

The Calvary Chronicle

A Quarterly Publication of
First Calvary Baptist Church

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SEPTEMBER 2020

An Exciting
Church Excited
About Its Mission!

IN THIS ISSUE:

* PASTOR'S DESK
MESSAGE *

*WHOLE FAMILY
CONFERENCE - STAY
TUNED*

*FOOD PANTRY
CHALLENGE*

MAN OF THE YEAR

*CHRISTIAN
EDUCATION
CONFERENCE*

*CABIN FEVER
BLUES*

*EVANGELISM AT
WORK*

HEALTH TIP
ONLINE LEARNING

*BOOKS OF THE
BIBLE*

COMING SOON
**UPCOMING
EVENTS*

*STAFF &
CONTRIBUTORS*

"Doing Christ's Work in the Midst of Covid-19"

"And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ." - Colossians 3:23-24 NKJV

No one can argue that the last seven months have been "different" from our norm. While we have all been affected in some way by Covid-19, the work of the Lord continues...even in the midst of a pandemic. The means of communication and ministry may look different, but the objective remains the same: reaching the masses and providing hope and assistance to God's people. Let your light continue to shine even in the midst of the uncertainty of a health pandemic that those who are lost and in need will see the Glory of God shine through you!

FCBC Calvary Chronicle Staff

First Calvary Baptist Church

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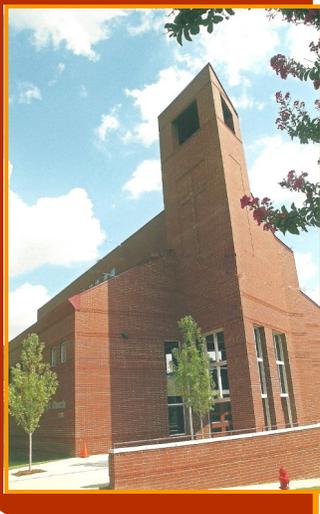
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Pastor's Desk Message



"...Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your Lord." – Matthew 25:21 NKJV



First Calvary Family...here is the latest edition the Calvary Chronicle...thanks to the Chronicle Staff for continuing to keep us connected....even now....especially now. The theme for this edition is "Doing Christ's Work in the Midst of Covid-19". How appropriate a reminder that even in a Global Pandemic, we are still able to do Ministry. We are still here....working to do what thus saith the Lord for this House of Faith, even in a time such as this....even now....especially now. We thank each of you for how you have remained faithful to this Church during this time. Thank you for using the Online Giving venue, for mailing in and dropping off your tithes and offerings, and for tuning in to Worship service, Sunday School and Bible Study. We have also had outreach in the community with mask giveaways and our weekly Food Pantry. Our 65 and above members are being contacted by the Associate Ministers, our Young Adults and Mature Adults both have prayer Zooms and calls. Our Youth and Children have even had Virtual Movie Nights. Ministry is still going on....safely...here at First Calvary. Again, thank you for continuing to sow into this Ministry in this season....even now... especially now.

I fully and wholeheartedly believe that through it all, we will come out on the other side of this time and this season, knowing even more that our God is greater! Through It All, our Faith will be stronger, sustaining, and useable cause that's what Faith is all about. Even with all the "Social Spacing" and hand washing, and sanitizing, being 6 feet apart when you go out, or even staying in....and we should all be doing that...those of us that are believers must have faith. We CAN trust God and be responsible at the same time....and that's exactly what we should do. So, be safe, be careful, and BE WELL. I continue to encourage us to reach out and check on one another. You have your Church Directory....what a great time to use it! Call or email or text someone from our Church Family...just say hello and have a good old-fashioned conversation. These connections will help us all make it through this time. This is a "together thing", so let's continue to get through it TOGETHER... with Godly Faith.

