging times

“As a mother, I’m like so many of you: I worry about my son.” — Teldra Jones, mother of Kace
Teldra Jones is a retired military officer and the first African American delegate elected from Flagler County to attend the Democratic Convention. The mother of a son and adult daughter, she says she’s just like every other mother who is concerned about their children. “Today’s climate has forced me to at times to be overprotective.” Raising a young black man, she says, is challenging. “Although we are proud of the choices Kace has made thus far, his choices may not be the same for others. So, my fear is the choices that people around him and somebody abusing the powers and their behavior

impacting him,” Teldra said. “The reality is we can’t control other people’s behavior or their motives.”

You can do everything right and it might not matter:

“As a father, I’ve tried to keep God first and to lead by example. But it’s not easy. Our young son was taught well . . . But today’s unrest has raised the question, Is this enough?” — **Trustee Carl Jones, father of Kace**

Carl Jones is a retired Air Force officer, police officer and an instructor at the Security Forces Academy. He views today’s unrest from both a parent and police perspective. First, he wants you to know that not all police officers are bad cops. That said, Carl said they, like other parents, had had “the talk” with their kids. “We taught our kids that if you ever got pulled over by the police to be respectful and keep your hands on the steering wheel. Be as calm as possible and if the officer *tells you why he pulled you over, acknowledge it and then kindly say thank you officer.*” As an instructor at the academy, Carl said he taught trainees that traffic stops do not have to be a life-or-death situation. “The trainees were taught to be as courteous as you can be and try to deescalate rather than escalate the situation. But as a father, Carl knows that police training and parental instructions might not be enough. He worries about what will be the outcome for his son of an encounter with the wrong police officer. “In today’s climate, you can do everything right and still end up in jail or dead,” Carl lamented. “I pray that I am wrong.”



[This Photo](#) by Unknown Author



Israel/Egypt Pilgrimage

According to Sister Loyce Allen, due to COVID19, the Israel/Egypt Pilgrimage 2020 is tentatively being pushed back to November 2021. She will keep you posted. In the meantime, those who have made payments have two options: 1) You can cancel and request a refund, or 2) You can apply your monies towards the 2021 pilgrimage. Call Sister Allen at 609-412-3049, if you have questions.

Attention Mt Calvary Family & Friends,

Please follow & like us on Facebook at:

[HTTPS://www.facebook.com/MCBCofPC/](https://www.facebook.com/MCBCofPC/)



If you are interested in receiving your 2020 Contribution print out. Contact the office by phone at 386-447-5719, during the months of January-June 2021.

Wednesdays Mid Week Manna

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Wednesday Mornings 8:30 AM

Wednesday Evenings – 6:15 PM

MCBC FAMILY REUNION (Virtual ... NOT face to face)

As a sign of unity, wear a matching color that best describes your family.

Computer Access

Enter: <https://zoom.us> in the search bar on your computer. Click on: Join Meeting. Enter Meeting ID: 449 757 5748. Enter Password: (If requested): 04092006

Or

Phone Access:

Dial: 312-626-6799

Meeting ID: 449 757 5746#

Enter Password: (if requested): 04092006#

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SUNDAY MORNINGS

Sunday School – 9:30 AM

Dial: 978-990-5470 - Access Code: 3208450

Morning Worship – 11 AM –

Enter: www.mtcalvarypc.org in your search bar on computer. Then click on **LIVE STREAM**

KIDZ KORNER

Submitted by: Sister Leila Jordan


Luke 21:30 - When they now shoot forth,
ye see and know of your own selves that
summer is now nigh at hand.

Song of Summer

by Lenore Hetrick

I hear the voice of summer
Singing a song of flowers,
Singing a song of meadows
Where buttercups spring in showers.
Her voice is high and lilting
As summer gets under way
I think that I shall join her song
Now that it's school's last day.

I see the foot of summer
In every shady lane.
She leaves deep beds of daisies
To make her footprints plain.
I think that I shall gather
Daisies for a crown,
And side by side with summer
I'll fly right out of town.



