

CALVARY CONNECTION

APRIL 2010



*Christ
Is Risen!*

96th



ANNUAL HAMPTON UNIVERSITY MINISTER'S CONFERENCE

JUNE 7 - 11, 2010

Conference Fee: Pre-registration rate - \$155/person

On-site Registration - \$180/person

- Registration is required to attend any worship service
- Pre-registration deadline is **March 26, 2010** (postmarked)
- Registration forms are available in the church office and must be mailed or faxed directly to Hampton University
- Campus room reservations and meal plans can be purchased (see registration form)

A very limited number of hotel rooms and airline flights have been reserved:

Hilton Garden Inn Hampton Coliseum Central - reservation must be made by **May 2, 2010**

* New Hotel * \$169/night (all occupancies)

Continental Airlines - a non-refundable deposit of \$50/person is due by **February 28, 2010**.

Balance due **March 28, 2010**.

Option 1 (B89QGF) - \$196.45 tax included

Tues., Jun 8 Newark, NJ 8:15 AM Norfolk, VA 9:54 AM

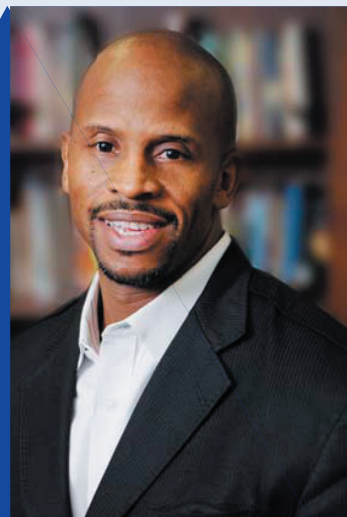
Fri., Jun 11 Norfolk, VA 10:12 AM Newark, NJ 11:44AM

Option 2 (B89QM2) - \$198.60 tax included

Mon., Jun 7 Newark, NJ 3:10 PM Norfolk, VA 4:40 PM

Thurs., Jun 10 Norfolk, VA 5:35 PM Newark, NJ 7:15 PM

Please contact **Felicia Hedgepeth**, Church Administrator, at
973-267-0136 or fhedgepeth@gmail.com, if you are
interested in reserving a room or flight.



Pastor Carter
will be
lecturing
Tuesday - Thursday,
June 8 - 10
@ noon

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Submit your ideas, photos and writings to
connection@calvarybc.org or drop them
in the Calvary Connection mailbox.

(Submissions may be edited before publication)

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CALVARY CONNECTION NEEDS YOU!

DO YOU HAVE ONE OR MORE
OF THE FOLLOWING SKILLS?

- EDITORIAL • WRITING •
- LAYOUT • PHOTOGRAPHY •
- GRAPHIC DESIGN •

If you would
like to share your gifts and talents,
please e-mail Minister Evonne Jefferson at
connection@calvarybc.org.

CALVARY'S CALENDAR OF EVENTS

SUNDAY, APRIL 4, 6:00AM, 8:30AM, 10:30AM
RESURRECTION SUNDAY WORSHIP SERVICES

TUESDAY, APRIL 6, 7:00PM
CSI² RESUMES
BECOMING A CONTAGIOUS CHRISTIAN

FRIDAY, APRIL 9, 7:00 - 9:00PM
KOINONIA SINGLES MINISTRY
A NIGHT AT THE MOVIES & DISCUSSION
Location: MJFH

SUNDAY, APRIL 11, 1:00PM
EDUCATION DEVELOPMENT
LIFE SKILLS WORKSHOP
Location: MJFH

FRIDAY, APRIL 23, 7:00PM
DELIVERANCE MINISTRY MOVIE NIGHT
"THE GIFTED HANDS"
Location: MJFH

SATURDAY, APRIL 24, 9:00AM
WELLSPRING MINISTRY
BODY & SOUL WORKSHOP

WEDNESDAY, APRIL 28, 7:00PM
FINANCIAL FITNESS
Location: Ruth Room

GOOD NEWS NEVER TIRES

No matter how many times you hear it. No matter who preaches it. No matter how poetic and powerful the delivery. No matter how melodious is the voice bellowing the many classic songs written about it. No matter how many plays attempting to retell the story. No matter whether it is in March or April – the story of Easter never tires. Is not that good news?

When we consider the awesome work that our Savior humbly exhibited for us on what might otherwise be considered the most dreaded day in history, the Good News that he died in proxy, as our substitute, displaying such love on a rugged cross, just never tires. In fact, we may be apt to take an introspective look within ourselves juxtaposing it to our sinless Savior, ensuing sheer

wonderment and a renewed sense of gratitude within our soul.

Do you ever just shake your head at the unfathomable thought that Jesus died for you? Of the countless souls that have accepted His most gracious invitation to join God's family, we were among them. Wow, what news! But the invitation did not start with us nor did it stop with us. From the time His most precious blood started flowing it had the supernatural power to travel back to the annals of humankind's existence to where sin first began. And while it is well over 2000 years ago that it began to flow, that same supernatural blood is still flowing today – forever saving lives, changing lives, demonstrating the depth from which God found us and the height to where He can bring us.

Regardless of the myriad of trials we endure throughout this lifetime, many still testify about how The Good News, the gospel, has changed and is yet changing their lives.

This news is still being told even now as there are yet still new lives being changed everyday. God has done some pretty amazing things with our lives – the places from which He has brought us can make such a difference how the story gets told, yet no one can tell our story like we can. As more are grafted into the Family of God, the Good News will continue to be told. May we never tire of telling The Good News for it is The Good News that never tires. ■

– MINISTER EVONNE JEFFERSON, EDITOR

DEAR CALVARY MEMBERS,

Please know that The Calvary Connection is here for you. It is an excellent vehicle to promote your ministry and any events you will be hosting. Therefore, we welcome your stories, photos, fliers and anything that may be newsworthy to Calvary Baptist Church and the community.

