



### Inside This Issue:

Pastor's Pen	01
Prayer For Pastor	02
In The Spotlight	04
Hunger Fight 2015	05
Youth Ministries	06
Announcement	08
New Members/	
Anniversaries	10
Calendar	12

### The Standard Staff

#### Editor

John Scott III

#### Chaplain

Dorothy Rogers

#### Assemblers

Bonita McBride  
Rosa Toussaint  
Roselyn Toussaint

#### Photography/Graphics

Christine Hart, Director  
Jerome Haynes  
Andrew Thomas  
Randy Grant

#### Writers/Proofreaders

Sonja Baptiste  
David Bell  
TiLena Robinson  
Rosa Lockwood  
Paytie Cross  
Patricia Lewis  
Mattie Taylor  
Donna Gosine

#### Social Media

Fredrika Hill  
Patricia Scott

#### Graphic/Layout Designs

Al Campbell  
Samual Lockwood  
Delesia Scott

#### Advisor

M.H. Bellamy

**Mt. Bethel Missionary  
Baptist Church**

**Dr. R.E. Herring, Sr., Pastor**  
1620 Helena Street  
Jacksonville, FL 32208

**Phone: 904.764.8032**

**Fax: 904.768.0004**

**MtBethel1620@aol.com**

**Website:**

**www.mbmcbjax.com**



## Simon of Cyrene - Black History

Celebrated annually in the month of February is Black History, also known as African-American History Month. It is a time of remembrance, and for America to celebrate the contributions of Black Americans. But for the church this month, I want to focus on a familiar black man in the Bible, a man of Cyrene named Simon.

Crucifixion was the most shameful and painful way to execute a criminal. Jesus was led outside the city to the place of execution. It was required that the prisoner carry his own cross to the place of execution. And, according to the scriptures, it appears that Jesus was unable to carry his cross. Because of this, he was slowing down the progress of the group. Also, the Passover was about to be celebrated, and the Jewish leaders did not want their holy day to be desecrated by the dead bodies of criminals.

Now, we also must remember that Jesus had been awake all night, scourged and abused by the soldiers, so we can conclude that He was exhausted. Jesus started out bearing His cross, but the weight of it slowed Him down. In order to hasten the procession, the soldiers drafted a visitor to Jerusalem, Simon from Cyrene. Simon had come to Jerusalem to celebrate Passover, but he was now being forced to carry the cross of an unknown criminal!

What do we know about this Simon from Cyrene?

Well, first he is from Cyrene. Cyrene is a city (now Tripoli) in Upper Libya, North Africa. The people of Cyrene were African people, people of color. Simon and his people were descendants of Put (Phut), the third son of Ham, the ancestral father of Africans. Ham was Noah's youngest son (Gen. 9:19, 10:1-20).

Secondly, Mark 15:21 tell us that he is the father of Alexander and Rufus. It appears that his two sons were well known among the first disciples of our Lord. Paul is in Ephesus when there is a riot raised by the people who served the goddess Diana of the Ephesians and the crowd would have lynched Paul if they could have gotten to him. Who stands out to look that mob in the face? A man called Alexander (Acts 19:33). Could this be Simon's son, standing with Paul?

*(Continued on Page 2)*

<sup>13</sup> *Salute Rufus chosen in the Lord, and his mother and mine.*

Paul also mentions the mother of Rufus which had to be the wife of Simon. Paul expresses that she was so dear to him that he could call her his own mother.

Brothers and sisters, that day must have been a terrible day for Simon, he being forced to bear the cross of Jesus. But something must have happened to Simon on that day. On the way to Calvary as he observed the abused body of Jesus, something must have touched his heart. He must have stayed to watch Jesus on that Cross and it changed his life forever.

Following the death of Jesus, Simon must have returned home and shared his experience with his wife and two sons. And his experience brought his wife and sons into the same experience as he had himself.

Well, we all are familiar with the Hymn "Must Jesus bear the cross alone." But in 1693 *The Complete Book of Hymns* suggests that the original beginning of the hymn deals with "Simon," not Jesus. It went like this:

Shall Simon bear the cross alone,  
And other saints be free?  
Each saint of Thine shall find his own,  
And there is one for me.

Later the stanza was amended into its present form.