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**Christian quotes to inspire
you this summer:**

*"Prayer is the best conversation of
the day. It's better to go to God
before taking it to someone else."* –
Sadie Robertson

*"A setback only paves the way for a
comeback."* – Evander Holyfield

*"Let God's promises shine on your
problems."* – Corrie Ten Boom


*"Your value doesn't decrease based
on someone's inability to see your
worth."* — TobyMac

*"Life is 10% of what happens to me
and 90% how I react to it."* – Chuck
Swindoll

*"What God knows about us is more
important than what others think."* —
Tim Tebow

Five Scoops of Ice Cream

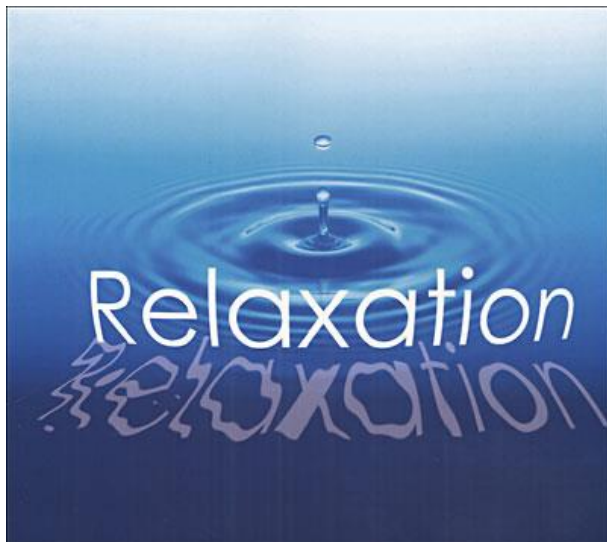
I had 5 scoops of ice cream,
no less, no more
One fell off and that left four!
I had 4 scoops of ice cream,
as yummy as could be
One fell off and that left three!
I had 3 scoops of ice cream,
yes it's true
One fell off and that left two!
I had 2 scoops of ice cream,
in the melting sun
One fell off and that left one!
I had 1 scoop of ice cream,
sitting on the cone
I ate it up and that left none!



Submitted by Sister Leila Jordan

HEALTH CORNER JULY 2020 (Part III)

4 ways to achieve the relaxation response



[This Photo](#) by Unknown Author

The relaxation response is the opposite of the stress response. A number of physiological changes occur during the relaxation response. Heartbeat and breathing slow down, the body uses less oxygen, and blood flows more easily through the circulatory system. Blood lactate levels, which some researchers believe are linked with anxiety attacks, decline markedly.

The relaxation response can be elicited by a variety of techniques and exercises, including a two-step technique, deep breathing, visualization, and mindfulness meditation.

Relaxation techniques are easy to learn. Whichever technique you choose, it's a good idea to carve out 10 to 20 minutes, twice a day, to practice it.

1. The two-step technique

Try these two steps anytime you feel stressed in order to regain a sense of calm and peace.

- **Step 1.** Choose a calming focus. Good examples are your breath, a sound ("om"), a short prayer, or a positive word (such as "relax" or "peace") or phrase

("breathing in calm, breathing out tension"). Repeat this aloud or silently as you inhale or exhale.

- **Step 2.** Let go and relax. Don't worry about how you're doing. When you notice your mind has wandered, simply take a deep breath or say to yourself "thinking, thinking" and gently return your attention to your focus.

2. Deep breathing



[This Photo](#) by Unknown Author

Diaphragmatic breathing is a technique that induces relaxation, slows the heartbeat, and lowers or stabilizes blood pressure. To practice this technique, begin by finding a comfortable, quiet place to sit or lie down. Start by observing your breath. First take a normal breath, followed by a slow, deep breath. The air coming in through your nose should feel as though it moves downward into your lower belly. Let your abdomen expand fully. Then exhale slowly. Alternate normal and deep breaths several times. Put one hand on your abdomen, just below your navel. Feel your hand rise about an inch each time you inhale and fall about an inch each time you exhale. Your chest will rise slightly, too, in concert with your abdomen. Remember to relax your belly so that each inhalation expands it fully.