In an effort to make sure that we serve your ministerial needs in terms of stories regarding your events, fliers and event dates, please follow the editorial Calendar below.

Our goal is to have the publication printed and available to members and guests by the first Sunday of each month. So, please note, in order to meet this desire, it is imperative that everyone adhere to all deadline dates. Please continue to submit your printed announcements to generalinfo@calvarybc.org. Any fliers you would like published in The Connection please forward to: connection@calvarybc.org. Our deadline for the May edition is April 14th.

We thank you for your prayers and support as we seek to do ministry in a more excellent way.

THE CALVARY CONNECTION EDITORIAL CALENDAR 2010

MONTH	YEAR	THEME	DUE DATE FOR ARTICLES 1ST DRAFT	2ND DRAFT/REVISIONS	FINAL
May	2010	Motherhood	4/2/10	4/9/10	4/14/10
June	2010	Fatherhood	4/30/10	5/7/10	5/12/10



ACCEPT-CCM College-Prep & Study Skills Enhancement Program

**...HAS ONLY A FEW OPENINGS LEFT!!
GIVE YOUR CHILD**

“THE ADVANTAGE”



WHO: Students in grades 9-12

WHEN: Tuesdays & Thursdays, 3pm-6pm

WHERE: CCM at Headquarters Plaza

INFO: Pamela S. Watson, 973-998-1106

WHAT DO YOU DO WITH GOOD NEWS?



You and I are saved today because people have been faithfully sharing the Good News of the gospel for more than 2,000 years. Our faith and our salvation came by hearing someone share the Good News with us. How will others hear if we don't tell it? It's our responsibility to share this life-changing news: *"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life,"* (John 3:16). When we confidently share our faith, we become contagious Christians.

"Christ is Risen!" That's what Resurrection Sunday is all about - Jesus Christ's victory over death. The resurrection symbolizes the eternal life that is granted to all who believe in Jesus. These three words - Christ is Risen - are the best news to ever hit the planet!

Everyday, we share all kinds of news with people we know. Much of it isn't transformative. Dare I say that some of it isn't even worth sharing? If you had news that could change the lives of your friends and associates for the better would you share it?

On Resurrection Sunday morning Mary Magdalene and the other Mary were charged to share this when they came looking for a living Jesus among the dead: *"He is not here: for he is risen as he said,"* (Matthew 28:6). For them the empty tomb was complete verification of all that Jesus preached and taught during His three-year earthly ministry.

"Go quickly, and tell his disciples that he is risen from the dead," (Matthew 28:7). The angel of the LORD commanded the women to spread the Good News - to share it; to say it; to tell it. *"And they departed quickly to bring his disciples word,"* (Matthew 28:8).

That's why our new CSI study *Becoming A Contagious Christian* is so significant. It will help us discover ways to effectively spread our faith amongst people we know. Far too many of us know that sharing our faith is important but we tell ourselves, "It's really not my area" or "I just don't know what to say."

This six-week study on *Becoming A Contagious Christian* will dispel our doubts and fears. It will empower us to share our faith with confidence. Together we will explore: ways to direct conversations toward matters of faith; how to tell our story of coming to faith; the power of praying with someone to receive Christ; and much, much more.

There's no better time than now - in the wake of Easter - to commit ourselves to spreading the Good News of the gospel. ■



- PASTOR JERRY M. CARTER, JR.

FOR SUCH A TIME AS THIS

WITH ANJI LIMÓN TAYLOR

Rising to the Occasion

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."

– Matt. 28:5-7

When the women went to the tomb to anoint Jesus, the earth shook and the angel of the Lord came down. He rolled back the stone from the entrance of the tomb and informed the ladies that Jesus had risen. He then invited them to look where Jesus had been placed so they could see for themselves that He was no longer there. Shortly afterwards, Christ appeared before them, telling the women not to be frightened (Matthew 28:9).

As Christians, we share many of the experiences that Jesus did. He came down from Heaven in the flesh and lived a life that serves as our

example. Jesus experienced rejection and a host of other humanly things. Can you imagine what it must have been like for Him at the Garden of Gethsemane when for a brief moment, He wanted God to let Him off the hook? At the same time, Jesus wanted His father's will to be done (Matthew 26:39, Mark 14:36, Luke 22:42). Thankfully, the Lord Jesus literally rose to the occasion after fulfilling His destiny on the cross. Now, it's our turn.

God created each and every one of us with a purpose in mind. He wouldn't have given us the desire if He hadn't already equipped us to operate in that purpose. Keep in mind that being equipped doesn't mean we don't need additional preparation, such as education, technical training, development, Bible study, prayer, fasting, etc. Jesus' resurrection, the very foundation of our faith, would not have taken place if He hadn't been glorified on the cross. His assignment wasn't glamorous by any means. It was downright

painful, but He fulfilled it and then He rose from the dead by the very POWER of God. Wow!

Are you operating in your purpose or are you running from it? Are you asking God to take the cup from you, or are you preparing to drink from it? Jesus came so we could live life abundantly (John 10:10). Our purpose comes with abundance (I'm talking about needs being met, not \$400.00 shoes). We bless others when we are operating in our purpose. It's not just about us. Remember, Jesus died for our sins, not His.

This year, let's celebrate Easter/Resurrection Day by rising to the occasion and following Jesus' example of a life that is dedicated to walking in our gifts and operating in our purpose. You have been given a vision, a passion and a dream. No one has to believe in it, except you and the Lord. On the days you find yourself experiencing doubt or fear, just think about that empty tomb!

