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Volume XXII Issue 9

Published Since 1990

# **Mt. Sinai Baptist Church**

## **The Mountaineer Newsletter**

We welcome those who  
are interested in using  
their gifts and talents for  
the Lord!  
Contact us!!!

**Mt. Sinai  
Mountaineer  
Welcomes Your  
Monthly News!!!**

*Retirements,  
Birthdays, Scholastic  
Achievements,  
Promotions,  
Anniversaries &  
Community  
Recognitions!*

Submit all articles as  
Word Document  
attachments

to:

Dorothy Mays Clark,  
Editor

at

[info@themount.net](mailto:info@themount.net)

# THE MOUNTAINEER

SEPTEMBER 2012

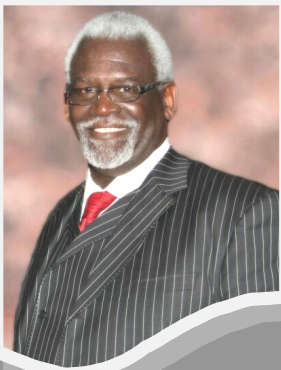


## **“Ministries for Mankind”**

**A.W. Anthony Mays, Senior Pastor**

*Luke 4:18*

***“The spirit of the Lord is upon me,  
because he hath anointed me to  
preach the gospel to the poor; he  
hath sent me to heal the broken  
hearted, to preach deliverance to  
the captives, and recovering of sight  
to the blind, to set at liberty them  
that are bruised.”***



## From the Pen of Our Beloved Pastor, A.W. Anthony Mays

*"Thanks be unto God for His unspeakable Gift" (2 Corinthians 9:15).  
God's Gift to us is Jesus Christ our Savior; Jesus Christ is Lord!*

Dear Members and Friends of the Mount,

Let us bless the name of our LORD! Let us exalt His name! He is worthy! I greet you in the name of Jesus our Savior. I pray the Lord will grant to each of you, His grace and peace in overflowing abundance.

He has brought us into another September. Because of the season's change and the practice of years of tradition, this month symbolizes the last summer holiday, and the end of the summer season. The month fades out the times of church, community, and family picnics. Family reunions are scheduled during the summer to allow for greater attendance of those who must travel greater distances. Mount Sinai was blessed this summer to have had several family reunions to worship with the Mount at Sunday morning worships. It is always a blessing to be chosen as a place of worship by visitors.

Summer is by far the most popular time to schedule vacations. We are grateful that we were blessed to have some time away for a few days of vacation. But again, September speaks to a time to return to regular work schedules and routines. Teachers and students return to school campuses. Football teams begin their seasons in earnest. All these things and more transition us from the ending of summer and the beginning of fall.

I had a thought recently that all of these things, whether reunions, picnics, vacations, team sports, travel, and entertainment with their costs is not something children think much about. In fact, children (in most normal families) do not think much about the cost of daily maintenance for such things as rent, mortgages, utilities, insurance, groceries, etc. . . These are things to which adults must give serious thought. Responsible heads of families shoulder these costs as a part of being adults. These things go with the "territory" of being "grown."

The thought which came to me was that far too many church members are like children when it comes to the costs of supporting and maintaining a strong and active local church ministry. You see, children, who even think about it at all, expect that their parents will handle the necessary costs. I can remember my late Uncle Henry yelling at his house, "Shut that refrigerator door, letting the cold air out!" "Cut those lights off, running up my bill!" Uncle Henry was thinking about the utility bill that he would have to pay from his hard earned income.

Well, church members who give nothing financially to support their church's ministries are acting like immature children. These type members take it for granted that others will make the contributions necessary to keep the church ministries alive and active. Others will make sure the electricity remains on. Others will see to the necessary funds to pay for equipment purchases, instruments, insurance, employee wages and salaries, and all the basic expenses associated with ministry operations. These "child-like" members come to the worship services and receive, but have little conscience issues about ignoring the offering receptacles.