Must Jesus bear the cross alone,  
And all the world go free?  
No, there's a cross for everyone,  
And there's a cross for me.

*Pastor Robert and Lady Bessie Herring, Sr.*

### ***Prayer and Supplication for our Pastor***

Heavenly Father, we come now in the precious name of Jesus, and on behalf of our Pastor, we lift this petition.

Father, first and foremost, we thank You. As we enter this new year, we look back thankfully for all the blessings You have bestowed upon Pastor in so many ways; You have given him so much, and we don't take these blessings for granted.

We again pray You will only continue to anoint him with wisdom to speak Your truth in clarity and without fear. In this New Year God, we pray You keep him bold in his studies and fearless in his proclamation.

God, we pray for his strength daily, as You purge from his body all sickness, disease, aches and pains, and always keeping his mind stayed on You.

Lastly, Father we pray that he's always assured that You are the source of his strength and always the strength of his life.

As we close this prayer, we pray also for his family. Lord, continue to build their faith and confidence, as they walk daily in Your word.

We pray this specific and expectant prayer in the name of our beautiful Savior. Amen





# HEART HEALTH MONTH

It's true: Heart disease is the No. 1 killer in women. Yet, only 1 in 5 American women believe that heart disease is her greatest health threat. The truth is, women are less likely to call 9-1-1 when experiencing symptoms of a heart attack themselves. It simply doesn't occur to them to do so. And why would it? The bulk of media attention on the disease is focused on men.

## What causes heart disease?

Heart disease affects the blood vessels and cardiovascular system. Numerous problems can result from this, many of which are related to a process called atherosclerosis, a condition that develops when plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow. This can cause a heart attack or stroke.

But it doesn't end there. Heart disease can take many other forms as well:

**1. Heart failure or congestive heart failure**, which means that the heart is still working, but it isn't pumping blood as well as it should, or getting enough oxygen. **2. Arrhythmia or an abnormal rhythm of the heart**, which means the heart is either beating too fast, too slow or irregularly. This can affect how well the heart is functioning and whether or not the heart is able to pump enough blood to meet the body's needs. **3. Heart valve problems** can lead to the heart not opening enough to allow proper blood flow. Sometimes the heart valves don't close and blood leaks through, or the valve leaflets bulge or prolapsed into the upper chamber, causing blood to flow backward through them.

## How can I prevent it?

Many things can put you at risk for these problems one's you can control, and others that you can't. But the key takeaway is that with the right information, education and care, heart disease in women can be treated, prevented and even ended.

Studies show that healthy choices have resulted in 330 fewer women dying from heart disease per day. Here are a few lifestyle changes you should make:

- **Don't smoke**
- **Manage your blood sugar**
- **Get your blood pressure under control**
- **Lower your cholesterol**
- **Know your family history**
- **Stay active**
- **Lose weight**
- **Eat healthy**





## **The Little White Church in the Bottom**

The story begins with the forming of Mt. Bethel in 1866, the first church was a wooden building. I can only imagine how they worshiped and praised God for what they had. Then in the 1940's under Rev. B. W. Williams a concrete block church was built just behind the current church. The church was small but large in spirit, faith, and love. When I close my eye I can still see the pulpit, the Deaconses seated on the left and the Deaconess on the right; facing each other, three rows of seats about 20 seats, holding about 200 on a good Sunday.

Many faithful souls came to Christ in the little white church that sat upon the small hill. Many of us were baptized in the cooling water (there was not a heated pool) located under the pulpit. I look back at those simpler times when our praise and worship made the building sway to the music. You could hear and feel the stomping of our feet to the beat of the music, along with the voices of the choir who sang God's praises.

Under the leadership of Pastor S. A. Thomas and his vision in 1965, the church realized they had outgrown the old sanctuary. So in 1967 blueprints and stone selections were made and the work on a new sanctuary began. Hard work, dedication and standing on God's word enable the completion in 1978. That Summer, church families and friends marched into the current sanctuary that was paid in full at its completion.

