

The Calvary Chronicle

13 March, 2022
Volume 7 Issue 1

First Calvary Baptist Church
1311 Morehead Avenue, Durham, NC 27707
www.firstcalvary.org
Email: info@firstcalvary.org Tele: 919-489-4184

INSIDE THIS ISSUE

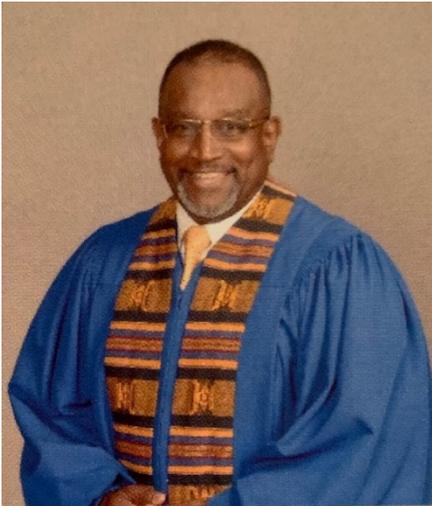
1. Pastor's Desk Message
2. 30th Anniversary Photos
3. Leadership Conference
4. Parenting as an Ongoing Lenten Journey
5. A Lenten Prayer
6. Health Tip
7. WECF Golf Tournament
8. Upcoming Calendar Events
9. Coming Soon (Holidays)
10. Calvary Chronicle Staff & Contributors

"Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly." Matthew 6:16-18 NKJV

What shall I give up for Lent this year? It's a question many ask themselves in the days preceding Ash Wednesday. Some choose to abstain from their favorite foods and activities or strive to be more kind and compassionate to one another while others focus more on the spiritual aspects of Lent by spending more time in prayer, reading and studying the Bible with more consistency and surrendering their all to God. Lent is the time designated 40 days prior to the observance of Resurrection Sunday and is a time of reflection on the sacrifice that our Heavenly Father made in sending His Son to die on a cross for our sins. Whatever you choose as your Lenten sacrifice this year ask yourself if your sacrifice would be pleasing to God and will glorify Him.



Pastor's Desk Message



Greetings First Calvary Family! It's time for another Calvary Chronicle! Thank you to our Chronicle Staff for their tireless efforts to make this publication a reality. We hope each family would read this issue....and make use of this way to connect with the Church and stay informed. It's quite fitting that the theme for this issue of the Chronicle is "PREPARING FOR LENT". Matthew 6: 16-18 states, "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly." We are officially in the season of Lent. What does this mean for the Christian? It means we are preparing to celebrate the Sacrifice our Lord and Savior made in His death and Resurrection. Quite often, during the Lent season, we are encouraged to "give up something" to symbolize Christ giving up His life. However, Mrs. Davis and I both would encourage us to also focus on "adding" something during this 40-day season that will strengthen our relationship with Christ....read our Bibles more....spend more quiet time with Him....pray a little more...serve a little more....SEEK GOD MORE. I would hope that we are a Body of Faith that does what we do to glorify God. This is especially fitting at this time in our lives and in our Ministry.

As we continue to navigate safely in a Pandemic, I remind us that we should be SAFE....BUT...we cannot be afraid....SHOULD not be afraid, for we have a God that cares for us....that loves us....that protects us. Our safety is in His hands....and He is gracious enough to keep us. We can move forward in FAITH, not fear, and do what we can to continue to Glorify HIM....to see Him lifted up....to bring souls to HIM! So, all of that was said, just to say, Y'ALL COME ON HERE NOW!