My question to the adult members of Mount Sinai, “Are you a mature and responsible member of this church? Or, Are you child-like when it comes to sharing the burdens of responsibilities to keep the Mount going and growing?”

Remember these scriptures: Malachi 3:8-12; Luke 6:38; 2 Corinthians 9:6, 7.

## September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Marriage Min. 10:30 am
2 Early Morning Service- CC 7:45 am Church School 9:45 am Sunday Morning Worship- CC 11:00 am Baptizing & Lord's Supper- CC 6:30 pm	3 Labor Day Holiday/ Office Closed	4 Exercise Class 6:00 pm Fashion Show Rehearsal 6:30 pm	5 Hannah Circle 10:45 am Noon Bible Study 12:00 pm PATH 6:00 pm Wednesday Night Worship- Sacrifice 7:00 pm	6 Exercise Class 6:00 pm Fashion Show Rehearsal 6:30 pm	7 Senior Min. 2:00 pm Women's Ministry Fashion Show 7:00 pm	8 Youth Ushers Mtg 9:00 am Youth Min. Day 10:00 am Lambs Rehearsal 11:30 am Selah Rehearsal 1:00 pm
9 Early Morning Service- Selah 7:45 am Church School 9:45 am Sunday Morning Worship- Lambs/ Selah 11:00 am	10 Mission & Men's Mtgs. 7:30 pm - 9:00 am	11 Exercise Class 6:00 pm WOW Rehearsal 7:00 pm	12 Dorcas Circle 10:30 am Elizabeth Circle 10:30 am Sarah Circle 11:00 am PATH 6:00 pm Wednesday Night Worship- Sacrifice 7:00 pm	13 Exercise Class 6:00 pm SOS Rehearsal 7:00 pm	14 Women and Girls' Conf/ Lost Pines	15 Women and Girls' Conf/ Lost Pines ACSM Min. 12:00 pm
16 Women's Annual- WOW 7:45 am Church School 9:45 am Men's Annual- SOS 11:00 am	17 Annual Fall Revival 7:00 pm	18 Annual Fall Revival 7:00 pm	19 Hannah Circle 10:45 am PATH 6:00 pm Annual Fall Revival 7:00 pm	20 Exercise Class 6:00 pm	21 Senior Min. 2:00 pm GSA Mtg 6:30 pm SALT 6:30 pm STAGED Rehearsal 7:00 pm YA LYFE Rehearsal 7:00 pm	22 Youth Min. Day 10:00 am STAGED Rehearsal 1:00 pm
23 Early Morning Service- YA LYFE 7:45 am Church School 9:45 am Sunday Morning Worship- YA LYFE 11:00 am	24 Mt. Sinai Tutorials 5:30 pm Bible Study 6:30 pm Youth Bible Study/ FLC 6:30 pm Mission & Men's Mtgs. 7:30 pm - 9:00 am STAGED Rehearsal 7:30 pm	25 Exercise Class 6:00 pm JUBAL Rehearsal 7:00 pm STAGED Rehearsal 7:00 pm	26 Dorcas Circle 10:30 am Elizabeth Circle 10:30 am Sarah Circle 11:00 am Noon Bible Study 12:00 pm PATH 6:00 pm Wednesday Night Worship- Sacrifice 7:00 pm	27 Exercise Class 6:00 pm STAGED Rehearsal 7:00 pm	28 STAGED Talent Showcase 7:00 pm	29
30 Early Morning Service- JUBAL 7:45 am Church School 9:45 am Sunday Morning Worship- JUBAL 11:00 am Austin Sub-District St. John Assn. Bd. Mtg 3:30 pm						



## Inspirational Thoughts

*While it is wise to accept what we cannot change about ourselves, it is also good to remember that we are never too old to replace discouragement with bits and pieces of confidence and hope."*

- Elaine N. Aron

*Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others."*

- Martin Luther King, Jr.