*M Taylor*

### **Music and Arts Ministry - 2016 Blanket Drive**

There are things in our lives that we take for granted each day such as a roof over our head, clothes to keep us warm, personal hygiene items, and something to eat. The City of Jacksonville, in particular the downtown area, has its share of folks for one reason or another who are homeless due to loss of a job, a fire destroyed their home and everything in it, or a natural disaster leveled their place. Each year for the past four years the Music and Arts Ministry, spearheaded by Sis. Lynette Greene, has held a "blanket drive" to assist the people who are homeless. This blessed those in need on Saturday, January 23rd. The areas that were targeted this year were Hemming Plaza along with the Sulzbacher Center. Every day the Sulzbacher Center is home to more than 340 homeless members of our community, many of whom are children. Through the work of Sister Greene and her "helpers," we were able to pass out 125 blankets, 125 goodie bags, 25 toiletry bags, along with skull caps and gloves. The temperature was around 28 degrees that Saturday. There were members of Mount Bethel, along with their kids, who had their first experience seeing up close and personal just what these people go through and how grateful they were to receive these items. The workers inside the Sulzbacher Center are very grateful to see Mount Bethel come through for them time after time and there were folks who were "helped" Saturday who came to Mount Bethel on Sunday. The goal of the "blanket drive" is to be able to pass out 200 or more items at the next event to be held at a later date. On behalf of the chairperson, Sister Greene, and the director of the Music and Arts Ministry, Brother Richard Hill III, the Music and Arts Ministry would like to say thank you to the Mount Bethel family for assisting in this year's blanket drive.



*D Bell*



## POSITIVE MESSAGE

### Thanks In Advance

As you wait in expectation for God to blow your mind, to give you direction regarding your next move, to prove your enemies wrong, or to heal you from what the doctors said would never be cured, learn how to say "Thank You" in advance. Do not wait until the blessing comes learn how to thank God now. **(1 John 5:14 - This is the confidence that we have in him, that, if we ask anything according to his will, he heareth us)**

*D Bell*



## ANNUAL LEADERSHIP CONFERENCE



The second Annual Leadership Conference was held in January by Pastor R. E. Herring; the theme for the workshop, "Spiritual Leaders." Pastor Herring led us on a journey through the scripture teaching the importances of being called to serve and lead the church. The most profound insight of a Servant Leader come from the life and ministry of Christ Himself and Christ's clear teaching regarding servant leadership. Being a leader, you must also be a servant.

The first point; "Christ is the model of service," John 13:13-16. The gospel of John reveals the humility of our Lord while magnifying His deity. Ephesians 5:1-2 shows Paul calling believers to imitate God in his self-

giving actions.

Secondly, "What does Christian leadership look like?" It looks like a person chosen by God. Psalm 78:70 speaks of David and how he was chosen and taken from the sheepfold. John 15:16 speaks of being chosen, ordained and bringing forth fruit. "Christian leaders are called Shepherds," this word is used figuratively to represent the relationship of a leader to those whom are being led and of God's relationship to His people. They are called shepherd because God's chosen people were the sheep of His pasture.

Finally, how does a Christian serve, with Integrity, having ethics, moral character, honesty and with skilled hands. Spiritual leaders influence more than they direct, they inspire more than instruct. God called for leaders to change the atmosphere. God has given leaders the power to restore vision, purpose and love.

*D Bell*



# YOUTH MINISTRIES

## YOUTH DAY / LORD SAVE MY CHILD

Fifth Sunday at Mt. Bethel Missionary Baptist Church this month was nothing less than a blessing to those in attendance. When it comes to being fed the word according to our Lord and Savior Jesus Christ, this Sunday was no different than any other Service filled day at Mt. Bethel Missionary Baptist Church except that today was led by the youth under the direction of Sis. Wiggins-Griffin, who serves as the Director of the Youth Ministry.

Service started out with a spirit filled devotional service led by a host of young men that were mentored by Dea. Anthony Davis. The service was then turned over to Sis. Maya Wright who served as the presider for the service. The Youth choir ushered in the Holy Spirit through a soul stirring song service. It was Prayer time and Sis. Ritisha Hall led the congregation in an intercessory prayer for the world's youth to seek God our Savior for peace and understanding. This prayer came as a result of the senseless killing going on in the community by youth, with one claiming the life of a 22-month old child.

From there we were elevated even higher as the Man of God, Rev. James J. Sampson, Jr. of First New Zion Baptist Church proclaimed the word for us. He spoke from 1 Kings 3:16-28, and the title of the sermon was, "Lord Save My Child."