Hopefully you have joined us...or will join us...and will invite someone to join us...at our First Calvary Baptist Church Ministry weekly Bible Study on Zoom, Sunday School also on Zoom and Worship services online and streaming. We are grateful for our dedicated, hard-working Church Staff and our loyal volunteers that have continued to work tirelessly since we entered this season. We continue to remind you to reach out to one another. Contact helps us stay connected...so CONNECT...however you do it...check in on one another and make sure that someone is fairing okay and is encouraged. We would all be surprised at how much it would mean for someone to just receive a call or text...or a drive by visit.... "Hey, how you doing?" Make a commitment to reach out to someone...just one person... every day for the rest of this season. OH, BY THE WAY MAKE ANOTHER COMMITMENT...TO BE HERE OR TUNE IN, FIX YOUR CALENDARS TO BE PRESENT FOR OUR ANNUAL SPRING REVIVAL, MAY 1 (9:30 A.M. WORSHIP) THROUGH MAY 3, 2022.....GUESS WHO WILL BE HERE? PASTOR-ELECT MARC LAVARIN.....

Lastly, I would like to say thank you to each of you. Thank you for your continued support of this Ministry...this Church...and this Pastor...and our Pastor-Elect. Thank you for continuing to sow into First Calvary. We need your gifts in service to the Kingdom....we need your time, talents, and treasures to be effective in Ministry and to make a difference for the Cause of Christ! Your gifts, your talents, your support....it's TIME, TALENTS, AND TREASURES!! Worship with us on Sundays....join us in Sunday School....and Bible Study. It takes all of us to make this Church grow—even now....not one or two of us....but all of us. So, let's all come together and continue to be AN EXCITING CHURCH EXCITED ABOUT ITS MISSION!

Yours in that Blessed Hope,

Pastor Fredrick A. Davis





Leadership Conference:

Enhancing and Empowering Disciples Towards Missional Change

By: Sis. Mary U. Vickers

First Calvary Baptist Church's annual Leadership Conference was held virtually via Zoom on January 22, 2022. Reverend Marc A. Lavarin, Pastor-elect of First Calvary Baptist Church, was the guest facilitator. The scriptural reference for the conference was Ephesians 4:11-13.

Pastor-elect Lavarin quoted Nelus Niemandt in saying that "missional change is the spirit-led transformation of people and institutions by means of meaningful leadership as the ability to mobilize, inspire, and influence people toward a shared vision for the betterment of people and society. He said that we need to "move from a church with a mission to a missional church with a purpose.

In the first session, Pastor-elect Lavarin said that leadership, whether missional or organizational, is a matter of how you are able to lead people. He read excerpts from Exodus 35-36, and stated that there are qualifications to leadership, and qualities of an effective leader:

- Anointed for the assignment and is available to do the job
- A teachable teacher
- A team-oriented leader

One question we should ponder is "*Do our leaders have the skill set to do the job they've been assigned?*" Often, people are placed in a position because of the length of time that they have served in a ministry. Pastor-elect Lavarin said that

longevity is not a requirement for elevation. God elevates based on availability. Before accepting a position of leadership, one must ask themselves: *Am I anointed for this task, and am I anointed for it now?* He stated that "God's next is always better than God's last" and that "leaders are judged by a different standard. Teachers are not just those who teach by instruction but those who teach by the way they live. He said that leaders must have a culture of collaboration because a leader is not above the shared vision.

In the second session, Pastor-elect Lavarin's topic was "The Principles of Influence Leading Toward Missional Change." He said that missional change requires bringing people to places they've never been or experienced. These places are often where people do not want to go. He gave three principles of a leader who is leading towards missional change:

- Leaders do not let the dissenters stop the progress. They listen to the dissenters and hear them, but they move with the movers. In Exodus 35-36, everyone brought something different to build the Tabernacle.
- Leaders position people in the right places.
- What a leader acknowledges is what a follower will aspire to be.

He said that the way that you know if you are leading and not just in charge is to determine who is doing the work. If the leader is the only person doing the work, then he is not leading.

At the end of the conference, Pastor-elect Lavarin took questions from the attendees. He closed by stating that he is looking forward to coming to First Calvary Baptist Church as the new pastor. As he settles into this new role, his goals will be to Look, Listen, Learn, and Love!