### In Our Mailbox

*\*Please note: Items seen here are published as the card or note is addressed. Thank you! \*\*\*\*\**

#### Cards Received From:

- The Austin Chapter GMWA

"Pastor Mays and Mt. Sinai Family, thank you for the love you expressed during the loss of our mother through flowers, gifts, prayers and phone calls. We appreciate your thoughtfulness and for not allowing our family to walk alone in time of sorrow. Thanks, again."

-Mona and John Rivers & Family of Mary Brown

"Words could never express how thankful we are for the love and compassion you showed us during our season of bereavement. God has a special way of placing the right people in your life just when you need them. Although our hearts are heavy, we know that JR is in a better place and is smiling down on us. Our prayer is that God will continue to bless you as He continues to give us the strength to get through this difficult time. We love you from the bottom of our hearts."

-The Hopkins Family

"Dear Pastor Mays and Mt. Sinai Church Family, it has been such a blessing to have the support and prayers of our Pastor and Church Family during the Home-going Celebration for our father Rev. Jesse Cashaw. The beautiful floral spray and resolution touched our hearts and uplifted our spirits during the funeral service. The sympathy cards and bereavement gift are continuing reminders of the blessings of being a part of such a caring and compassionate fellowship. We find comfort in the provisions of God's peace and

in knowing that, when you are a member of The Mount, 'you never have to walk alone'."

-Terryl & Debora Pickens and Family

"Pastor A. W. A. Mays and Mount Sinai Family, your expressions of love will dwell in our hearts eternally. Our journey will be made easier with the overflowing prayers, support and care extended to us."

-Natalie and Winston Westbrooks & Family

"Thank you for your prayers and cards during my stay in the hospital. Special thanks to Assistant to the Pastor, Min. Matthew Mays!"

-Linda Houston & Family

"To the Mount Sinai Church Family, thank you all for the love and caring during my illnesses. Thank you for being a loving and a praying church! I am grateful and look forward to being able to return for full service. Pray for me as I pray for you!"

-Evelyn McDade

"To all the Ministries for Mankind at the Mount, Larry and I would like to thank you so much for the prayers and cards during our time of loss. You are such a kind people for always thinking of others in their time of need."

-Janice & Larry Rogers

"Thank you, Pastor Mays and Church Family, for all the lovely cards and kind words."-The Bussey Family

"To my Mount Family, I give to you my heartfelt and sincere thanks. For all the support you've extended to me and my family during the Homegoing of my Father. All your prayers, hugs, encouraging words, cards and gifts were constant reminders that God is Sovereign and that Trusting in Him would provide

comfort and healing. Again, than you! Thank you!  
Thank you!"  
-Curtis Ruffin & Family

"Rev. A. W. Mays, Matthew Mays, and Mount Sinai  
Family, thank you for kindness and love expressed."  
-John & Johnny Hunt

"Pastor Mays, thank you so much for allowing my  
family full access to Mt. Sinai to celebrate the  
homegoing of our dear mother. My family was  
overwhelmed by the wonderful service and hospitality  
that was given. A special thank you goes to Min.  
Matthew Mays for being such a wonderful host and for  
being a part of our Mother's homegoing celebration."  
-Kent & Sundee Smith