After the benediction the youth gathered in the Family Life Center for a Spaghetti dinner and awards ceremony, where the youth are recognized for their academic achievements, conduct, and birthdays for the quarter.

Today service was nothing less than a blessing to all in attendance. God reminded us all that we are who we are today due to His grace and mercy.

**J. Scott III**











# Valentine's Day



arrow

candy

cinnamon

cupid

fourteenth

huge

roses

balloons

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

bear

chocolate

February

flowers

friend

red

heart

white

gift

necklace



love

pink

Valentine

## Poetry Cafe

### Do Unto Others

Learn to talk less,  
And pray a little more;  
When you hear God knocking,  
Without hesitation open the door.

Do unto others,  
As you would have them do unto you;  
Along with loving friends and family,  
Love your enemies too.

Dont be so judgmental,  
But try to understand  
That everyone has a story,  
So just reach out your hand.

No need to make resolutions,  
Or a long list of things to do;  
Just focus on loving and understanding more,  
And try to be a better you.



## ***Helpful Home Remedies:***

- 1) **Flies or bees bothering you?** - Spray them with hairspray and they will take a quick dive.
- 2) **Sealed envelope** - Put in the freezer for a few hours, then slide a knife under the flap. The envelope can then be resealed.
- 3) **Use Empty toilet paper roll to store appliance cords** - It keeps them neat and you can write on the roll what appliance it belongs to.
- 4) **Crayon marks on walls?** - This worked wonderfully! A damp rag, dipped in baking soda. Comes out with little effort (elbow grease that is!).
- 5) **Permanent marker on appliances/counter tops** - (like store receipt BLUE!) rubbing alcohol on paper towel.
- 6) **Whenever I purchase a box of S.O.S Pads,** - I immediately take a pair of scissors and cut each pad into halves. After years of having to throw away rusted and unused and smelly pads, I finally decided that this would be much more economical. And now a box of S.O.S pads last me indefinitely! In fact, I have noticed that the scissors get sharpened this way!
- 7) **Blood stains on clothes?** - Not to worry! Just pour a little peroxide on a cloth and proceed to wipe off every drop of blood. Works every time! Use vertical strokes when washing windows outside and horizontal for inside windows. This way you can tell which side has the streaks. Straight vinegar will get outside windows really clean. Don't wash windows on a sunny day. They will dry too quickly and will probably streak.
- 8) **Spray a bit of perfume on the light bulb in any room** to create a lovely light scent in each room when the light is turned on. Place fabric softener sheets in dresser drawers and your clothes will smell freshly washed for weeks to come. You can also do this with towels and linen.
- 9) Candles will last a lot longer if placed in the freezer for at least 3 hours prior to burning.
- 10) To clean artificial flowers, pour some salt into a paper bag and add the flowers. Shake vigorously so the salt will absorb all the dust and dirt and leave your artificial flowers looking like new! Works like a charm!

## **Join Us In Baptist Training Union - February Schedule**

**February 15 – Monday, 6:30pm** - Hymns and Writers,  
Hymn Lining – Sis. M. H. Bellamy

**February 21 – 3<sup>rd</sup> Sunday, 5pm** - Funeral Planning  
and Pre-Planning, Insurance, Trusts, Programs,  
making choices – Rev. Wilbur Bellamy, Jr.

