

"Discovering New Possibilities"

Pastor L. B. West, D.R.S.



Mount Airy Baptist Church Family:

We are indeed a blessed congregation and I am extremely fortunate to be your Pastor. We are blessed to have leaders who are willing to work with their Pastor, as well as, Associate Ministers, Deacons, and Trustees who are focused on Jesus Christ and the Ministry assigned to us. We have learned to pray constantly for each other that we might walk together to do our part in building God's Kingdom, here on Earth and never allow any foreign or unlike spirit to disrupt our fellowship.

We continue being blessed with a tremendously capable staff here at our Church and our volunteers are second to none as they continue to give untold, immeasurable amounts of their time serving others from their Ministry posts. There simply is no questioning the fact that we, as a Church Body, could not function as efficiently or as effectively without all of you. Your efforts are immeasurable, and we need more just like you, working on behalf of missions and ministry.

The Lord is stretching us in every way. He is stretching our minds; stretching our imaginations, stretching our actions and activities. Our God specializes in taking us out of the comfortable and moving us into the unknown and uncomfortable future. God has us, individually and collectively, as a community, "Discovering New Possibilities." Take a moment to put a stop on the thoughts of, "I've finished my task," "I've done my part," and begin accepting the

fact that God is stretching us into "Discovering New Possibilities." Our God is such a BIG God. He speaks BIG things; He embraces BIG ideas; he encourages BIG dreams; and he enlivens BIG possibilities. So put a lid on your coffee mug, or your tea cup of satisfaction and get ready to open the fresh container of "New Possibilities." Walk with me! Run with me! Go with me into this God-assigned area of "Discovering New Possibilities." ■

Mount Airy Baptist Church Stewardship Project

by Sis. Jackie Smith

Please join us in our Stewardship Project as we renovate our Church and designated areas.

We are asking each family to contribute a donation of \$1,000 during 2017. Your generous gifts can be remitted as follows:

Weekly	\$1000/52 = \$ 19.23
Bi-Weekly	\$1000/26 = \$ 38.46
Monthly	\$1000/12 = \$ 83.33
Semi-Monthly	\$1000/24 = \$ 41.67
Annually	\$1000/1 = \$1,000.00■

My Poem

by Olivia West, CCYP

God has been good to my family and he's been good to me

He blessed me with the gift of creativity

I'll sing, dance, and write to glorify him with all my might

We all fall short. I'll try my best to walk right. ■

2017 STEM Expo

by Dr. Barbara Smith



UNIVERSITY OF MARYLAND
A. JAMES CLARK
SCHOOL OF ENGINEERING
Center for Minorities in Science and Engineering

2017 STEM EXPO

EXPLORE. DISCOVER. INSPIRE.

The Center for Minorities in Science and Engineering invites the families of 3rd - 12th grade students to the annual **STEM Expo!** This **free** daylong event aims to expose students and parents to careers and educational opportunities in Science, Technology, Engineering, and Mathematics.

FEATURING:	WHEN
- Hands-on STEM activities	Saturday April 8th, 2017 9:00 am - 3:30 pm
- College and STEM Career Preparation	(check in begins at 8:00am)
- STEM Summer Camp Information	WHERE: University of Maryland College Park, MD 20742

Register now:
<http://ter.ps/CMSEEXPO>

The Marian A. Williams Scholarship – Now Accepting Applications

by Dr. Barbara J. Smith

The Marian A. Williams Scholarship Program of Alpha Phi Alpha, Pi Upsilon Lambda Charitable Foundation is now accepting applications!!!

Please click on the link below for more details. The scholarship is aimed at rising high school seniors who are heading to college in the fall.

In addition, the scholarship awardee is also paired with a mentor in his/her chosen field, as well as the opportunity to earn additional funds via the Continuing Success Initiative.....so spread the word and apply today!!

Marian A. Williams Scholarship Program

January 31, 2016 ·

<http://www.apapulcf.org/marian-a-williams-scholarship/>

It's not too late to apply!! Please pass it on!!☑

KBEC TEC Culinary Arts Training Program

by Newsletter Ministry

KBEC Group, Inc. has openings for free Culinary Arts Training for District of Columbia youth ages 16 - 22. Classes meet Mondays and Wednesdays, 4:30 pm - 7:00 pm at the DC Department of Youth Rehabilitation Services' Achievement Center at 450 H Street, NW, Washington, DC, 20002. The training is hands-on and student-centered. The services are funded through a partnership grant under the Progressive Life Center, Inc. (PLC) and the DYRS Service Collation. All academic performance levels are served.