### **MSCA 4th Annual Golf Tournament**

**Monday, October 8, 2012**

***Early registration advantages on-line!***

***The first 20 players or teams will receive MSCA inaugural Backpacks***



***HOLE IN ONE!!!!!!***



***How to Participate:***

***Register, donate & sponsor at [www.ms-ca.org](http://www.ms-ca.org)***

#### **PROCEEDS:**

\*\*\* All proceeds to benefit The Mount Sinai Christian Academy \*\*\*

Honorary Chair: Pastor Anthony Mays

Co-Chairs: Samuel and Gigi Bryant

**Thank you for your investment in our Children!**

***Please visit our Tournament Website for updates and announcements.***

**RAIN OR SHINE**



## FREE COOKING CLASSES

PRESENTED BY

*The Happy Kitchen/La Cocina Alegre™*

Facilitated by Mt. Sinai Members

Jacqueline Broadnax, Kathy Stone and  
Linda Clark

## Temple Wellness Ministry

1 Corinthians 6:19-20



# FREE COOKING CLASSES

*A Program of Sustainable Food Center*



**WHO|** Members of the Mount

**WHEN|** Thursdays 6:30 PM-8:00 PM, October 4th,  
11th, 18th, 25th November 1st & 8th

**WHERE|** Mt. Sinai Annex/Fellowship Hall

**MORE INFO|** Church Office 512-451-0808 or e-mail  
ms.tempswell@gmail.com

### SAVE THE DATES

Every Thursday beginning October 4th through November 8th

Mt. Sinai is once again partnering with The Sustainable Food Center's The Happy Kitchen/La Cocina Alegre™ to bring you free cooking classes. The Sustainable Food Center cultivates a healthy community by strengthening the local food system and improving access to nutritious, affordable food. The Sustainable Food Center's The Happy Kitchen/La Cocina Alegre™ is a 6-week cooking class series that promotes the cooking and eating of healthy foods like whole grains, fruits and vegetables and low-saturated fat proteins and dairy. After each class, participants receive a free bag of groceries to make the recipe taught in class, at home.

The Happy Kitchen/La Cocina Alegre™, a nationally recognized cooking and nutrition education program, aids individuals and institutions in making lasting dietary and behavioral changes. Offering innovative, theory-based, cost-effective solutions to chronic food and nutrition problems impacting individuals and families in Central Texas, SFC's The Happy Kitchen/La Cocina Alegre™ cooking and nutrition education program:

- Teaches skills and self-sufficiency in preparing healthy, economical meals that consist of whole grains, fresh produce and low-saturated fat ingredients.
- Affects positive changes in shopping, cooking, eating habits and nutrition.
- Reduces diet-related diseases (diabetes, overweight, obesity, heart-disease, cancer, etc.).
- Promotes the health and development of young children.
- Places emphasis on local, seasonal and cultural appropriate foods.
- Integrates food systems concepts into it's curriculum such as shopping at farmers' markets and growing one's own food.

**\*\*REGISTRATION REQUIRED as Space is limited\*\***

**Register—September 9th in the church foyer after 7:45  
& 11:00 worship services.**

**Please note: Participants must register for the entire  
class series.**



## The 9 Best Diabetes Superfoods

To manage diabetes, you need to eat right. As with all foods, there are certain foods that the experts, such as the [American Diabetes Association \(ADA\)](#), consider to be superfoods. The ADA highly recommends that the below foods be incorporated into individualized diabetic meal plans. All of the foods listed have a low glycemic index or GI and provide key nutrients such as:

• **calcium** • **potassium** • **fiber** • **magnesium** • **vitamins A (as carotenoids), C, and E**

**Beans**—Whether you prefer kidney, pinto, navy or black beans, you can't find better nutrition than that provided by beans. They are very high in fiber giving you about 1/3 of your daily requirement in just a ½ cup and are also good sources of magnesium, and potassium. They are considered starchy vegetables but a ½ cup provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much sodium as possible.

**Dark Green Leafy Vegetables**—Spinach, collards, kale – these powerhouse foods are so low in calories and carbohydrates, you can't eat too much. Just be sure to prepare them healthfully.

**Citrus Fruit**—Grapefruit, oranges, lemons and limes. Pick your favorites and get part of your daily dose of soluble fiber and vitamin C.

**Sweet Potatoes**—A starchy vegetable packed full of vitamin A and fiber. Try in place of regular potatoes for a lower GI alternative.

**Berries**—Which are your favorites: blueberries, strawberries or another variety? Regardless, they are all packed with antioxidants, vitamins and fiber. Make a parfait alternating the fruit with light, non-fat yogurt for a new favorite dessert.