Parenting as an Ongoing Lenten Journey

By: Dr. Jennifer L. Rounds-Bryant

"Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly." Matthew 6:16-18 (NKJV)

This scripture reminds me so much of two things: The effort and sacrifice it takes to reach important goals and the pride people take in saying "I'm so glad that I don't look like what I've been through!" The catalyst for the Season of Lent was surely a season of great effort and sacrifice in preparation for reaching a most important goal in the Christian faith: Christ dying for our sins and being resurrected to sit at the right hand of God in Heaven.



In many ways, parenting can be viewed as an ongoing Lenten journey, which requires much effort and sacrifice, along with keeping our heads anointed and our faces washed so that we don't look like what we are going through. Very often, there is a reward for staying the course, including children growing up and leaving home to embark upon an independent adulthood - which may allow for some resurrection of parents' ability to recover and focus on themselves. But those who know, understand that parenting continues, with or without the same level of sacrifice, in children's adulthood.

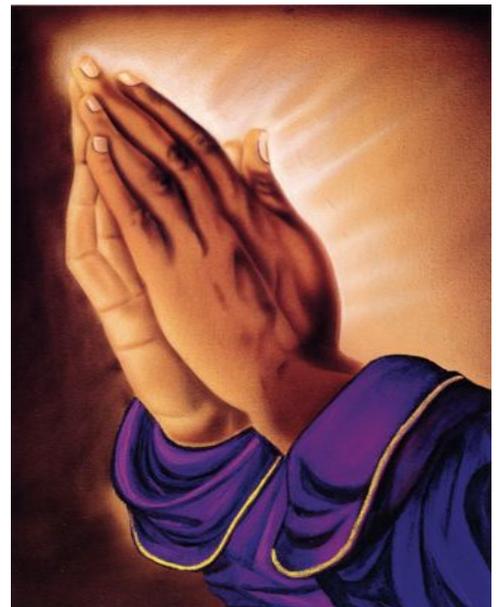
Therefore, it is very important for parents with children of all ages to pace themselves and include regular rest and celebration in the parenting journey. Pacing for the long-term may require parents to sacrifice some of the experiences they want for their children. Know that it is OK for parents to "fail" their children from time to time for the greater good of the parenting journey. Know that it is also OK to walk with other parents and helpers along the parenting journey, for encouragement, support, and fellowship.

A Lenten Prayer

By: Dr. Toni McIntosh

Gracious Father,

We are grateful for your many blessings which you bestow upon us each day. In this season of Lent, as we continue to live in a world of pandemic, war, violence, sickness, and death, we are reminded of the sacrifice of Your Son on the cross so long ago. We know that we are broken yet blessed. We acknowledge our shortcomings. We mourn for those we've lost, but we remain joyful that we will see them again. We are filled with compassion for those who suffer brutality and violence at the hands of others. We pray for the souls of the lost and those wandering in the wilderness of sin. We pray that, as we approach Resurrection Day, we will be all the more mindful of the inhumane treatment Jesus suffered before succumbing to His sacrificial death. We thank you, Sovereign God, for being an "on-time" God. We honor you with our time, talents, and treasures as scripture mandates. Thank you for the gift of Salvation, and the grace and mercy you so willingly give to us. In Jesus' name we pray, AMEN.



The Health Tip

Submitted By: Nurse Betty Borden

Seasonal Allergies: How to Prepare

Be greater than your allergies: Seasonal allergies have a way of creeping up on you, making you feel less than your usual, productive self. Symptoms such as sneezing, nasal congestion, itchy, watery eyes and runny nose can make it difficult to focus on everyday tasks. So when allergy season hits, does this mean you have to resign yourself to feeling miserable for weeks or even months – as long as there's pollen in the air?

Fortunately, proper preparation is often all it takes to regain control. Following a few simple steps prior to the onset of your seasonal allergies can help give you the upper hand in managing your symptoms once they hit – so you can get on with your life.