We encourage our youth, our children, our teachers, our administrators, and all educational staff, as they move forward in a new school year. We hope that you remain safe, that you

study and work hard, and that you stay focused in this new normal. We are looking for you to make a definitive difference for the Cause of Christ. Even now... especially now, in our current trying social and health times, we need to be definitively dedicated to showing love and care to one another and uplifting each other, especially our youth. It has been a trying few months, BUT GOD! We know that BLACK LIVES MATTER..... in fact, we ALL MATTER....because we are all God's children. During the recent events in our country and world, it has become even more important to have what could be difficult conversations with our young people...but we must answer their questions, maybe get emotional (but not ragingly emotional),and know that God is with us and He will continue to keep us safe and well. I would like to encourage us to continue to be in prayer for our country as we hear and see injustices in the lives of Black America. And speaking of praying for America, come on y'all....WE HAVE TO VOTE! It's about that time....and our votes COUNT.... we should have learned that by now.

We pray you are being empowered and enhance by the services and staying connected with us in Bible Study, Sunday School and on Sundays. We express our sincerest gratitude to our Audio and Video Ministry, our Computer Ministry, Music Ministry, Praise and Worship Team, Facebook and Zoom Administration, and all of our Church Staff as they have all worked tirelessly to help First Calvary continue to "do Church" at this time. We especially thank our dedicated Church Staff, who continues to come in to work each week as the Pastor desires (with safety measures) so that our Ministry work can continue. I would ask that you keep our hard-working Staff in prayer, for safety, discernment, and wisdom as they continue to navigate and serve this Body of Faith and this Pastor in the building each week. Though the Staff is here, we are still practicing Social Spacing, therefore, we are not open for regular visits (except for those who need to schedule Pastoral visits). Please still call the Church first if you need to come to the building during the week, and be prepared to be Socially Spaced....and please don't forget your mask. Read on in this Chronicle.... Stay connected....Stay healthy...Stay safe, First Calvary, and never forget that we are AN EXCITING CHURCH EXCITED ABOUT ITS MISSION!

Yours in that Blessed Hope,
Pastor Fredrick A. Davis



Mark Your Calendars...

Get ready for the 2020 Whole Family Conference!

Adapting to a New and Now Normal

Isaiah 43:19

- FCBC Whole Family Conference 2020
- Join us each Wednesday in October
- More info to come



Stay Tuned for additional information!





Thank You For
Your Donation
To The Pantry

THANK YOU SO MUCH for giving to the First Calvary Baptist Church Food Pantry.

The Food Pantry Family Challenge in August during Mission Month was a success, with food being donated and dropped off at the Church each week.

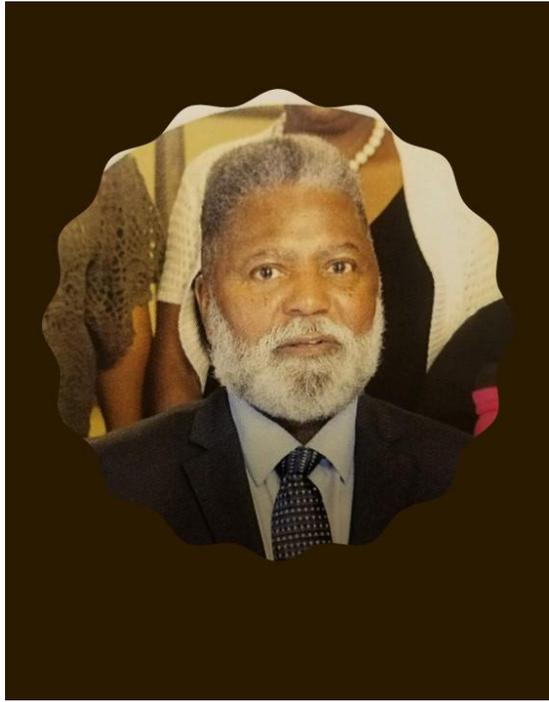
The Food Pantry is an on-going Ministry that has continued to be open even in the Pandemic. Special thanks to Mrs. Judith Davis, Pantry Facilitator, and Sister Ursula Howard, Food Pantry Coordinator, for continuing to serve. Over 50 persons a month have been served by the FC Food Pantry during this time, as well as numerous Church members that have needed food.