**Tomatoes**—An old standby where everyone can find a favorite. The good news is that no matter how you like your tomatoes, pureed, raw, or in a sauce, you're eating vital nutrients like vitamin C, iron, vitamin E.

**Fish High in Omega-3 Fatty Acids**—Salmon is a favorite in this category. Stay away from the breaded and deep fat fried variety... they don't count in your goal of 6-9 ounces of fish per week.

**Whole Grains**—It's the germ and bran of the whole grain you're after. It contains all the nutrients a grain product has to offer. When you purchase processed grains like bread made from enriched wheat flour, you don't get these. A few more of the nutrients these foods offer are magnesium, chromium, omega 3 fatty acids and folate. Pearled barley and oatmeal are a source of fiber and potassium.

**Nuts**—An ounce of nuts can go a long way in providing key healthy fats along with hunger management. Other benefits are a dose of magnesium and fiber. Some nuts and seeds, such as walnuts and flax seeds, also contain omega-3 fatty acids.

To read the complete list, and other diabetes tips, visit the American Diabetes Association <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/diabetes-superfoods.html>.

Aug 15, 2012 | By [Whitney Greer](#) ([blackdoctor.org](http://blackdoctor.org))

## Life Skill of Golf Monthly Quote:

**Quotes:** *First Tee Program of Greater Austin (Donate at [www.thefirstteeofaustin.org](http://www.thefirstteeofaustin.org))*

**Scripture Notes:** *Marva Bennett, MBA Mt. Sinai Women's Golf Recreation and Instructor of Golf Orientation, [www.golforientation.com](http://www.golforientation.com) (512) 431-6390*

### Judgement

the ability to make a decision or form an opinion.

A decision reached after consideration.

***Using good judgment is critical in golf. It comes into play when deciding on strategy, club selection, when to play safe and when to take a chance, the type of shot you consider executing, as well as understanding and abiding by etiquette.***

***Exodus 28:30***

## Member Birthdays and Anniversaries For the Month of September

- If your name is not listed or is incorrect, please be sure to send your information to [info@themount.net](mailto:info@themount.net) to be added to our files. Thank you!*



### September Anniversaries

01	Alvester & Goldie Freeman	
	Roy & Ruby January	
02	Ronald & Leticia Shearin	
04	Philip & Rosemary Burkes	
06	Billy & Charlie Cannon	
08	Kent & Sundee Smith	
18	Kevin & Tonya Alexander	
	Alex & Arnetris Barnes	
19	Joseph & Judy Henry	
20	Trent & Yvette Roe	
28	Deacon Michael & Nikki McLennan	

### September Birthdays

01	Angela Challow	
	Goldie Freeman	
	Omiyon Toran Jr.	
	Alice Whitley	
02	Olen Batiste III	
	Barbara Brock	
	Clarence Davis	
	Clinton Garner	
	Sterling Green	
	Ricky Henry	
	Sonya Ruffin	
03	Sarah Barefield	
	Leroy Broadnax	
	Jerome Buck	
	Sheila Cofield	
	Kattarius Holmes	