Hallelujah! ■

A SPECIAL THANKS:

The Life Cycle Ministries would like to thank everyone who played a part in the Heritage Sunday Potluck. Your service was greatly appreciated; this event could not have been a success without your participation.

Sister Maria Walker

AN OLD ARGUMENT RESURFACES ON BREAST CANCER

It is an age-old debate, but one that is resurfacing – breast cancer and its association with diet and exercise. At a Breast Cancer conference in Barcelona, Spain, researchers have renewed interest in the belief that lifestyle behavior can play a pivotal role in breast cancer cases in Western countries. “Better treatments, early diagnosis and mammogram screenings have dramatically slowed breast cancer, but experts said the focus should now shift to changing behaviors like diet and physical activity.”

“What can be achieved with screening has been achieved. We can’t do much more,” Carlo La Vecchia, head of epidemiology at the University of Milan, said in an interview. “It’s time to move on to other things.”

While speaking at the conference, La Vecchia cited figures from the International Agency for Research on Cancer: It is estimated that 25 to 30 percent of breast cancer cases could be avoided if women were thinner and exercised more. Other contributing factors from more recent advice touts that smoking, diet, exercise and sun exposure can play a significant role in risk for several cancers.

For years, many have concluded that developing cancer was attributed to one’s genes. “The genes have been there for thousands of years, but if cancer rates are changing in a lifetime, that doesn’t have much to do with genes,” said Dr. Michelle Holmes of Harvard University, who has studied cancer and lifestyle factors.

A woman’s lifetime chance of getting breast cancer is about one in eight. Obese women are up to 60 percent more likely to develop any cancer than

normal-weight women, according to a 2006 study by British researchers.

What is interesting is a discussion on the topic of weight and breast cancer is considered a sensitive subject because some may misconstrue the medical establishment of blaming women for their disease. But as Karen Benn, a spokeswoman for Europa Donna, a patient-focused breast cancer group said, “If we know there are healthier choices, we can’t not recommend them just because people might misinterpret the advice and feel guilty,” she said. “If we are going to prevent breast cancer, then this message needs to get out, particularly to younger women.”

She goes on to say, “It is incredibly difficult to isolate specific factors. Therefore women should in no way feel that they are responsible for developing breast cancer.”

Many breast cancers are fueled by estrogen, a hormone produced in fat tissue. So experts suspect that the more overweight a woman is, the more estrogen she’s likely to produce, which could in turn fuel breast cancer. Even in slim women, experts believe exercise can help reduce the cancer risk by converting more fat into muscle.

In the 1980s and 1990s, breast cancer rates steadily increased, paralleling a rise in obesity and the use of estrogen-containing hormones after menopause. After studies several years ago linked hormone-replacement therapy to cancer, millions of women abandoned the treatment, leading to a sharp decline in breast cancer rates. Experts said a similar reduction might be seen if women ate healthier and exercised more.

So What Can You Do?

- Avoid becoming overweight as an adult. Robert Baan, a cancer expert with the international cancer research agency, said it isn’t clear if women who lose weight can lower their risk to the level of a woman who was never fat.
- The connection between weight and cancer risk is complex because the risk appears to increase for women who gain weight as adults, but not for women who have been overweight since childhood, according to The American Cancer Society. They recommend 45 to 60 minutes of physical activity five or more days a week to reduce the risk of breast cancer.
- Lessening your alcohol intake might also help. Experts estimate that having more than a couple of drinks a day can boost the risk of breast cancer by 4 to 10 percent.
- Holmes, a Harvard expert, said changing diet and nutrition is arguably easier than tackling other breast cancer risk factors.

“It’s hard to lose weight, but it’s not impossible,” said La Vecchia. “The potential benefit of preventing cancer is worth it.” ■

This article was originally written by Maria Cheng, AP Medical Writer and adapted for The Calvary Connection.

THE CANCER AWARENESS AND SUPPORT MINISTRY

invites you to Join us

Minority Cancer Awareness Week is April 18-24

STOP - in the Mahalia Jackson Fellowship Hall on April 18, following the 10:45AM Worship Service

**LOOK/
LISTEN -** at information and resources available to you about cancers that affect our minority community. A Coordinator of Cancer Screening at Morristown Memorial Hospital will be available for questions regarding services.

LEARN - more about the ministry. Who we are, what we do, our plans for 2010, when we meet and how can you be a part. Learn about events that: support funding for cancer research; celebrate the lives of those battling the disease as well as survivors and remember those who have lost the battle. The Relay for Life and Breast Cancer Walk are just two.

*It could be a matter of Life and Health....
YOURS OR SOMEONE YOU LOVE*

**ON MAY 1, WEAR PURPLE TO SHOW YOUR HOPE FOR
SUPPORT OF FUNDING FOR CANCER RESEARCH**

*"...but the advantage of knowledge is this:
that wisdom preserves the life of its possessor."*

– Ecclesiastes 7:12b NIV

MARK YOUR CALENDARS!
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KONONIA SINGLES MINISTRY OFFERS HP&J FOR SINGLE PARENTS HOPE, PEACE & JOY

*Not for that we have dominion over your faith,
but are helpers of your joy: for by faith ye stand. – 2Cor. 1:24 (KJV)*

Time:
7:00-8:15pm

WHERE: Wellspring Wellness Center
(Calvary Baptist Church)

When: First Wednesday of the Month
Kick off meeting: May 5

Purpose: To provide a network of spiritual help and support for single parents; to edify one another; to help each other grow as parents so that our joy might be full.



Mark your calendar in advance.
We are expecting great things
from the LORD!

For more info contact: Tracey Denny-Williams
traceydennywilliams@yahoo.com cell ph: 201-396-2789



SAVE THE DATE!