Your giving makes this possible. Food items can continue to be dropped off to the Church during the week. Here is a list of items that are ALWAYS NEEDED and welcome:

- Jelly
- Cereal
- Canned veggies, soups, and beans
- Rice
- Oatmeal
- Ramen Noodles
- Jello
- Small packs of hamburger and hot dogs
- Spaghetti and pasta
- Pasta Sauce

Again, thank you for your ongoing support of this viable First Calvary Ministry!

Congratulations to the



**2020
MAN OF
THE YEAR**

TRUSTEE CHARLES STREET



THE CHURCH REACHES OUT...VIRTUALLY

Because changing times demand changes in ministry approaches, First Calvary Baptist Church held the first ever virtual Christian Education Workshop on Saturday, September 26, 2020. The workshop consisted of two sessions and was held using the virtual technology provided by Zoom. The first session was “Navigating Zoom in Christian Education”, led by Sister Dolli Bradford. Sister



Bradford explained various aspects of navigating Zoom such as how to access Zoom, how to set up a Zoom Account and ways to join a Zoom meeting. Next, she discussed how to schedule and host a Zoom

meeting. Sister Bradford also explained the various meeting settings and how to tailor these settings to suit your meeting needs. She also discussed some of the other aspects of Zoom and showed the attendees how to use Breakout Rooms.

The second session was facilitated by Pastor Breonus Mitchell, the Lead Pastor of the Mt. Gilead Missionary Baptist Church in Nashville, Tennessee. He is an inspirational speaker and the author of a book titled “A Fish Called Mercy.” Pastor Mitchell discussed “Leadership In Christian Education Ministries.” His initial question for First Calvary Baptist Church was “How do we lead First Calvary Baptist Church to a new normal?” Pastor Mitchell wanted us to consider whether our church was current to the circumstances resulting from and created by COVID-19. In order to help us answer his questions, Pastor Mitchell used Breakout Rooms where several people were assigned to each room to discuss the questions that were posed to our groups.

To sum up discussion from the Breakout Rooms, Pastor Mitchell said that “a missional church is a highly unified body of believers, intent on being God’s

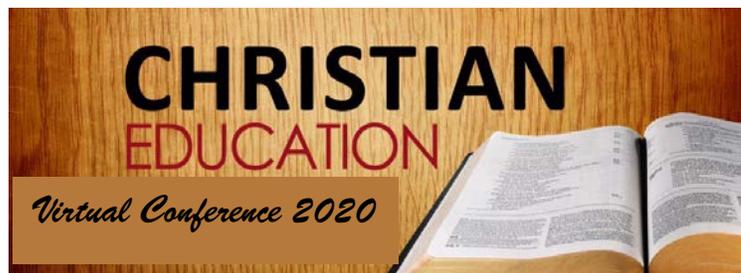
missionary presence to the indigenous community that surrounds them recognizing that God is already at work.” Ideas from the Breakout Rooms were as follows:

1. The church must be doing (doing is a verb, an active word)
2. It must be intentional
3. There must be prayerful dependence
4. It must be willing to take a risk

In order to create community during COVID 19, the discussion groups listed things that the church was already doing such as passing out masks to the community, serving with the Mobile Market, supporting the Food and Clothing Pantries at the church and assisting the Lyon Park Community Center with their efforts to provide food to the community. Other ideas that could be instituted are passing out bottled water to the community, a blanket give-away, and creating a “hotspot” in the church parking lot for neighborhood children who may not have Internet connectivity to do their school work.

Pastor Mitchell said that life changes best happen in the context of community. If First Calvary Baptist Church hopes to be able to continue to carry out the Great Commission, we must adopt a “Go Ye” instead of a “Come Ye” mentality. We must be intentional about reaching outside of the church to create that community. When churches are able to open again, those people who are outside of the church will likely stay outside of the church unless we are actively involved in creating a welcoming and caring environment that appeals to them now.