	Jared Lewis		Thomas Harris
	Ingrid Proctor-Lee		Ida Hunt
	Chris Rogers		Lexus Jackson
	Jayson Talley		John Maye
	Pam Watson		Alexis Sidney
04	Utaka Tennard		Jasmine Ware
	Kiara Nero		DaJon Williams
	Brenda Thibodeaux		Canetra Winn
	Adrian White	10	Lucy Barnes
05	Xavier Aliche		Willie Drake
	Quentin Austin		Wayman Harvey
	Regina Brooks		Terence Hunter
	Gigi Bryant		Betty Mc Arthur
	Betty Byrd		Bobby R Williams Sr.
	Inez Freeman		Deborah Williams
	Ervine De' Andra		Vanessa Williams
	McCollum	11	Linda Bullock
	Lettrice Moore		Donice Harris
	Pastor Michael Oyedokun		Ebony Holton
	Theresa Scott		Monica Mack
06	Danny Fagan		Jamal Shabazz
	Ann Franklin		LaKenya Shaw
	Genesis Holmes	12	Mildred Brown
	Deric Lewis		Nell Holmes
	LaTaska Lewis		Denysa Mays
	Anita Sanford		Angel Tuberville
	Allison Skerrett		Jency Valiente
	Wardell White		Lyrik Walker
	Anjanette Wilson	13	Cyde Arnold
07	Angela Henderson		Gwen Bonner
	Morris Jackson Jr.		Michael Fornay
	Kevin McKnight		Crystal Vasquez
	Erica Rimes	14	Sherre Bradshaw
	Tye Thomas		Nett McClain
	Jessica Wells		Kyra Nero
	Kiara West	15	Thomas Brisco
08	Jose Gutierrez		Gwen Davis
	Louis Hodge		Debra Dibble
	Angela Jackson		Jackie Ealey
	Deacon Maurice King		Sharon Ford
	Chelsea Mitchell		Leala Gaines
	Dorothy Scurry		Michelle Price
	Misha Southern		Kinnard Smith
	Jessica Wells		Leonard Smith
09	Derron Christopher		Carolyn Stalling
	Franchell Copeland		Tambria Thomas



16 Jazlin Easley  
Narkeisha Hicks  
Cheryle Steen  
Tommy Ussery  
Deacon Edgar Whitfield



17 Irene Ates  
Elgyn Chandler  
Debra Davis  
Daniel Greene  
Patricia Oakmon  
Chantel Pridgon  
Carlina Rollins  
18 Beulah Bradshaw  
Michael Offort  
Veronica Robertson  
Wanda Walker  
19 Latayna Cook  
Michael Greenwood  
Katrina Harris  
Bobbie Williams  
Minister Brian Hennington  
Damon McLaughlin  
Juanita Pickens  
Daniel Powell  
Olivia Thornton  
Narishanne Townes  
LaNavia Williams  
20 Lauren Benoit  
Edna Childs  
Walter LaCount  
Arnold Pompey  
Sonya Williams  
Carla Wilson  
21 Ondrea Cummings  
Ernestine Benford  
Syklar Gamble  
Janice Rogers  
Minister Roy Spencer

22 Tondra Williams  
Felicia Jefferson  
Betty Francis  
Malcomb Gibbs  
Margaret Holley-Scott  
Morris Jackson Sr.  
Destine Lee  
Chloe Mosley  
Jamesetta Nero  
Ebony Zeno  
**Minister Matthew Mays**  
23 Johnny Ebbs  
Nikita Goodwin  
Janne Hall  
Jillian Mays  
Javonna Sims  
24 Patricia Davis  
Stach Jones  
Nicole Prince  
Malik Sanford  
Jerrick D. Vincent Jr.  
Yolanda Williams  
25 Nicole Allen  
Sunday Delgado  
Chelsye Ornick  
Scott Sterling  
Donna Walker  
26 Kimberly Baker  
Tommie Currie  
Hannah Edwards  
Toscha Lee  
Avery Pollard  
Antcoan Stonum  
Davillia Thompson  
Lesia Walton  
Blayne Williams Jr.  
Deacon Henry Wingard  
27 Monick Hamlin  
Bridgette Jackson  
Dranette Murray  
Damien Riggins  
Dominique Smith  
Anya Wiley  
Leon Walls  
Christian Washington  
28 Deborah Bentley  
Kiana Burgess