How to prepare for allergy season

1. KNOW YOUR ALLERGY TRIGGERS

Allergies can strike at various times throughout the year, depending on where you live and what you're allergic to. Seasonal allergies usually occur when your immune system overreacts to the presence of allergens in the environment, including pollen. Different plants produce pollen at different times of year – for example, tree pollen season is in early spring, whereas grass pollen is prevalent in summer and ragweed pollen causes most fall allergies. By identifying which types of pollen you're allergic to, you can work out approximately when to expect your allergies to kick off and start taking steps to manage symptoms.

2. STOCK UP ON ALLERGY MEDICINE IN ADVANCE

Be ready to start your allergy medication as soon as your symptoms begin.

Go through your medicine cabinet, check packaging and labels, and toss anything past its expiration date. Be sure you're using an allergy treatment that targets your symptoms, too, for effective relief. Some of the worst allergy symptoms include nasal congestion, sneezing, itchy, watery eyes and runny nose.

3. START WATCHING LOCAL POLLEN REPORTS

Keep an eye on local pollen counts, so you'll know exactly when allergy season kicks off in your area. You can also monitor which days will have higher pollen levels and schedule indoor activities for then. It's also worth checking the weather forecast – dry, windy days usually have higher pollen counts, whereas rain tends to clear pollen from the air.

4. REDUCE YOUR EXPOSURE TO POLLEN

Plan to keep windows and doors shut on days with high pollen counts and avoid hanging laundry outside to dry. If you suffer from summer allergies, make sure your air conditioning unit is fitted with a high-efficiency particulate air (HEPA) filter to help trap allergens from the air. Wearing a hat and sunglasses when you head outside will also limit the amount of pollen that blows into your eyes. Plus, they'll protect you from harmful UV rays at the same time. You may even want to consider wearing a dust mask if pollen counts are particularly high and you need to spend time outdoors.

5. SPRING CLEAN YOUR GARDEN BEFORE PEAK POLLEN SEASON

Try to complete your essential gardening before your seasonal allergies properly kick in. Clear away dead leaves or plants to limit mold growth if this triggers your allergies or remove plants such as ragweed that are common allergens. You could also schedule your gardening time for later in the day, rather than in the early morning when pollen counts are highest.

6. ADD MORE FRUITS AND VEGETABLES TO YOUR DIET

Fruits and vegetables are powerful sources of antioxidants and natural chemicals that can help you to fight the inflammation that comes with allergic reactions. Try adding these to your diet in the lead-up to allergy season. However, note that certain foods contain proteins similar to those found in ragweed, a common fall allergen – so if you're allergic to ragweed pollen, avoid eating bananas, melons, honey, chamomile tea and sunflower seeds as they could worsen your symptoms.

7. STOCK UP ON GREEN TEA

Green tea contains natural antihistamines that can assist in your fight against allergies—and a steaming hot cup of tea soothes a scratchy throat and loosens mucus at the same time.

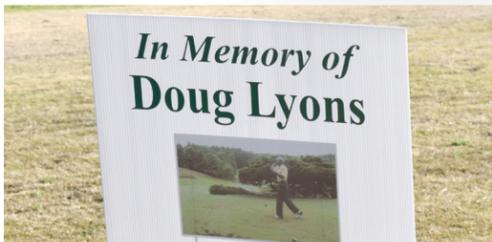
Source: www.flonase.com



23rd GEORGE SMITH GOLF TOURNAMENT ANNUAL SPRING GOLF CLASSIC



GET INTO THE SPRING SWING!