Try to practice this breathing technique for 15 to 20 minutes every day. You might also try

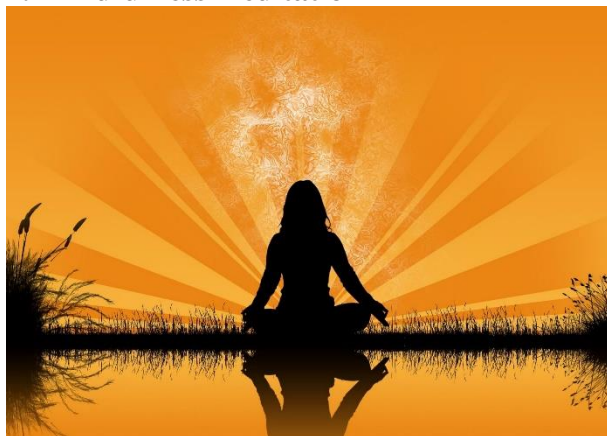
shorter bouts lasting a few minutes when anxiety begins to build to see if this feels calming.

3. Visualization



Visualization, or guided imagery, that mentally conjures soothing scenes can also relax and calm you. Find a quiet place to sit and get comfortable. Clear your mind while taking deep, even breaths for several minutes, and then envision images you find relaxing. The images you choose — whether places or experiences — break the chain of everyday thought. Put yourself into the imaginary setting by asking yourself what you might see, hear, smell, and feel. If stressful thoughts intrude, observe them objectively, and then refocus on the image.

4. Mindfulness meditation



[This Photo](#) by Unknown Author

Mindfulness is the practice of focusing attention on what is happening in the present and accepting it without judgment. And that — many physicians and therapists believe — can be a powerful therapeutic tool. Mindfulness is often learned through meditation, a systematic method of regulating your attention by focusing on your breathing, a phrase, or an image.

Scientists have discovered the benefits of using mindfulness meditation techniques to help relieve stress, treat heart disease, and alleviate other conditions such as high blood pressure, chronic pain, sleep problems, and gastrointestinal difficulties. Therapists have turned to mindfulness meditation to treat depression and anxiety disorders, particularly generalized anxiety, phobias, and obsessive-compulsive disorder.

During mindfulness meditation, you acknowledge distracting thoughts and sensations that may occur. Recognizing and accepting your feelings and thoughts opens the door to examining how they interact. Once you understand that, you can change negative patterns.

****Updated: Mindfulness offers other benefits, as well. One goal is to enhance your pleasure in simple everyday experiences — soaking in natural beauty or enjoying a deliciously ripe peach, perhaps. By slowing down experiences and learning to focus on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past.*

April 27, 2020 - Published: April, 2017

www.health.harvard.edu



HAPPY BIRTHDAY!

JULY 2020

Submitted by Sister Maxine Moore

The sun will not harm you by day nor the
moon by night... Psalm 121:8

This is another beautiful month, the month of July. "Oh, say, can you see by the dawn's early light!" These words are a part of "The Star Spangled Banner" that was written in my hometown of Maryland at Fort McHenry by Francis Scott Key. As a child in school, we sang this song to celebrate the Fourth of July. This month of July is a happy time for many of you because God, Our Father, has blessed us to see another birthday. I pray that if you celebrate the Fourth with fireworks which can be so beautiful, view it in a safe manner. Enjoy your birthday - thanking God first, and know how blessed you really are.

*Love of Jesus,
Sister Maxine Moore
Sunshine Care Ministry*

Your birthstone is the Ruby.



Your flower is the Larkspur.



JULY BIRTHDAYS

Submitted by Sister Michelle Johnson

*Denotes Youth

Anna Lambson, Patricia Askew
Stacy Simpson, Travis Thompson
{Rev} Fred Pinnock, Rose Anne Kline
'JC' Curry, Susan Crockett
Maxine "Tina" Pearson, Zameena Phillips
Darryl Oliver, Gladys Reid
Michelle Williams, Karreen Buchanan
Renata Herrera, Madison Solomon*
Carrie Waddell, Lloyd Patterson
Ruth Brown, Ruthie Richardson
Lula N, Hardin, Pat McLaurin
Jonita McCree, Claudette Williams-Gray
Jocelyn Crockett, Kimberly Lee
Sheryl Lewis, Yvette Knighton
Geraldine Dillon, Guy Burkley, Jr.
Susie Murray, Connie Reid
Maxine Moore, Elizabeth Friday
Deborah Cure, James Thomas
Katie White, Angela Johnson
Summer Wells, Deloris Marshall
Wilhelmina Kijoti-Brown, Denise Shaw
Rosa Brown, Preston Ledbetter

"Mt. Calvary proposes to provide current and accurate information in its monthly newsletter. However, we shall not be held liable for any losses related to or caused by the reader's reliance on information provided herein."