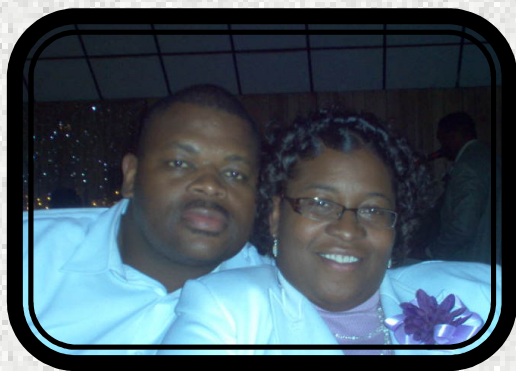
Aubriana Busby  
Briana Ellison  
Khalio Harris  
Chad Hicks  
Ke'xia Nero  
Rosalind Nichols  
Karen Williams  
Timothy Williams  
29 Daryl Black  
Branden Clay  
Jolene Cochran  
Alfred Hall  
Katrina Hall  
Derion Harris  
Derrick Jackson  
Robert Jackson  
Tim Johnson  
Demetris Shaw  
30 Bertha Aikins  
Bobby Gosey  
Evelyn Horton  
Rosa Johnson  
Lawrence Prosser  
Nina Berry Zachary

\*\*\*\*\*

Congratulations to our own,  
Sis. Goldie Freeman, who  
celebrated her **82nd birthday**  
on **September 1st AND**  
celebrated her **64th Wedding**  
**Anniversary with Bro.**  
**Alvester Freeman** on the  
same day!!! What a blessing!

*Happy  
Anniversary  
and  
Birthday!!!  
Enjoy your  
special day!!!  
-The Mount*





### **Bro. Dewayne and Sis. Cheryle Washington**

Married Status: We have been blessed to be married 20 years!

Our favorite quote is : "It is what it is!"

Our favorite scripture is : *Jeremiah 29:11 "For I know the plans I have for you," says the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."*

What has sustained your marriage? "We were friends first! Marriage is not easy, but we remind each other why we started this love journey together and what we want out of the experience. We don't try to change each other's essence of who we are. He can always make me laugh and not let me take myself too serious. He says I'm a great listener and he can't help but love me, even when he's upset with me. We are true opposites, but our foundations and values are the same. I always tell him I'm his 'Ride or Die' chick because I truly believe we were born for each other!"

### **Bro. Michael and Sis. Jessie Mars**

Married Status : We have been blessed to be married 26 years!

Our favorite quote is : "Yes, indeed."

Our favorite Scripture is: *Jude 24 - KJV "Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy".*

What has sustained your marriage?

"Placing God first in our lives and not allowing small issues to become big issues."

### **Marriage Tips or Ideas** **To Get You Thinking...**

- Wherever you find marital failure, you will find a breakdown in real communication. Wherever you find marital success, you will find a good communication system. -W.Mack
- When I have learnt to love God better than my earthly dearest, I shall love my earthly dearest better than I do now. -C.S. Lewis
- Making marriage work is like running a farm. You have to start all over again each morning. Author: Unknown
- As God by creation made two of one, so again by marriage He made one of two. -T. Adams
- Pray for your spouse to have a heart that is open to God.



*In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety;  
not with braided hair, or gold, or pearls, or costly array;  
But (which becometh women professing godliness)  
with good works. (1 Timothy 2:9)*

### *You Are Invited...*

The Women's Ministry cordially invites women of all fashion tastes to  
attend a fashion show  
showcasing fashion choices for the sophisticated, stylish, attractive yet  
chaste Christian woman.

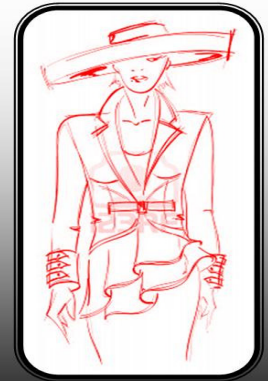
Join us for an evening of elegance, style, and glamorous grace.