*Ma Bell*





## SUNDAY SCHOOL FOCUS

February 2016

### SACRED GIFTS AND HOLY GATHERINGS

#### UNIT III: Holy Days

February 7<sup>th</sup> Passover  
Exod. 12:1-14

February 14<sup>th</sup> The Feast Of Weeks  
Lev. 23:15-22

February 21<sup>st</sup> The Day Of Atonement  
Lev. 16:11-19

January 28<sup>th</sup> The Feast Of Booths  
Lev. 23:33-43

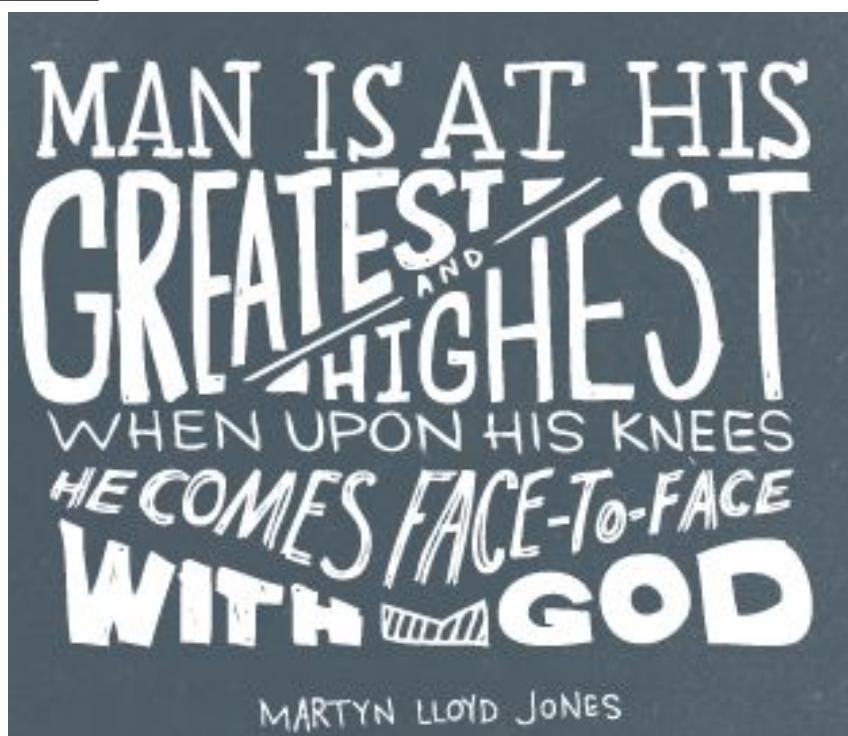


### WHAT A JOY IT IS TO INTRODUCE YOU TO OUR NEW MEMBERS

Daisy M. Gloster	01/10/2016
James R. Gloster	01/10/2016
Adrianna Drayron	01/01/2016
Latasha Harvin	01/01/2016
Shanette Jennings	01/01/2016
Terry Jennings	01/01/2016
Chaniyah Stanley	01/01/2016
Tanya Lafreniere	12/13/2015
Tisha Sanders	12/13/2015
Richard Davis	11/22/2015
Vonceil Y. Harrity	11/08/2015
Herbert Jackson	11/08/2015
Alexandra Holiday	11/01/2015
Vera Goodman	11/01/2015
Tavianna Brooks	10/25/2015
Virginia Mills	10/18/2015
Chaneil Wade	10/11/2015
Alexis Flanders	10/04/2015
Felecia Flanders	10/04/2015
Leslie Murphy	10/04/2015

**Purposely find these new members and welcome them to the Mount Bethel Family.**

*P Lewis*







### February 2016

Bro. Mark Bennett	2/1
Bro. Santo H. Mack	2/1
Bro. Ronald Rogers	2/1
Sis. Chantina Love	2/2
Sis. Jourdan Lee	2/3
Bro. David Bell	2/3
Sis. Valnita Smith	2/4
Bro. Steven Brooks	2/4
Sis. Fronita Stripling	2/5
Sis. Renee Jones	2/5
Sis. Rosa Lockwood	2/6
Sis. Yvonne Sims	2/6
Bro. Amaure Cooper	2/6
Sis. Forlissa Gray	2/6
Sis. Chantina McBride	2/7
Sis. Mekyah Reed	2/8
Sis. Arleen Brookins	2/10
Bro. Devin Masline	2/10
Bro. David Washington	2/10
Sis. Mia Cross	2/10
Sis. Annie Frazier	2/11
Sis. Iris Y. Rosier	2/12
Sis. Mary Davis	2/12
Bro. Jonathan White	2/12
Bro. Anthony Barney	2/12
Rev. Damien Scott	2/12
Sis. Darlene Young	2/13
Sis. Mary Brown	2/14
Bro. David Masline, Jr.	2/15
Bro. Edgar Bennett, III	2/15
Bro. Devin Bruner	2/15
Sis. Deborah Davis	2/16
Sis. Felicia Huggins	2/16
Sis. Amya Session	2/16
Miss Joelle Lee	2/17
Master Jadon Lee	2/17
Sis. Kendi Ford	2/17
Bro. Michael G. Smith	2/19
Sis. Kymani Brazle	2/20
Sis. Pamela Ford	2/20
Bro. James Hall	2/21
Bro. Gerald Mixson, Sr	2/22
Sis. Jessie Roberson	2/22
Bro. Paul Napoleon	2/22
Sis. Rachel L. Gaddys	2/22

