



Newsletter of the Calvary Baptist Church

Volume II - Number IV

November 2019



## From the desk of Pastor Ingraham



Most members of our congregation probably know that I love to read. Evidence of this was my completion of our 2019 Bible Reading Program months prior to the end of 2019, which is still a couple months away!

While most of my reading is in my vocational field of ministry, every once and a while I would read something out of this field. This past summer I read Endless Income: Fifty Secrets to a Happier, Richer Life by Ted Bauman. The truth is if I don't average at least one book a month, I am in a funk! Earlier this year in preparation to attend a conference addressing the history of the Black Church and the Mosque, I actually read two books on the subject, including The Third Jihad by Dr. Michael Yousef. Another common practice is for me to read books that cover the major themes of the Christian calendar, mainly Easter and Christmas. Often times these books serve as the basis of sermon series preached by me.

In the last couple months I've read three books that I now offer some brief remarks on. Why Christian ? was written by Douglas John Hall for those on the edge of faith. This was his attempt to present the Gospel in a way that is palatable to skeptics. In doing so he calls for believers to literally "tone down" the Gospel claims. Of course I completely disagree with his premise. We have to be true to what Christ commands of us and the claims he makes about himself. Yes we are to do so lovingly and respectfully, while allowing others the right to reject our message.

The second book read was Rise of the Servant Kings by Ken Harrison, chairman of the Board of Promise Keepers. My interest in this book stemmed from plans to re-establish this national ministry for men that was begun in 1990 by Bill McCartney, then coach of the football team at the University of Colorado. This ministry is predicated on a man's promise in seven areas, including family and church. Myself, Bro. James Askew and Bro. Winston Lindo attended the 1996 gathering of this ministry in Washington, D.C. Promise Keepers is scheduled to hold a national gathering next year July at the AT and T Stadium in Arlington, Texas, home of the Dallas Cowboys.

The third book I read was A Change of Affection by Becket Cook. It is the account of a gay man's incredible story of redemption, both to Christ and from homosexuality. Cook maintains that his careful study of the scriptures lead him to see the incompatibility of his former beliefs as a gay man. In fact he now declares that practice to be sinful. *(continued on page 7)*

# GOD'S WORD

Inspired by God | Preserved by God

You've got His Word on it.

## WILL YOU TRUST MY PLANS?

Yes, I closed that door; it became a place of bondage for you. Trust that I am moving on your behalf, and soon you will see a new door opening. I am leading you to a better place which will bring you closer to Me. I will accomplish all that I began in you.

Now, step away from the situation you were facing and look up, there's something I want to show you. I want to show you the right direction. I want you to see that it's filled with great possibilities, and the way is completely unhindered. Don't be surprised at the promotion which is coming. Oh, but it won't be in the way that you're thinking. Just know that I won't disappoint you, and you will bring glory to My name.

So, will you trust My plans and know that I have a future and a hope for you? Will you trust that My plans are to bless you and fulfill your hearts' desires? Will you trust and believe in My Word and know that it's yes and amen? Good. Now, rest in what I've spoken to you, be still, and draw near to Me. There is work yet to be done.

*"For I know  
the plans I have for you,"  
declares the Lord,*

*"plans to prosper you and not to harm you,  
plans to give you hope and a future."*

-Jeremiah 29:11



# The Pastor's Pen



## PASTOR'S CONTINUING EDUCATION

Recently Pastor Ingraham joined Religious leaders and community chaplains for the annual hosting by the Norwalk Hospital. The theme of our gathering was "Making Our Faith Communities Accessible to All," featuring Disability Advocate Jacky Schofield. An ordained minister in the U.C.C, she became legally blind while a student at Yale Divinity School.

The essence of her presentation was the need of worship places to do all they can to allow people with disabilities to fully participate. Such people are equally valued in the eyes of God and should not be made to feel unwelcomed just because of some disability. Several specific areas of concern were highlighted.

Attitudes are often the biggest barriers people with disabilities face. Hence education, awareness and sensitivity training are crucial. Attention must be paid in the area of communications. Is the print in bulletins large enough to read? Is sign language available for the hearing impaired? A huge challenge is that of physical accessibility. Consideration must include doors, stairs, ramps and curb cuts, lifts, parking spaces, restrooms, and water fountains, etc. The bottom line is that this community should have the same opportunities of participations as the able body community. Congratulations to Calvary for the recent modifications to our entry doors in the CBC Hall. No longer do wheel chairs have to enter through the kitchen!

The presentation also included an informative section on disability etiquette. Practical tips were given on how we should encounter members of the disabled community so that their dignity is not compromised or disrespected. My best take away from this presentation is the need to have awareness that any kind of disability does not make a person any less valued; we are all a part of God's creation.