***ROINONIA
SINGLES MINISTRY***
Presents

**A Night
At The Movies
& Discussion**

**Friday, April 9
7:00 - 9:00 pm**

MJFH

Sick and Shut-In Visitation Part 2

BY MINISTER DAVID A. HOLLOWELL

Though visiting the sick can be physically exhausting, it can also be spiritually exhilarating. According to the eyes of this world, visiting shut-ins, especially in the hospital or nursing home, can be miserable and depressing. However, through the eyes of faith, such visits are transcendent examples of the Christian's triumph over the apathy of this world, and are tangible opportunities to display compassion. Visiting our sick and shut-in helps us to show God's mercy, and to demonstrate our care for others.

We cannot minister to people in the hospital unless we make an intentional effort to go.

A visit in the hospital is very much appreciated and can be very helpful to a person's recovery and well being. Pray for a heart of compassion and mercy. I Peter 3:8 says, *"Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous."*

Once we get there, we can make our visitation more enjoyable and produce a better impact if we follow a few simple guidelines:

1. Pray for the patient before you go to visit, and offer to pray during the visit. You may ask, "What specific things can I pray for you?" Involve the family if they are present.
2. Be careful about your appearance, cleanliness, and strong aromas (avoid cologne or perfume). Do not carry fresh

flowers because some patients may be allergic to the aroma.

3. Check at the volunteers' information desk for the location of the patient and directions. Be careful to observe visiting hours and all rules of the hospital. You will be entering the patient's bedroom as a guest, be sensitive to their privacy. Often there are several patients in a room, be sensitive to them as well.

4. Always consult the nurses when a patient's curtain is pulled, the door is closed, or there are isolation signs on the door about wearing gown, mask, and gloves before entering.

5. If a patient is asleep, do not wake them. Patients should not be visited right after surgery.

6. Enter the room quietly, seriously, but smiling. Be calm and settled, not rushed. Look the person in the eyes.

7. Don't sit on or shake the bed. Don't touch the IV machine or tubes.

8. Limit the time of your visit; don't fatigue the patient. But don't keep looking at your watch.

9. Many patients will appreciate a gentle touch or holding the hand, especially during prayer, but don't squeeze the hand with an IV.

10. Most patients appreciate being given a booklet, if they are able to see it. If distributing literature, be sure to read it first yourself, and make sure it is acceptable for the patient before giving it.

11. Express love, and genuine interest in the patient. The patient will generally like to discuss their sickness and other needs, if asked. You should listen, more than speak. You want to express some empathy but be careful not to share all your "war stories." Don't belittle the patient's sickness.

12. The patient may complain about the medical treatment they are receiving; don't undermine the staff's authority or expertise.

13. You want to encourage the patient, so don't bring bad news about the world. The patient may want, however, to talk about the news. Men often enjoy talking about their work. Women often enjoy talking about their family.

14. If you don't know the patient's spiritual condition, you can ask, but don't argue or theologize.

15. Accept any interruptions of your visit from doctors, staff, or family. Often there will be opportunities to visit and minister to the family.

16. Thank God for the fellowship and ask the patient if there is any follow-up you can provide.

17. Wash your hands after leaving the patient. ■

Please Join Us For "A Taste of Culture"

(FOOD & WINE TASTING) BUSINESS CASUAL ATTIRE

With the Morristown Neighborhood House

THURSDAY, MAY 6, 6:00-9:30PM

*In Support of the Youth Development,
Arts & Recreation Programs*

*Join the Morristown Neighborhood House in
Celebrating 112 Years of Community Service*



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TASTE THE AREA'S BEST CROSS-CULTURAL CULINARY DELIGHTS

WINE TASTING

TRICKY TRAY, ART SALE, LIVE ENTERTAINMENT

CASH BAR

ADMISSION: \$60 IN ADVANCE, \$70 AT THE DOOR



For more information/RSVP contact: Mable Stapleton at stapletm@neighborhood-house.org or 973-538-1229 Ext. 20 or

Lashone Murphy at murphy@neighborhood-house.org or 973-538-1229 Ext. 30.

To purchase tickets, visit www.neighborhood-house.org

HAITIANS PRAISE GOD EVEN AS THEY MOURN

BY MINISTER ROBERT MARTORANA

At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship and said: "Naked I came from my mother's womb, and naked will I depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised." – Job 1:20-21

Job's first response to disaster was to tear his robe and shave his head. This was the customary way for a person



A girl in Haiti after the quake

to mourn in ancient times. Job's next response was to praise the Lord, which was not the customary way for a person to act after a personal tragedy.

Likewise, many of our brothers and sisters in Haiti are praising the Lord, even after a devastating earthquake in January and untold personal tragedies. We received this news from Carol Hawthorne of the Dayspring Ministries Chester team, which Calvary Baptist Church works with to help the people of Haiti. Hawthorne reports that there has been a spontaneous burst of praise, worship, and acceptance of Christ over the last few months. So even though people are still mourning, they have also chosen to praise the Lord. Just like Job, their faith in God is not shaken by Haiti's tragic turn of events. She has told me that it is a humbling experience to witness their steadfast faith.

Carol also reports that the Light & Peace Mission in Bon Repos has greatly expanded the number of people it serves. Many other churches that were hit by the earthquake are asking for help because their people are starving. Although Dayspring isn't an emergency relief organization, food and water are being provided for as many people as possible.

Calvary Baptist Church sends \$12,000 each year to support a hot-lunch program at The Light and Peace School in Cabaret, and we have recently collected donations of \$13,676 to help in this earthquake disaster. 100% of these funds will go to the Haitian people to provide food, clothing, and housing. Carol sends her thanks and her prayers, and reassures us that the work of God we are doing is greatly appreciated by our brothers and sisters in Haiti.