Sis. Janet Jones	2/22
Mo. Cora Hudson	2/23
Sis. Precious McCoy	2/23
Sis. Eileen Gresham	2/24
Sis. Violet Johnson	2/25
Sis. Jacquelyn Lovett	2/25
Bro. Lester McGriff, Jr.	2/25
Sis. Cheryl Bryant	2/26
Sis. Fredrika Hill	2/26
Sis. Janise Campbell	2/26
Sis. Linda Parker	2/27
Bro. Lorenzo Monroe	2/27
Bro. Shadrac Franck	2/27
Sis. Rosalind Miller	2/27
Bro. Pharrell Carlyle	2/28
Sis. Michelle Smith	2/28
Sis. Brenda Jackson	2/28



### February 2016

Bennie & Deborah Davis, Jr 2/07



**\*\*Wilbur & Mary Bellamy, Sr. 2/10  
(54th Anniversary)**




Joseph & Rosa Toussaint (44 years)	2/12
Ronald & Cherlynette Nelson	2/14
Martin & Sonja Baptiste	2/20
Rick & Fredrika Hill III	2/26
Terence & Regina Wright	2/27

# MT. BETHEL MISSIONARY BAPTIST CHURCH

## FEBRUARY 2016

Emphasis: The Force of Faith-Past, Present and Future

Mark 11:22, Romans 4:13-16, Corinthians 4:13

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>150<sup>th</sup> Anniversary Celebration 1866-2016</b> <b>Coming June 2016</b>	<b>1</b> 6:30P Trustee Ministry 7:30P Deacons	<b>2</b> 6:30P Sun School Teachers 7:00P Youth Explosion 7:00P Mid-Week Prayer & Bible Study	<b>3</b> 9:00A Prayer Line 11:30A Clothes Closet 11:30A Noon Day Prayer 6:30P Dance Ministry 7:00P SAT Sanctuary Choir	<b>4</b>	<b>5</b> National Red Dress Day 	<b>6</b>
<b>7</b> <b>HOLY COMMUNION SUNDAY</b> 9:30A Sunday School New Members Class 11A Morning Worship	<b>8</b> 7:00P Empowered Brethren	<b>9</b> 6:30P Sun School Teachers 7:00P Youth Explosion 7:00P Mid-Week Prayer & Bible Study	<b>10</b> 9:00A Prayer Line 11:30A Clothes Closet 11:30A Noon Day Prayer 6:30P Dance Ministry 7:00P SAT Sanctuary Choir	<b>11</b> 7:00P Male Chorus	<b>12</b>	<b>13</b>
<b>14</b> 8A Early Worship 9:30A Sunday School New Members Class 11A Morning Worship (Wear Red) 4:P Church Outing Greater Macedonia Baptist Church 	<b>15</b> Church Office Closed 6:30 BTU 	<b>16</b> 6:30P Sun School Teachers 7:00P Youth Explosion 7:00P Mid-Week Prayer & Bible Study	<b>17</b> 9:00A Prayer Line 11:30A Clothes Closet 11:30A Noon Day Prayer 6:30P Dance Ministry	<b>18</b> 7:00P Male Chorus	<b>19</b>	<b>20</b>
<b>21</b> 8A Early Worship 9:30A Sunday School New Members Class 11A Morning Worship Black History Celebration	<b>22</b>	<b>23</b> 6:30P Sun School Teachers 7:00P Youth Explosion 7:00P Mid-Week Prayer & Bible Study	<b>24</b> 9:00A Prayer Line 11:30A Clothes Closet 11:30A Noon Day Prayer 6:30P Dance Ministry 7:00P SAT Sanctuary Choir	<b>25</b>	<b>26</b>	<b>27</b> 9:A Deaconess Ministry
<b>28</b> 8A Early Worship 9:30A Sunday School New Members Class 11A Morning Worship	<b>29</b> 6:30P Trustee Ministry 6:30P Missionary Society 7:30P Deacons	<b>Notes: February is Heart Health Month</b> 