Saturday, March 19, 2022

8:30a.m. Shot Gun start

Hillandale Golf Course • Durham, NC

(Serving breakfast and lunch on course)

Registration fees:

\$85.00/person by February 26, 2022 • \$95.00/person after February 26, 2022

Prizes and treats will include:

- Free range balls • Golf equipment • Golf apparel • Beverages before and during play • Raffles

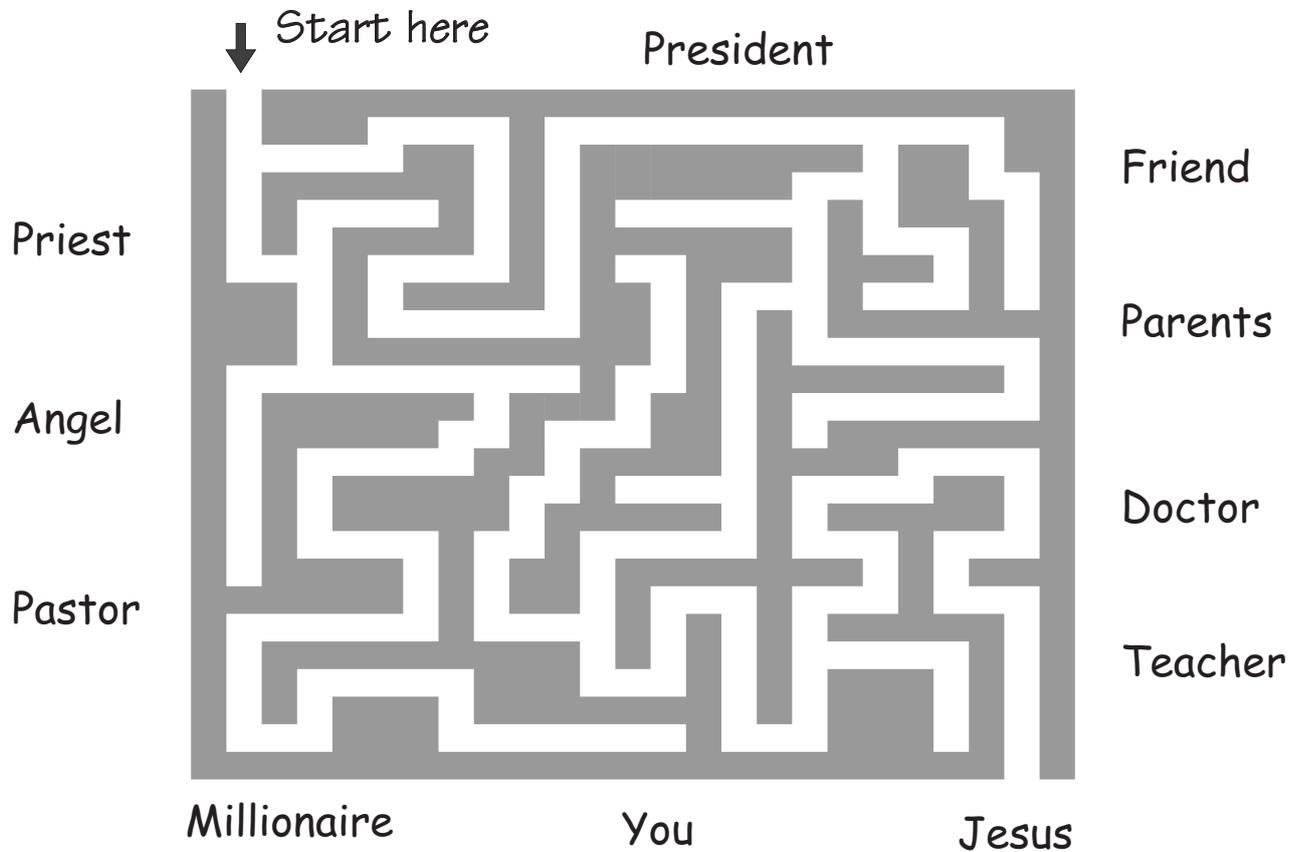
West End Community Foundation, Inc. Sponsors:

Banks Law Firm, Biscuitville, Chick-fil-A Hillsborough Road, Dixon Golf, First Calvary Baptist Church, Hendrick Subaru Southpoint and M&F Bank

Visit us at www.thewecf.org or call for information:
Fredrick A. Davis, Chairman of the Board at 919-616-4819

Jesus gave His life to save me

Find the only way that leads to God. Who is the only one that can save us?