## HURRICANE DORIAN RELIEF

The Members of Calvary are commended for answering the call to help the victims of the recent Hurricane Dorian. Two islands in the Bahamas were impacted, Grand Bahama (Freeport) and Abaco. Much of the buildings on Abaco were destroyed resulting in the need of a long-time, expensive rebuilding effort.

From the appeals that were made on Sunday mornings during worship in September, we raised a total of \$3,308.22. These funds were sent through the Connecticut State Missionary Baptist Convention to the So Send I You mission organization, headed by Rev. Dr. Joe Albert Bush, Sr. Dr. Bush, in addition to leading this mission organization that ministers globally, especially in Africa, also serves as the Pastor of the Walker Memorial Baptist Church, Bronx, New York.

Calvary further sent its allocated budget fund for foreign missions, \$2,000, to the American Baptist Churches USA, for the same relief effort.

**In total, Calvary blessed the people of the Bahamas with \$5,308.22**

## **The Importance of Sunday School**

There are good reasons why we are always encouraging everyone to attend Sunday School. It is important in the overall Ministry of the church and directs our individual focus on things like the importance of attendance, giving, reading our Bibles each day, inviting people, fellowship, discipleship, evangelism, just to name a few. But then as I think of its overall purpose to the church, I come up with three— (1) Sunday School is what gives the church life; (2) Sunday School is what gives the church purpose; and (3) Sunday School is what gives the church vision.

### **How does the Sunday School give the church life?**

Well, Sunday School is where we have the most volunteers that teach, reach, greet, and minister. It's where we have the most small groups from preschool to adult. It's where we live life together. It's where we pray, cry, laugh, and come along side people. It's not just for an hour a week— it's daily as we love on those members.

### **How does the Sunday School give the church purpose?**

Matthew 28:18-20 commands us to make disciples. Sunday School is where we help folks grow in Christ! It's where we help folks not just be members but followers of Christ. We have discovered that if a person does not get involved in a small group/Sunday School class, they will not be very involved in the life of the church and many will leave after several months. For teachers, it's not a job but a ministry as they shepherd that small group God has placed before them.

### **How does the Sunday School give the church vision?**

Sunday School is where we see beyond the four walls and see our community—preschoolers, children, youth, and adults. It helps us be "On Mission" because, as the church's "largest" mission organization, we take the church outside those four walls of our classroom. When we have high attendance campaigns or special Sundays, it gives us a picture of what the church could be. If our church has a growing Sunday School, we will have a growing church.

**See you next Sunday! Join us in Sunday School at 9:00 am**

*Contributor: Superintendent Shirley Mann*

## **Using Scriptures to Interact Positively**

**Proverbs 14:17**—When you feel angry

**Proverbs 18:13**—When you do not have all the facts

**1 Corinthians 8:11**—When your words will be offensive

**Peter 2:22-23**—When your words will not reflect the Lord's teachings

**Proverbs 14:9**—When you are tempted to make a joke about sin

**Proverbs 8:8**—If you will be ashamed of your words later

**Ecclesiastes 5:2**—When you are tempted to make light of holy things

**Proverbs 14:10**—When the issue is not your business

**Proverbs 25:28**—If your words will destroy a friendship

**James 3:9**—When you are feeling critical

**Proverbs 4:24**—When you are tempted to be untruthful

**PROVERBS 21:23**—"WHOSOEVER KEEPETH HIS MOUTH AND HIS TONGUE, KEEPETH HIS SOUL FROM TROUBLES."



## FROM THE PASTOR'S AIDE MINISTRY

On Saturday, September 7, 2019, the Pastor's Aide Ministry of Calvary Baptist Church sponsored its annual afternoon tea. Our theme was educational, "Control your Diabetes For Life."

As you may know, Diabetes is the condition in which the body does not properly process food for use as energy. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugars to build up in your blood. This is why many people refer to diabetes as "sugar." Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States. Blacks are 1.7 times as likely to develop diabetes as whites. Death rates for blacks with diabetes are 27% higher than for whites.

Deacon Joe Mann was instrumental in locating a speaker for this event. We were honored to have Katie Agis, RN, from the Norwalk Community Health Center to discuss Diabetes with us. Nurse Katie provided excellent recommendations to us to lower blood sugar.

## Important Things to Remember:

### (1) Stay away from light, low fat, or fat free:

If the fat is out, carbs and chemicals have been added.

### (2) Eat food:

Real food does not come in a box. You know it when you see it and you do not need a label to tell you what it is.

Good rule of thumb is to stay out of the center isles of the grocery store.

### (3) Don't eat anything you don't like:

Even if you think it is good for you, you still will not enjoy it.