A twelve member mission team from the Chester, NJ, area will be visiting Haiti from April 10-16, and our love and prayers go with them. We thank God in advance for this successful trip, and we pray that God will continue to use us to bless those in need.

If you would like to join the Missions Ministry, we meet at 10:00 a.m. on the third Saturday of each month. For more information, please contact Martha Ballard at mrballar@optonline.net, Ella Carrington at ella.carrington@verizon.net, or Robert Martorana at rmartora@drew.edu. ■

MEN OF STANDARD - RESTORATION IN 2010

REAL MEN, REAL TALK, REAL ACTION

"No More" Topical Discussion Series

FROM TONY EVAN'S "NO MORE EXCUSES: BE THE MAN GOD WANTS YOU TO BE"

APRIL 24T - NO MORE COMPROMISING YOUR INTEGRITY

MAY 22 - NO MORE GIVING INTO TEMPTATION

8:30 - 10:00AM IN THE CHAPEL OR SANCTUARY

We encourage all men [18 and up] to prayerfully consider how you might use your time, gifts, talent and resources to strengthen and enhance this ministry.

OUR CHURCH AND COMMUNITY NEED US!

For more info: please speak with any one of the following individuals:
Min. Mike Bethune, Roger Blissett, Bill Whitfield, Caesar Brown or James Beckles.

WHY WAS HAITI'S EARTHQUAKE SO DEVASTATING?

BY MINISTER ROBERT MARTORANA

The January earthquake in Haiti was one of the most devastating natural disasters in history. To put it in perspective, we need to dig a little deeper than the TV news. Let's begin by comparing Haiti's quake with two larger quakes.

THE JANUARY QUAKE IN HAITI

On January 12, 2010, an earthquake struck Haiti with a magnitude of 7.0 on the Richter scale. Anything above 10.0 is unknown, which gives a better perspective of its magnitude. The center of the quake was 16 miles west of the nation's capital, Port-au-Prince. The quake killed 233,000 people and left one million people homeless. This makes the Haitian quake the fourth deadliest quake in history. These casualties are staggering for a country with a population of just nine million. The earthquake also devastated the country's infrastructure, destroying both the Presidential Palace and the National Assembly. The quake caused roughly \$15 billion of property damages, making the repair costs larger than an entire year of Haiti's gross national product.

THE FEBRUARY QUAKE IN CHILE

On February 27, 2010, an earthquake struck Chile with a magnitude of 8.8. The center was 11 miles off the coast, and the quake was one of the ten most violent ever recorded on Earth. According to geologists, the quake that shook Chile in February was more than 500 times as powerful as the quake that shook Haiti in January. (The "magnitude" of earthquakes is measured on a logarithmic scale, so a quake with a 9.0 magnitude is 1,000 times more powerful than a quake with a 7.0 magnitude.) Damages and casualties were mild, however, compared to Haiti. About 500 deaths had been confirmed by March 8 out of a national population of 16 million. Property damages were estimated

at about \$5 billion, which is less than 3% of Chile's gross national product.

THE 2004 QUAKE IN THE INDIAN OCEAN

On December 26, 2004, an earthquake struck off the coast of Indonesia with a magnitude of 9.3. This was the second most powerful quake ever recorded (only surpassed by a 1960 quake in Chile with a magnitude of 9.5). The Indian Ocean quake in 2004 triggered a massive tsunami that killed 230,000 people all over Asia. This quake was more than a thousand times as violent as the quake in Haiti, but it killed the same number of people.

Why the difference? Why has Haiti suffered so much when Chile and Indonesia were hit with quakes that were 500-1,000 times more powerful?

POVERTY TAKES ITS TOLL

Most news reports blame poor construction quality in Haiti, which historically has not had building codes. Chile, on the other hand, uses steel-reinforced concrete, and it strictly enforces some of the highest building standards in the world. Poor countries such as Haiti are usually unable to implement safety measures that are common in wealthier nations.

In fact, poverty is one of the key reasons why natural disasters of all kinds have a disproportionate impact on Haiti. Deforestation is one example. Poverty has caused widespread deforestation as people cut down trees for firewood. As recently as 1925, Haiti had 60% of its original forests, but today only 2% of these forests remain. This has caused massive soil erosion, which makes flood waters particularly devastating. Floods and mudslides killed over 6,000 Haitians in 2004, and a series of tropical storms killed over 300 people in 2008.

Poverty is certainly a big reason for the heavy casualties caused by the quake in Haiti. Unfortunately, poverty continues to make Haiti particularly vulnerable to natural disasters. But there is more to the story, and we have to dig into some geology for a complete picture.

THE QUIRKS OF EARTHQUAKE GEOLOGY

Why was the January quake so devastating to Haiti? First, the quake was close to the surface of the earth, and this increased property damages and casualties significantly. Second, Haiti has sandy soil, which makes foundations naturally unstable. Most buildings in the world are placed on solid ground, or even bedrock, and are much less likely to collapse when the earth shakes. Third, and most importantly, the earthquake in Haiti was centered in a very densely populated area. The epicenter of the quake was also very close to the capital, Port-au-Prince, home to essential national infrastructure. The quakes in Chile and Indonesia, on the other hand, were both centered in the ocean.

While poverty factors into the devastation, these three factors have nothing to do with Haiti's poverty, and everything to do with geology. Thus, a variety of natural circumstances conspired together to magnify both the death toll and the damage to critical infrastructure, making the 2010 quake in Haiti one of the greatest disasters of modern times. ■

DID YOU KNOW?

Great earthquakes occur once a year, on average. The largest recorded earthquake was the Great Chilean Earthquake of May 22, 1960, which had a magnitude of 9.5. (Information obtained from USGS: Lists of world's largest earthquakes).