Submitted by Mary U. Vickers

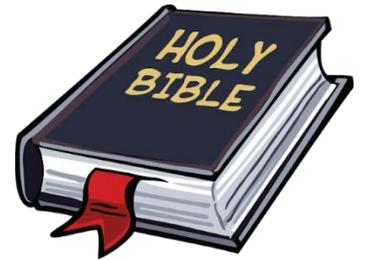


What Can I Do?

What can we do to still keep away the “Cabin Fever Blues”?

Here some ideas:

- Read a chapter of the Bible every day
 - Do a devotional
 - Start a new gratitude journal, writing about 3 things you are thankful for each day
 - Text a different person to check in on them every day
 - Watch an old favorite TV show
- (Binge watch it, see a few episodes every day)
- Watch a classic, black movie
 - Go for a walk around your neighborhood



- Do some yardwork
- Try a new recipe



- Start a Pinterest page of some favorite things
- Do a house cleaning project every day or every other day
- Call someone...yes, on the phone... and have a good conversation



- Have a Praise and Worship party- Cut on some favorite Gospel songs
- Listen to some “back in the day” music

- Do a “house project” for 1-to-2 hours each day
- Read a good book



**Your Cure to Cabin Fever
Blues - GET ACTIVE!**



EVANGELISM AT WORK!!





The Health Tip

Pandemics can be stressful

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

Take care of your mental health

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Get immediate help in a crisis

- Call 911
- Disaster Distress Helpline: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish.
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline icon: 1-800-656-HOPE (4673)
- The Eldercare Locator: 1-800-677-1116
- Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chat or text: 8388255

Everyone reacts differently to stressful situations.

How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone.

People who may respond more strongly to the stress of a crisis include:

- People who are at higher risk for severe illness from COVID-19 (for example, older people, and people of any age with certain underlying medical conditions).
- Children and teens.
- People caring for family members or loved ones.
- Frontline workers such as health care providers and first responders,

- Essential workers who work in the food industry.
- People who have existing mental health conditions.
- People who use substances or have a substance use disorder.
- People who have lost their jobs, had their work hours reduced, or had other major changes to their employment.
- People who have disabilities or developmental delay.
- People who are socially isolated from others, including people who live alone, and people in rural or frontier areas.
- People in some racial and ethnic minority groups.
- People who do not have access to information in their primary language.
- People experiencing homelessness.
- People who live in congregate (group) settings.
-

Take care of yourself and your community

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Healthy ways to cope with stress

- Know what to do if you are sick and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.
- Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).
- Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly.
 - Get plenty of sleep.
 - Avoid excessive alcohol and drug use.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your church or community- or other faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.



Submitted by: Nurse Betty Borden
Source: cdc.gov

Whose Zoomin' Who? We're All Zooming!!

Whew! What a time we are living in with COVID-19. Quarantine has brought about so many changes, especially to the way we do school and work. While we are beyond grateful for the opportunity to have schools mainly online, we have to cope with the reality of doing school online. Although we learned some



skills, tricks, and tips for doing school virtually from the spring of 2020, there is still more to be learned each day, especially for students who moved on to a new grade this fall.

I have a few suggestions to help us keep our sanity as we move through this unprecedented time. The first thing to note is that there is no exact right way for parents or students to do this new school thing. Giving our best effort will have to suffice, even when it does not yield the best outcome. The next thing is for parents and students to ask for help whenever needed – and not just from the teacher or the school. Seek out your village members who seem to be coping well with online school to request help with tips and tricks. Seek out your village members in higher grades and who hold high school degrees on up to seek out tutoring. Bringing together the village's resources benefits everyone.