### (4) Eat when you are hungry:

Less frequently is a good rule of thumb.

### (5) No grains, potatoes or sugar:

This is a hard recommendation to follow. So start minimizing the amounts until you can completely leave out of your diet.

*We enjoyed organizing the Tea and are grateful to Felicia Russell, President, and Beverly Allen, Vice President for their leadership*



## YOU ARE NOT EVERYONE'S CUP OF TEA!

The world is filled with people who, no matter what you do, no matter what you try, will simply not like you. But the world is also filled with those who will love you fiercely.

### THE ONES WHO LOVE YOU: THEY ARE YOUR PEOPLE.

Don't waste your finite time and heart trying to convince the people who aren't your people that you have value. They will miss it completely. They won't buy what you are selling. Don't try to convince them to walk your path with you because you will only waste your time and your emotional good health. You are not for them and they are not for you. You are not their cup of team, and they are not yours.

Politely wave them along and you move away as well. Seek to share your path with those who recognize and appreciate your gifts, who you are.

BE WHO YOU ARE. YOU ARE NOT EVERYONE'S CUP OF TEA, AND THAT IS OK.  
BUT YOU ARE GOD'S CUP OF TEA.



The Pastor's Aide Ministry welcomed the fall season by serving apple pie and ice cream following service on Sunday, October 13. The Apple Pie and Ice Cream event is a tradition at Calvary. It is important that, as members of Calvary, we take the time to greet and talk with one another. There is no better way to do this than remaining after service for a delicious treat!

Let us enjoy the company of each other.  
 O Lord, help us enjoy each other.  
 Let us seek to be with one another.  
 O Lord, help us to want to be together.  
 Let us strengthen our love for each other.



“Dear Children,  
 let us **NOT** love  
 with words  
 or tongue  
 but with  
**actions**  
 & in truth.”  
 1 John 3:18

## BRANDING OURSELVES

**Ephesians 4:30**

*“And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.”*



In today's world, everyone is talking about “branding.” Business people want a brand that sets them apart from their competition. We each want to be seen as unique and special. Perhaps we have branded ourselves through our clothing and material things, because that is what the world seems to be about. The way we have branded ourselves says who we are.

But what is the best brand? Yes, of course!  
 The best brand is the Jesus Brand!

God has branded us as His! There can be no better brand than to be a member of God's family. God has created us in his image. He gave His only son, Jesus, to save us from our sins.

When we say that we are Christians, we have the responsibility to brand ourselves as a follower of Jesus. Branding ourselves as Christians means responding to our Lord's expectations. Let's have others admire us for our Jesus Brand! In Romans, 14:8, it says “if we live, we live for the Lord.”

# WORD FIND:

~~BIRD~~ CLOUD GOOD LORD THANK  
CARE FISH JESUS MOTHER  
CHILD GIRL KIND SPIRIT

Y	O	U	G	R	S	M	H	H	E
A	V	I	E	P	N	O	L	S	Y
T	R	K	I	N	D	T	F	I	A
L	H	R	T	D	S	H	C	F	H
E	I	A	U	R	U	E	H	A	L
T	R	O	N	D	S	R	I	D	E
A	L	D	R	K	E	Y	L	O	L
C	K	I	N	O	J	W	D	O	S
A	B	E	R	A	C	L	R	G	L
Y	O	U	R	N	E	D	E	D	S

*continued from page 1*

He is honest to admit that his same-sex attraction still persists, but like other sinful practices he has learned how to subject his fleshly desires. While also not admitting to now being a heterosexual, he is convicted that to be sexually pure requires him to be celibate. As you might imagine, he is now seen as a delusional traitor by those of his former community.

A book that I will be reading shortly is Gay Girl Good God by Jackie Hill Perry. She is African-American and a professed believer who has written other Bible study books. My interest is to hear her perspective and how she might be similar or different from Becket Cook.

The volunteer staff of our newsletter welcomes member's desiring to submit book reviews.

What are you reading?

*Rev. Dr. Jeffrey A. Ingraham*





*A publication of The Calvary Baptist Church*

The Calvary Baptist Echoes News Staff and Pastor; The Rev. Dr. Jeffrey A. Ingraham would like to thank all of the members and friends that contributed articles and assistance to this newsletter.

If this newsletter has been a help to you, we encourage you to write to the Editor with your comments, at the address below.

If you would like to make a contribution to the Calvary Baptist Church , make checks payable to Calvary Baptist Church. Please include your name, mailing address and telephone number.

An acknowledgement of your gift and our thanks will be sent to you.

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***MAY GOD CONTINUE TO BE A LIGHT IN YOUR LIFE!***

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