DELTA SIGMA THETA
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DEADLINE IS APRIL 15

FOR INFORMATION CONTACT
973-539-6767

Miss Black New Jersey

ELIGIBILITY

Miss Applicants - must be between the ages of 18 and 27.

Teen Applicants - must be between the ages of 13 and 17.

Princess Applicants - must be between the ages of 5 and 10.

You must live, work, or attend school in New Jersey and must be a citizen of the United States.

JUDGING CRITERIA

Depending on your competition you may compete in up to five (5) areas of competition: personal interview, talent, personal fitness, evening gown and on-stage Q&A.



PRIZES

All applicants will receive a complimentary ticket to the pageant. All finalists will receive gifts to commemorate their experience.

The winner of Miss Black New Jersey 2011 prizes include:

- The Official NJ State Crown and Sash
- Round-trip airfare to the National Pageant
- Hotel Accommodations at the National Pageant
- Cash prizes: \$2500.00 (Miss), \$1500.00 (Teen), \$500 (Head Princess)
- Photo shoot

Chance to win up to \$20,000 at the National Competition as Miss Black USA!

Note: Eligibility and prizes may vary depending on your competition.

Is She You?

For more details and to apply visit us at www.missblacknewjersey.org!

LORI BRYANT MBNJ 2010 WINNER

She aspires to continue giving back to the community by teaching free dance lessons to inner city youth, encouraging young people to vote and stay active in politics as well as being an advocate against domestic violence.

THE ANATOMY OF A ZUMBA CLASS!

BY DEBRA NEWTON AND MINISTER EVONNE JEFFERSON

I don't know if you've heard the news, but on Monday nights Calvary has a party! There's old school and new school music that has you moving body parts you may not have moved in quite some time in the way that this party has you moving them. Wait – sorry, just before I go any further, I think I better tell you the type of party I mean. I'm talking about Zumba (pronounced Zoom-ba), a party in exercise. Now, I know that just the thought of exercising, may have already lost some of you because, let's face it, working out is hard work. Yet, we all want fantastic bodies without having to do what it takes to either get it or maintain it. Regardless of which category of the above you find yourself, I think if you join the party, I mean Zumba, you just may be surprised. To assist you in the decision making process, I asked Sister Newton to tell you what Zumba, or as she likes to say, the anatomy of Zumba is all about. Now, do not treat this like you might treat an exercise class – READ on. I think you will be inspired to join them!

First and foremost, Zumba is FUN. If there is no fun in a Zumba class, then it is just an exercise class with music. That's not at all what Zumba is about. If you are not having fun, you are not really Zumba-ing!!

Now, let's talk music. As an instructor, you must choose songs that you like and can

really get into, because if you are not feeling it, then your class will not feel it either. Okay, you like the music, but will your class like it? If your class does not like the music that will definitely defeat the whole purpose. Another very important musical consideration is whether the music is appropriate for the overall atmosphere of the class? Once you have these two musical components worked out, the next thing to consider is the choreography.

Choreography can come from several places. For me, I incorporate choreography from my mentor and first Zumba classes, while also experimenting with my own moves. Through trial and error, the routine is developed and becomes part of the steps presented to the class.

Music selection helps to develop which dance routine or choreography I select for the class. I listen to songs at home and in the car. There have also been times when I have walked around with headphones in my ears at the grocery store, and to the embarrassment of my children, I found myself doing a few steps in the grocery store aisle, or wherever else the Zumba bug may hit me!

The songs on the Zumba class playlist make up a formula. First, there is the warm-up song. This song sets the atmosphere for the entire hour and encourages everyone to work hard and have a blast during the rest of the class. Next, is

about an hour worth of songs that are designed to work different areas of the body, raise your heart rate, and introduce different Latin moves and other steps. During these songs, there will be a lot of sweating, mixed in with smiles and laughter, moans and groans, encouragement, and some would-be comedians. Recently, there has even been some singing! After a couple of weeks on a song, you will find yourself getting the routine and feeling the reward of Zumbaing, and that is an awesome feeling! As an instructor, I may forget a move or two, or my mind goes blank, and the students, who are all experts by this time, bring me right back in step and we keep it moving! For one hour, you are one big happy Zumba dancing family! Then, last but not least,

we conclude with a cool down song. These songs are designed to introduce slower moves along with stretching and reduce the heart rate to its norm. Class returns to a relaxed state and at the close some members have been known to express a tiny bit of relief that class is now over! But that's just momentary, as they return each week.

If you are wondering if this is an exercise class, a dance class, or a bunch of people cutting up and having fun and fellowshiping, you are right on all points. Our CBC Zumba class with a Christian Flavor is all of that. Come out and join the fun on Monday nights at 7:30 in the MJFH! Adults of all ages and Youth 13-17 are welcome! ■

Testimonials...

"I've been looking to join a Zumba class for the past year. The fact that this class starts at 7:30pm is extremely convenient for me. I also love the fact that we're doing Zumba with a Christian flair. Debbie is an awesome instructor and has the prefect approach –

she is encouraging rather than demanding. I find myself pushing a bit harder ... the best part is seeing the younger teens with the adult crowd. It's one of the few

things we can do together and feel the same "pain". Thanks for making this program a part of our Wellspring Ministry, Calvary."

– Deaconess Barbara Prater

"I enjoy taking the Zumba classes because it is a fun way to exercise. I wish more people my age would take the class because it's really a lot of fun. For someone who likes dancing, it's a fun way to exercise."

– Ashley Horne

DITCH THE WORKOUT... JOIN THE PARTY!



The Zumba® program fuses Latin and International rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Our goal is simple: We want you to want to work out, to love working out, to look forward to working out! Zumba® enthusiasts achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing movements meant to engage and captivate for life!