The next thing is to remember to use the internet very liberally for your education and support needs. Thanks to YouTube, there is someone who can



explain the most complex concepts in exactly the way your student learns. It might take a little digging, but don't be afraid to dig. Students' main job is to learn. So, encourage them to go the extra mile to learn the material that is being presented in class. Finally, parents be gentle with yourselves, your students, and the teachers in this process. There is nothing perfect about it and there is no perfect way to do it. Celebrate the small wins and forgive the

hiccups. We will look back at this time and marvel in wonder at what we coped with and how well we did.

Submitted by: Dr. Jennifer Rounds-Bryant



COMING SOON

Thank You
VETERANS

November 11, 2020

HAPPY
THANKSGIVING

Christmas
is all about
Jesus!





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FREDRICK A. DAVIS, PASTOR

CALENDAR OF EVENTS: OCTOBER - DECEMBER 2020

Each Wednesday:

- Noon Day Prayer, 12:00 p.m.
- Prayer & Praise, 6:45 p.m.
- Bible Study, 7:00 p.m via Zoom

Each Sunday:

- Morning Worship - 9:30a.m. via live streaming - www.firstcalvary.org, FCBC Facebook page, and YouTube
- Zoom Sunday School - 11a.m. Baptism: 10:30 a.m. (1st Sundays)

Each 4th Sunday:

- Intercessory Prayer, 7:00 a.m.

Due to the Covid19 pandemic restrictions, events may be rescheduled or canceled. Stay tuned...

OCTOBER – CHURCH ANNIVERSARY MONTH

- October 8th: Quarterly Church Conference via Zoom - 7pm
- October 25th: 136th Church Anniversary Service

NOVEMBER - PASTOR'S ANNIVERSARY MONTH

- November 1st: Time Change (Fall back!)
- November 8th: 29th Pastoral Anniversary
- November 11th: Veterans Day
- November 26th: Thanksgiving (church office closed through Friday, November 27th)

DECEMBER - FAMILY MONTH

- December 9th: Annual "Bring a Pot" Fellowship - 7pm
- December 16th: Volunteer Recognition Event
- December 20th: Christmas Presentation - 9:30am
- December 24th: Christmas Eve
- December 25th: Christmas Day (church office closed)
- December 26th: Kwanzaa Celebration
- December 27th: ChristKwanzaa Sunday
- December 31st: New Year's Eve - Watchnight Service - 10pm



The FCBC Food Pantry is ALWAYS TAKING NON-PERISHABLE FOOD DONATIONS. Things like peanut butter, jelly, pasta, pasta sauce, cereal, rice, canned veggies (ALWAYS NEEDED), and ramen noodles.

“An Exciting Church Excited About Its Mission”

Calvary Chronicle Staff:

*Crystal Bethea
Toni McIntosh
Nia Shields
Faith Brodie
Mary Vickers*

Contributors:

*Pastor Fredrick A. Davis
Sis. Betty Borden
Sis. Dennise Lindsay
Dr. Jennifer Rounds-Bryant*

*Are you a writer? Do you aspire to the likes of Langston Hughes, Zora Neale Hurston, James Baldwin, or Nikki Giovanni?

*Are you a regular “shutterbug” who enjoys taking pictures?

Are you an up-and-coming Gordon Parks, Lorna Simpson, Carrie Mae Weems, or John H. White?

*Do you have a talent for editing?

*Do you have an eye for proofreading?



*Are you a wiz at graphic design, or possess a talent for visual presentations?

If you answered “yes” to any of these questions, the Calvary Chronicle is in need of your talents! Please contact the Calvary Chronicle via email at calvarynews@firstcalvary.org if interested in joining the staff!



Continue to join us for worship each Sunday at 9:30am via the church website, YouTube, and Facebook page!

The mission of the Calvary Chronicle ministry is to promote communication among the members, disciples, and friends of FCBC in the spirit of Christian Love.

If you are interested in joining the Calvary Chronicle staff, please contact Sister Toni McIntosh at calvarynews@firstcalvary.org or (919)341-4645. Thank you!