Complete John 3:16, which tells us of God's great love and His wonderful plan to save us.

world God loved One

For _____ so _____ the _____ that
 he _____ his _____ and only Son, that
 whoever _____ in him shall not
 perish but have _____ life.

eternal gave believes

ASH WEDNESDAY WORD SEARCH



**ABSTAIN
ASHES
BLESS
CROSS**

**EASTER
FAST
FOREHEAD
LENT**

**REPENT
WEDNESDAY**





Upcoming Calendar Events...

MARCH, 2022

Scouting Sunday: March 13, 2022
Sacrificial Sunday: March 27, 2022

APRIL, 2022

Palm Sunday: April 10, 2022
Resurrection Sunday: April 17, 2022
Maundy Thursday Service: April 14, 2022
Good Friday (church office closed): April 15, 2022
Resurrection Sunday: April 17, 2022
Womanhood Hour of Power: April 22, 2022
Womanhood Wordshop: April 23, 2022
Womanhood Sunday: April 24, 2022

- *Noon Day Midweek Prayer and Devotion:* Wednesdays@ 12:00pm
- *Bible Study via Zoom:* Wednesdays@ 7:00pm
- *Zoom Sunday School:* Sundays @11am
- *Weekly Worship Service:* Sundays @9:30am



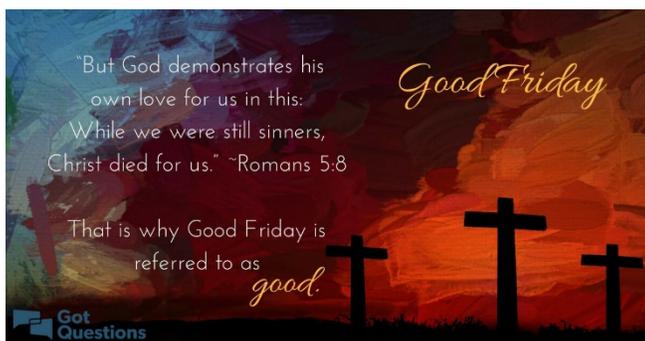
The FCBC Food Pantry is ALWAYS TAKING NON-PERISHABLE FOOD DONATIONS. Things like peanut butter, jelly, pasta, pasta sauce, cereal, rice, canned veggies (ALWAYS NEEDED), and ramen noodles.

Upcoming Holidays



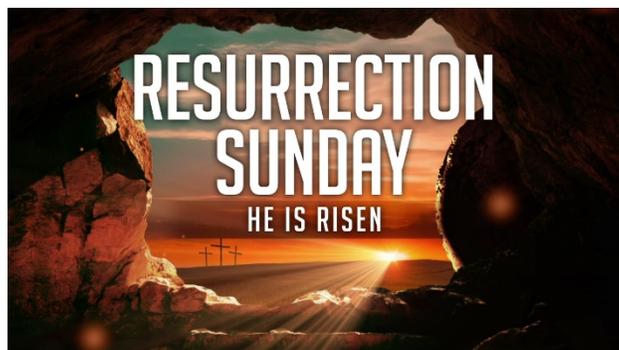
Sunday, 10 April 2022

Sunday, 10 April - Saturday, 16 April
2022



Friday, 15 April 2022

Sunday, 17 April 2022



Monday, 30 May 2022



Monday, 04 July 2022

Calvary Chronicle Staff:

Sis. Crystal Bethea

Sis. Faith Brodie

Bro. Carter Cue

Dr. Toni McIntosh

Dr. Jennifer Rounds-Bryant

Sis. Mary Vickers

Contributors:

Pastor Fredrick A. Davis

Sis. Betty Borden

Sis. Dennise Lindsay

Sis. Angela Sanders

*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
in person, 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 Dr. Toni McIntosh at calvarynews@firstcalvary.org or (919)341-4645. Thank you!