COME ON AND JOIN US FOR ZUMBA WITH A CHRISTIAN FLAVOR!

Weekly Classes Monday Evenings, 7:30 – 8:30 PM

CBC Mahalia Jackson Fellowship Hall

For Adults of All Ages and Teens 13 – 17 (with Parental Consent)

Cost: \$5.00 Per Class

Wear comfortable breathable clothing, cross trainers preferred.

Sponsored by CBC Health & Wellness Ministry – 973-267-0136

RESTORATION – A SURE REMEDY

BY MINISTER BY DAVID A. HOLLOWELL

Then David said to Nathan, "I have sinned against the LORD." Nathan replied, "The LORD has taken away your sin. You are not going to die. But because by doing this you have made the enemies of the LORD show utter contempt, the son born to you will die."

– 2 Samuel 12:13-14

We all know the story. David, the mighty warrior king of Israel had taken a respite from the battle and came home to relax and rejuvenate on his rooftop. With uncharacteristic lust, he observed a woman bathing on another rooftop below him, sends for the woman, lies with her and impregnates her, and attempts to cover up the transgression by manipulating and deceiving the woman's husband into thinking that the child belongs to him. Ultimately, David's duplicity results in the death of the woman's husband and the finger of guilt pointing back to him by the prophet Nathan.

After serious contemplation of his sins of adultery and murder, David sank into a deep state of reflection and remorse. David records in Psalm 51 the course of action he took in an ardent attempt to restore the trust and fellowship that had existed between him and God before his breach of faith. Though centuries separate us from this striking biblical account, the poignant words penned

in this penitential Psalm can and should speak to us when we realize the need for reconciliation and restoration with our precious Master.

The sins we have committed may be nothing similar to David's, but anything we may be involved in that causes us to stray from the will of the Lord can be just as traumatic and straining in our faith journey. The steps that David took in this most trying situation are direct and powerful in seeking a Spirit-driven turnaround:

1. Without tarrying, we should beseech the Lord's intervention in our recovery: *"Have mercy upon me..." "...blot out my transgressions..." "...Wash me thoroughly from mine iniquity..." "...cleanse me from my sin..."* according to the multitude of tender mercies we realize are inherent in the very nature of our God.

2. Make a full confession of our shortcomings and failures: *"...I acknowledge my transgressions..." "...my sin is ever before me..." "...Against thee, thee only have I sinned..." "...Behold, I was shapen in iniquity..."*

3. Allow the Lord to do the work that only He can do: *"Purge me with hyssop..." "wash me..." "Make me to hear joy and gladness..." "Hide thy face from my sins..." "Create in me*

a clean heart, O God..." " ...renew a right spirit within me," "Cast me not away from thy presence..." "take not thy holy spirit from me..." "Restore unto me the joy of thy salvation..." and "...uphold me with thy free spirit."

4. Receive a new charge and commitment to serve and worship: *"Then will I teach transgressors thy ways..." "...sinners shall be converted unto thee..." "...my mouth shall shew forth thy praise..." "...my tongue shall sing aloud of thy righteousness."*

God be praised as we tap into His sure remedy for restoration and rejuvenation. ■

GOD'S PROMISES FOR YOU

*"I am the resurrection
and the life. He who believes
in Me, though he may die, he
shall live. And whoever lives
and believes in Me
shall never die.*

– John 11:25-26 NKJV



DAVID'S MOVIE NOTEBOOK

BY DAVID ENG



THE BOUNTY HUNTER Grade: D

Sometimes, I really am a fool.

I walked into the theater to see *The Bounty Hunter*, with positivity in my heart. I was hopeful, thinking it might be a lighthearted romp, with roots in *His Girl Friday*-style sex comedies. I thought maybe it would have sharp tongues and a leading couple who, goshdarnit, are just made for each other. I hoped for Cary Grant and Rosalind Russell. Aniston's character is even a reporter! With all the media about their supposed romance, at least I was hoping for some good, old-fashioned sexual heat and chemistry between two very attractive leads.

I really should have known better.

This movie is so not *His Girl Friday*. It is not funny. It is not witty. Its characters are not likable, and the clothes are not fabulous. This film is about a bounty hunter named Milo (Gerard Butler) who has to arrest his ex-wife Nicole (Jennifer Aniston) for skipping bail. It is an angry, joyless little work of misanthropy that pretty much ruined a perfectly good Sunday afternoon. Why am I so vehe-

ment about a movie that most would think of as awful but harmless? Because it forsakes the golden rule of romantic comedies: Thou shalt never make the couple unlikeable. Milo is a gambling addict who thinks it's great fun to lock his ex-wife in the trunk of a car and steal her credit card. Nicole is a reporter who needlessly puts her anonymous sources in danger and uses Milo's addiction to try to win money for her escape.

She has a co-worker named Stewart (Jason Sudeikis) who's in love with her, and we're supposed to think it's funny that Stewart is stalking Nicole and sexually harassing her in the workplace. OMG, isn't it hilarious the way he follows her into the ladies room and propositions her!? The saving grace is Christine Baranski looking older and more haggard than she's ever appeared on screen, the woman who has made a career out of being the saving grace in terrible movies. Baranski is her usual resplendent self as Nicole's mother and an aging Atlantic City showgirl, making even the most tedious lines crackle with her dry and scathing delivery. The only moment she can't save is this eye-rolling bit of dialogue, delivered to Milo when he comes to find out where Nicole is hiding. "You know, on the outside she may be a strong, independent woman,

but on the inside she's just a girl who wants to be loved by her man!"