*The Modest Madame Fashion Show*  
*Friday, September 7, 2012*  
*Mt. Sinai Family Life Center*  
*7:00 PM*

For more information, please contact:

Sis. Shontavia Hornsby at 512-784-5027 or shon481@aol.com

OR Sis. Fannie P. Mays at 512-989-0420 or fanniemays1@yahoo.com



## **Mt. Sinai Goes to Broadway**

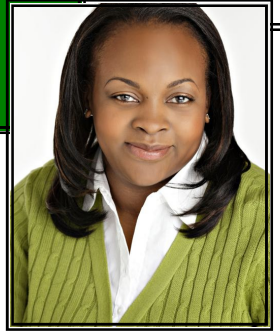
**Friday, September 28, 2012**  
**7:00 pm**  
**Mt. Sinai Family Life Center**

*Come out to see your favorite  
performers perform some of  
your favorite songs from some of  
your favorite Broadway Musicals!*

# **Free! Free! Free!**



# From The Editor



Dorothy Mays Clark,  
Mountaineer Editor

Ahhh, the Fall!! I love the Fall!! Not only is it my birthday season, but it is also a time for new beginnings! Children who have worked diligently during the previous school year are being rewarded by beginning a new grade level. Sororities and Fraternities begin their new year of service. Many companies begin new quarters. And, here, at The Mount, we wind down from travels, reunions and restful days by beginning a new year of ministry work in our numerous ministries and in our church life!

Recently, I had the opportunity to audit the Austin Creative Alliance Annual Auditions and the gentleman that sat next to me was a professor at the University of Texas in the Radio, Television and Film Department. As we chatted during our breaks, he expressed his anxiety about preparing his syllabus for his students for the year because school was starting in a few days and he had not finished it. We shared a laugh. And as I continued to think about his task of preparing his syllabus for his new students, I remembered my school days. I remember receiving my syllabus from each of my teachers/professors and how I would sit down and carefully plan out every class, every activity, every project and every deadline. I'm thankful for this discipline that my parents instilled in me because I still use it today.

I remember one class where our professor required that we call in to a messaging service to receive our notes daily. This, of course, was in addition to attending the classes as scheduled. If we did not call in to receive the notes, then we would not be prepared for class and would have no idea of what was going on. The same held true if I did not receive my syllabus or calendars, etc. for any of my classes or extracurricular activities. I decided that I wanted to be "In the Know". I wanted to be connected. I didn't like the feeling of not knowing what was going on.

I stated all of that, to state this, years ago (when I was a student) there were limited means of having important information that I needed. Today we have so many ways of being connected and being "In the Know" if we would only take advantage of them.

Did you know that Mt. Sinai has an email blast? This form of communication is used to send out Daily Inspirational Thoughts, Warrior Wednesdays, Birthday/Anniversary Updates, Funeral Information, Calendar Information and Announcements. When you sign up, you can change your settings to receive the emails either daily or weekly to suit your individual needs. To have these emails delivered right to your inbox, simply send an email to [info@themount.net](mailto:info@themount.net) with the email address of your preference.

Mt. Sinai also has a Facebook page and a Twitter page. We are using Social Media as a means to not only keep our members informed, but also to let Austin, surrounding areas and the World Wide Web know about all of the great things that are going on at The Mount. Stop by our Facebook page by visiting [www.facebook.com/TheMountAustin](http://www.facebook.com/TheMountAustin) and click "Like" to receive updates from The Mount. Also, stop by our Twitter page at [www.twitter.com/TheMountAustin](http://www.twitter.com/TheMountAustin) and click "Follow".

In addition to the email blast and the Social Media outlets, you can also receive weekly announcements in the Church Bulletin and receive Monthly Announcements/News/Updates in The Mountaineer. Our website is also a valuable tool for announcements and information. You can visit the website by visiting [www.themount.net](http://www.themount.net). While you are there, feel free to visit our Monthly Calendar for Calendar Dates and Information or you can receive a hard copy of the Monthly Calendar from the plastic bins on the foyer's wall on campus.



Aren't you glad that we have these new forms of communication as opposed to the ancient "phone trees"? Let's make use of these methods of communication so that we can all be "In the Know" as it pertains to our church. Don't hear about it after the fact. It's our church. There are no "old" or "new" members. There are no "special" or "elite" groups. There are so many wonderful things going on at The Mount. There is no reason that anyone ever has to utter the words, "I didn't know about it."