The training's outcomes focus on achieving National Certifications in:

- *Servsafe Food Safety Manager
- *American Hotel and Lodging Educational Institute's Kitchen Cook
- *American Hotel and Lodging Educational Institute's Guest Service Gold Professional and the
- *American Chef Federation Certified Junior Culinarian.

Enrollment is happening NOW. If interested, please contact Ronald Sykes, Program Coordinator, on (240) 244-9463. Onsite registration is at the Achievement Center from 2:00 pm - 6:00 pm. Interested applicants only need to present a valid DC ID.

Let's Get Cooking!

Kimberly Hood-Berry Jelks
CEO and Executive Director
Leadership Training, Management Training,
Leadership Seminars- Washington, DC

112th Annual Session of the National Baptist Congress of Christian Education (NBCCE)

by Newsletter Ministry

The annual session of the NBCCE will convene in St. Louis, Missouri June 18-23, 2017. The theme is “Envisioning the Future Exceptionally as We Equip Disciples for Christ”. The schedule of courses may be reviewed online

www.nationalbaptistcongress.org or in the Church Office. Attendees are to list their choice of courses on the list in the Church Office by May 1, 2017. Should you have any questions please contact Dr. Phyllis J. Mayo.

April Health News U Can Use

by Health Ministry

For years, the Mount Airy Baptist Church has been partnering with the Leadership Council for Healthy Communities (LCHC). This partnership is facilitated through our LCHC health liaison, Ms. Jacqueline Smith, who has provided our church with valuable information and resources from the LCHC; today is no different. Through Jackie, we have the content for this month’s health news u can use!

Easter is in the month of April!

April also is the National Minority Health Month, which is a time focused on “Bridging Health Equity Across Communities.”

Did you know heart disease is the leading cause of death in DC, with death rates among African Americans almost three times that of whites? In Wards 4, 5, 7 & 8, at least one out of every three residents has

been diagnosed with high blood pressure. Uncontrolled high blood pressure is the main cause of heart disease. Visit www.chronicdiseaselocal.org/LCHC to find a clinic or doctor near you for a blood pressure screening. Also, be prepared to make changes to your life. By doing this, such as lowering your blood pressure numbers, and exercising more, you will be able to enjoy life more.

One way to lower blood pressure is to watch your sodium intake.

Sodium Facts

Sodium is an essential mineral in our bodies. It is a major component of fluid balances and is necessary for the electrical impulses that drive our hearts, muscles, brain and nerves
(<http://healthyeating.sfgate.com/much-sodium-bad-5322.html>).

The majority of sodium is in our blood and in body tissues, external to the cells that make up the body. The U.S. Institute of Medicine recommends that healthy adults consume no more than 2,300 milligrams of sodium daily, the equivalent of a teaspoon of table salt. People with high blood pressure or at risk for heart disease should limit sodium to 1,500 milligrams per day
(<http://healthyeating.sfgate.com/much-sodium-bad-5322.html>).

High Blood Pressure

Sodium draws water to it, due to its electrical charge. Substantial evidence exists to firmly establish that high sodium intake causes high blood pressure. As our hearts work against this pressure, it fatigues, grows larger and eventually stops functioning, resulting in heart disease. High blood pressure also damages many other organs in the body
(<http://healthyeating.sfgate.com/much-sodium-bad-5322.html>) Often people talk about cutting back on salt, but here is

something to consider to help reduce our intake of salt.

Cut Down on Processed Foods

Most of the sodium Americans eat comes from packaged, processed, store-bought, and restaurant foods. Only a small amount comes from salt added during cooking or at the table. In fact, most Americans already get more daily sodium than recommended before they ever pick up a salt shaker.

What is processed food?

The Dietary Guidelines for Americans define the term "processed food" includes "any raw agricultural commodity [product] that has been subject to processing, such as canning, cooking, freezing, dehydration, or milling." 1 Processing certain foods can make them last longer by killing organisms in the food or slowing their growth.

Sodium Reduction Is Challenging

- Types of food matter: More than 40% of the sodium we eat each day comes from just 10 types of foods, ranging from the number 1 source—breads and rolls—to snack foods, which are 10th on the list.
- Sources of food matter: About 65% of sodium comes from food bought at retail stores, where you can look for lower sodium choices. About 25% comes from foods made in restaurants, where it can be difficult to see how much sodium is in your meal.
- Brands of food matter: Different brands of the same foods may have different sodium levels. For example, sodium in chicken noodle soup can vary by as much as 840 mg per serving.