The fact that writer Sarah Thorp made her say this line at all should be classified as a crime against humanity. Christine deserves better than that. What starts out as just a guy trying to drag his ex-wife to jail segues into a murder mystery Nicole has been trying to solve in between fending off Stewart's advances. The plot is clear enough, but hastily concluded and really beside the point. This is a story about two people who hate each other but belong together. Or at least it would be if we cared enough about either of them to have a stake in whether they get together or not. But we don't care. Because we don't like them. And breaking that rom-com commandment is something I cannot forgive.

The movie's a continuity hot mess. It jumps from Queens to Manhattan to Atlantic City to wherever with no regard to where the previous scene took place. One minute they're in Queens and then suddenly they're in Atlantic City. Huh? Both Butler and Aniston are attractive but look uncomfortable. They probably knew the script had no laughs. ■

For more of Dave's reviews visit: www.davidsmovienotebook.blogspot.com

2010 CALVARY YOUTH MINISTRIES YOUTH ENRICHMENT SUMMER PROGRAM

Y.E.S...I'm Living Strong!

"Solid food is for the mature..."
-Hebrews 5:14



JUNE 28 – AUGUST 6

PROGRAM HOURS: 9AM - 4PM

FREE EXTENDED CARE: 7:30 - 9AM & 4 - 6PM

RISING 1ST – 12TH GRADERS

REGISTRATION BEGINS MARCH 8th

Register before May 2nd and get 20% off Tuition!

ASK ABOUT THE 5-WEEK SPECIAL...

Non-refundable Registration Fee: \$50

Registration ends May 23rd

Incomplete registration packets will not be accepted

Installments	Due Dates
Registration Fee	Upon Enrollment
1/2 Tuition Due	June 4
Tuition Balance Due	June 18

Late fee: \$25 per installment. Late registrations are subject to enrollment; late fees apply.

Program Tuition* **\$650 for 6-weeks**

***Rate includes T-shirt, drawstring bag, breakfast, lunch, snack, weekly field trip and much more!**

NEW Multi-child discount!

4-tier tuition scale

(Application includes proof of household size and income)

CFR/TANF accepted

Rev. Jerry M. Carter, Jr., Ph.D., Senior Pastor • Min. Anthony L. Riley, Staff Minister for Youth Ministry

10 Martin Luther King Avenue, Morristown, NJ 07960

Tel: 973.267.9079 x206 • Fax: 973.898.1971 • Email: yes@calvarybc.org



Mission Statement

We seek to empower youth to express love for God and be mature disciples of Jesus Christ in Christian Character, Christian Education and Christian Service.

EXPECTATIONS IN THE SANCTUARY

1. All youth under age 13 are expected to worship with their parents every Sunday
2. Youth may sit in the sanctuary and balcony **ONLY**
3. **TURN OFF CELL PHONES IN THE SANCTUARY**
4. Walking during the Word of God and Invitation to Discipleship, is not permitted
5. Please eat candy, get drinks of water and go to the restroom prior to the start of worship, youth should remain in worship through the benediction

Attention Parents/Guardians (KIDS:K-5)

Calvary Baptist Church is committed to providing a transformative Christian experience that fosters the healthy spiritual growth and development of its children and youth. We seek the cooperation of all parents and guardians to assist the church in providing a safe environment when our children are participating in worship and other ministry experiences. Please agree to:

Be with your child in EVERY part of the church at ALL times,

Escort your child to the restroom at ALL times AND wait for them,

Sign your child in and out of each ministry activity (e.g. Church School, Children's Church, Bible Study, Rehearsals-signing, dance, or choir, Youth Night),

Make sure you have completed/signed the emergency form/permission slip BEFORE dropping your child off for ANY activity,

Pick your child up PROMPTLY at the conclusion of their ministry event.

When Jesus saw this, he was indignant. He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Mark 10:14



OUTREACH & OUTINGS

See ministry servant leaders for details or email CYM

PRAYER NEEDED!!!

• HIGH SCHOOL MINISTRY •

1-WEEK MISSION TRIP: UPSTATE NEW YORK
July 11th-17th

REGULARLY SCHEDULED MEETINGS

Sounds of Silence (gr. 6-12)

Mondays: **7-8pm** (Chapel)

Boyz II Men (boys, gr. 3-12), **6-8pm**

Teens Loving Christ (girls, gr. 6-12), **6:30-8pm**

TLC: COOKING WORKSHOP, Wed. April 16

Motions Of Praise (dance, gr. 6-12),

Thursdays: **6:30-8:30pm** (MJFH or Upper Room)

Youth Night (gr. K-5)

Final Fridays, **Mar. 26 @ 7:30-9:15pm**

EASTER PARTY, April 30

Shouts of Joy Children's

Choir Rehearsal (gr. K-5) **6:15-7pm**

Spirit and Truth Youth

Choir Rehearsal (gr. 6-12) **7-8pm**

Youth Choir Rehearsals: Fridays, Apr. 23, 30,

May 7; Both choirs on Wed. May 5 at 6:15pm

PARENTS!

Make the Parent Connection

email youth achievements to youth@calvarybc.org

BE ENCOURAGED...

You are still the greatest influence on the spiritual life of your child(ren). Are you modeling the discipleship or worship that you would like to reproduce? Check out Center for Parent/Youth Understanding, www.cpyu.org



FORMERLY KNOWN AS THE HOPE CHEST TOURNAMENT
RAISING FUNDS TO SEND
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FRIDAY, MAY 21 AT 6PM
SATURDAY, MAY 22 AT 8AM
MORRISTOWN HIGH SCHOOL
50 EARLY STREET, MORRISTOWN NJ
(TWO BLOCKS OFF SPEEDWELL AVE.)

BASKETBALL TOURNAMENT,
PRAISE DANCERS AND
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COST: \$5.00 FREE for children under 5

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OR ROSALIND JOHNSON AT 973-714-9143

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