Sodium Is Everywhere

- Foods that otherwise seem healthy may have high levels of sodium. Examples include cottage cheese and turkey breast deli meat.
- Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving is not high in sodium.

- Sodium is already part of processed foods when you purchase them, and it cannot be removed.
- Sodium content can surprise you. For example, before it arrives at the grocery store, raw chicken and pork can be injected with a sodium (or saline) solution which increases sodium content significantly.
- Many restaurant meals are high in sodium.

References

1. The U.S. Federal Food, Drug and Cosmetic Act, Section 201, Chapter II, (gg).
2. U.S. Department of Health and Human Services, U.S. Department of Agriculture. What We Eat in America. NHANES 2011-2012. Agricultural Research Service Website.

Thank you CDC for this very informative blog content! 📌

Submitting Newsletter Articles

by Newsletter Ministry



To submit something for the Newsletter, you need to...

Submit your articles on a thumb drive or CD in Microsoft Word format and leave in the **Newsletter Box** in the Church Office. Articles may also be e-mailed to newsletter@mountairybaptist.org. We prefer that articles be typed and limited to 220 words or ½ page due to space. **We will no longer accept hand written articles.**

Articles Due: Sunday, May 21, 2017

Next Issue: Sunday, June 4, 2017

The Newsletter Ministry reserves the right to edit all submissions. 📌

On Purpose

by Sis. Danielle Benson, Girl Scouts Ministry

There is a world, where everyone is made the same.
The skies are blue and the people are smart.
The trees grow and the birds sing.
Life is perfect and everyone lives are full of happiness.
Do you know what that world is called?
Fake.
We are the children of God,
The angels sent abroad,
To be put to the tests of faith by the Lord himself,
There is no such thing as perfection in the world we are in today.
People get judged for so many things,
Being different, special, gifted, and gay.
Is this the world that God has made?
Do you think he wanted this for us?
We work to past the test of life so we can climb that holy ladder,
But instead we have our young black boys and girls being kidnapped and killed,
Chanting "Black Lives Matter"
Is it so bad to be different?
Special?
Girls and their insecurities,
They have to be the perfect size or have the luxuries that everyone else has just to impress the popular kids at school.
Diagnosing themselves with diseases just to be cool,
What about the adults?
The mothers, the grandmothers, Wives, and Sisters,
Striving to make the world a little better in their children's eyes.
While their playing with toys, people are losing lives,
Seeing them grow up and make new friends,
Having them tell you you're wrong, when you're just trying to protect them until the end.
We are all different people.
The world was not made perfect for a reason.

The Lord knew exactly what he was doing when he put us here,
For he is the only one you should fear.
This is more than just a world full of sin.
This is the world that God has made to see how us siblings could get along,
And in the end, he wants us all to come home.
Where even in heaven, he will make us strong.
He will never hurt us, so trust him,
Because he made this world on purpose.☐

Summer Program for Rising High School Junior and Senior Males

by Deaconess Winona Nixon

If you have or know a young male who is in need of a month long summer program to increase leadership skills. Please check out the COW program at VMI.
www.facebook.com/cow4life.org

The deadline is April 30, 2017. The student can apply at www.cow4life.org

The program is FREE and a wonderful experience for minority males from all over the country.

Although the program is free, donations from community partners are strongly encouraged. No amount is small.

You can make donation at <https://donatenow.networkforgood.org/CO W4life>☐

RECIPE: Quinoa Fried Rice

by Newsletter Ministry



You will need: 1 cup quinoa, rinsed, kosher salt; 1 tbsp. canola oil; 1 large onion, diced; 2 garlic cloves, minced; 1 large carrots, peeled and diced; 1½ cup frozen peas; 2 tbsp. low sodium soy sauce, 3 large eggs, whisked; 1 tbsp. sesame oil; and scallions, for garnish.

In a medium saucepan, combine quinoa and 2 cups of water and bring to a boil. Reduce heat and simmer until water is absorbed, 20 minutes. Season with salt and fluff with a fork.

In a large skillet over medium heat, heat oil. Add onion, garlic, carrot, and frozen peas and cook until tender, 8 to 10 minutes. Add soy sauce and stir until combined. Cracked in eggs and stir quickly so that they scramble, 1 minute.

Add cooked quinoa and stir to distribute. Let heat through, 3 minutes.

Drizzle with sesame oil and top with scallions. Enjoy!

Recipe courtesy of Delishrecipes.com 2016 ■

Upcoming Church Events:

- ❖ ***NCBC City-Wide Revival***
April 19-21, 2017
7pm nightly
- ❖ ***Pastor & Mrs. West 15th***
Anniversary:
 - ***April 29, 2017**First Lady Affair***
 - ***May 5, 2017 **Youth/Teen Night***
 - ***May 6, 2017**Anniversary Banquet at the Camelot by Martins***
 - ***May 7, 2017**Anniversary Worship Service***
- ❖ ***Ladies of LOVE Women's Retreat***
Hilton Garden Inn
Martinsburg, West Virginia
September 21-23, 2017■

Youth@Work/SYEP 2017

by Deaconess Winona Nixon

There are still spaces available for the Youth at Work Program. The registration information is below.

Students must be 15 years old by July 1st to participate.

- 1) Through Prince George's Community College, students 15-19 years old can take a free course entitled "Job Readiness Training". See the attached flyer for details and how to register.
- 2) Once the kids are enrolled in this course, they can apply and receive preference for a summer job. They will need to apply starting Feb 27 at this link:

[http://www.princegeorgescountymd.gov/598 / YouthWork-SYEP](http://www.princegeorgescountymd.gov/598/YouthWork-SYEP). The summer job starts June 25 for six weeks. The student ages 15-17 earn \$9.15 per hour and the students 18-19 earn \$11.15 per hour.

Most jobs are 40 hours per week and range from working in the Prince George's County State's Attorney's Office to Six Flags. The students completing the Job Readiness Training (Youth @ Work) receive preference.

Point of Contact is: Tamy Trice
Youth@ Work, 301-546-1580

The Prince George's County Government, Prince George's Community College, Prince George's County Public Schools, the Maryland National Capital Park and Planning Commission, the Greater Prince George's County Business Roundtable, and the Prince George's County Chamber of Commerce, are proud to announce the launch of... Youth@Work/SYEP 2017

Job Readiness Training Program
Youth@Work/SYEP Job Readiness
Training Program, a robust and exciting
initiative, is collaboration with the Prince
George’s County Summer Youth
Enrichment program (SYEP). Through
Youth@Work/SYEP participants ages 15-
19, will have opportunities to obtain job
skills and prepare for employment
opportunities.

Registration Opens December 1st!
Get more information or instructions for
registering online |
www.pgcc.edu/go/youthatwork

Contact us with questions | (301-583-1580)
or * youth-work@pgcc.edu

Convenient schedules and locations | Many
accessible by public transportation

FOR YOUR MEDITATION...
“Palms Up: Receiving the Blessing”
from Guideposts, 40 Devotions for Lent

*The Lord bless thee, and keep thee: The
Lord make His face shine upon thee, and be
gracious unto thee: The Lord lift up His
countenance upon thee, and give thee peace.*
— Numbers 6:24-26 KJV

In the closing moments of the Sunday
morning service, our pastor raises his arms
toward Heaven and calls down the blessing
of the Lord upon all of us in the
congregation. I bow my head in the
contemplative prayer that has become for
me a pre-blessing ritual.

I am a greedy child of God — I want every
blessing, every gift the Lord has for me; I
want nothing within me to hinder His giving
or my receiving.

All too frequently, as I put down my hymnal
and turn my hands palms-up to receive the
blessing, I wince; I find my hands already
full. Sometimes my fists are clenched, white

knuckled, in unresolved anger, as they were
the week a hit-and-run driver fatally injured
our small calico cat. Sometimes I find
myself holding on to brooding resentments
over words spoken to me in the heat of an
argument; or worse, I may be holding on to
the guilt of harsh words I’ve spoken to
others. Sometimes I’m clutching habitual
worries I thought I’d let go the previous
Sunday, only to find that through the days
that followed I’ve picked them up again.

So I begin my weekly ritual of letting go:

In these moments, Lord, I empty my hands
and open them to You.

I let go of anger; fill and bless me with Your
love.

I let go of guilt; fill and bless me with
forgiveness.

I let go of self-pity; fill and bless me with a
grateful heart.

I let go of worries and fear; fill and bless me
with trust.

I let go of the hurts of the past; fill and bless
me with the promise of the present.

Bless me and keep me, Lord.

Let Your face shine upon me, uphold me,
and give me peace. —Fay Angus

Digging Deeper: Psalm 84:11; Isaiah 40:31;
James 1:17

*Excerpted with permission from Daily Guideposts: 40 Devotions
for Lent, copyright Guideposts. Published by Zondervan*



Peace and Blessings
from God the Father
and Our Lord Jesus
Christ!