



THE MT. ZION MESSENGER

THE GOOD NEWSletter

Mt. Zion Baptist Church, 33 Oak Street, Springfield, MA 01109

VOLUME 22; ISSUE 10

REV. DR. ATU WHITE, PASTOR

MARCH 2021

JOIN US FOR HOLY WEEK PRAYER!

March 31, 2021 - April 3, 2021 @ Noon- 12:10p
Conference Line: (470) 480-9021

Monday: Read Luke 19:41-48

Prayer Focus:

We Pray for Our Congregation and Our Partners

Tuesday : Read Luke 20

Prayer Focus:

We Pray for Spiritual Maturity

Wednesday: Read Mark 14:1-11.

Prayer Focus:

We Pray for Our Service and Ministry to Jesus

Thursday: Read Luke 22:1-65.

Prayer Focus:

*We Pray for the Salvation of Family,
Friends, and Strangers*

Friday: Read: Luke 23

Prayer Focus: We Offer Prayers of Gratitude

Saturday: Read Luke 23:56

Prayer Focus:

We Ask God to Increase Our Spiritual Expectations

WEEKLY SERVICES FOR MARCH

We continue with virtual worship services this month--no in-house services. All services will be livestreamed on our website, Facebook, and YouTube, or are accessible by phone. Here is how to join:

Virtual Worship Service

Sundays at 10:00 a.m.

Livestreamed on Facebook.com; YouTube.com; or

<http://www.wearemtzion.com>; or

**Dial-in Number: 1-646-749-3117*

Access Code: 140-800-541

If you desire special prayer or would like to join Mt. Zion, call the Church at 413-785-5664 following Sunday service until 12 noon.

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#### Prayer & Meditation Call

**Wednesdays from**

**12 noon to 12:10 p.m.**

*\*Dial-in Number: 1-646-749-3117*

*Access Code: 140-800-541*

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Virtual Bible Study

Wednesdays at 7:00 p.m.

Livestreamed on

Facebook.com; YouTube.com; or

<http://www.wearemtzion.com>

MARCH IS WOMEN'S HISTORY MONTH!

In the US, Women's History Month is celebrated in the month of March. It is an annual declared month that highlights contributions of women to events in history and contemporary society. It commemorates and encourages the study, observation, and celebration of the vital role of women in American History.

Inside this issue, look for 7 inspirational quotes from 7 extraordinary women who have helped shape our history.

HAPPY MARCH BIRTHDAYS

March 2.....Sis. Josie Ross
 March 3.....Bro. Ronnie Williams
 March 5.....Sis. Lillian Dickerson
 March 5.....Deaconess Deborah Jones
 March 6.....Bro. Alton King
 March 7.....Bro. Malik Coppedge
 March 8.....Bro. Zachary Caudle
 March 8.....Sis. Tonya Hayes
 March 8.....Sis. Tiffany Hogan
 March 9.....Bro. Rodney Jones
 March 11.....Bro. Jackie Hammond
 March 11.....Sis. Brianna Woodard
 March 12.....Bro. Bruce Brice
 March 15.....Sis. Rene Garner
 March 13.....Bro. Craig Godbolt
 March 14.....Sis. Aviana Grant
 March 16.....Bro. Shawn Asiamah
 March 16.....Sis. Keisha Lewis
 March 17.....Bro. Chauncey Hammond
 March 17.....Sis. Zula Wright
 March 18.....Bro. Kyle Evans
 March 18.....Bro. Charles Winston
 March 19.....Sis. Vera Daniels
 March 21.....Bro. Daunte Cole
 March 21.....Bro. Robert Stokes
 March 26.....Sis. Kamara Jackson
 March 27.....Sis. Lori Garner
 March 28.....Bro. Michael Housey
 March 29.....Sis. Jacqueline Brown-Hazard

HAPPY MARCH ANNIVERSARY

March 16.....Sis. Mable Kenney
 & Bro. Jasper Kenney
 March 16.....Bro. Clycon Hinds
 & Sis. Valerie Hinds

My Cup Overflows

John Paul Moore

I've never made a fortune,
 And it's probably too late now,
 But I don't worry 'bout
 that much,

I'm happy anyhow.

As I go along life's journey
 I'm reaping better than I sowed,
 I'm drinking from my saucer,
 'Cause my cup has overflowed.

I don't have a lot of riches,
 And sometimes the going's tough
 But I've got loving ones
 around me,

That makes me rich enough.
 I just thank God for His blessings
 And the mercy He's bestowed.
 I'm drinking from my saucer,
 'Cause my cup has overflowed.

I remember times when things
 went wrong,
 And my faith got a little bit thin,
 Then all at once the dark
 clouds broke
 And that ole sun peeped through
 again.

So, Lord help me not to gripe
 'Bout the tough rows that
 I've hoed,

I'm drinking from my saucer,
 'Cause my cup had overflowed.

And if God gives me strength
 and courage

When the way grows steep
 and rough,
 I'll not ask for other blessings--
 I'm already blessed enough.
 And may I never be too busy
 To help another bear his load.
 Then I'll keep drinking from
 my saucer

'Cause my cup has overflowed.

Submitted by Sis. Andrea Dixon



MARCH 2021 UPCOMING MEETINGS

*The meetings listed below are
 scheduled for this month.
 Please read & govern yourself
 accordingly:*

YOUTH BIBLE STUDY

Friday, March 19th
 at 6:00 p.m.

All YOUTH are invited to attend
 via Zoom.

Meeting ID: 893 5399 9325

Passcode: 208710

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### SHE SHED

is cancelled for March.

It will resume on  
 Friday, April 30, 2021

### JOINT BOARD MEETING

This month's virtual Joint Board  
 Meeting will be held **Monday,**  
**March 8, 2021 at 6:00 p.m.**

All Joint Board members should  
 attend.

### Church Anniversary Celebration

Our 44<sup>th</sup> Church Anniversary is  
 scheduled to be celebrated on  
 Sunday, April 25, 2021. All  
 members are asked to give a  
 sacrificial offering of \$244.00  
 above your normal tithes and  
 offering to help mark this occa-  
 sion. You can begin paying on  
 this offering now.

The Church has several needs,  
 one of which is the need for a  
 new boiler on the historic side  
 of the building. We are prayer-  
 ful that some of the anniver-  
 sary funds will help us get one.

## SHREDX

Written by Marcus Holmes

Hello, my name is **Marcus Holmes**, and I started a shredding business called 'Shredx.'

In my business, I properly dispose of important or personal documents for use as compose. To ensure 100% satisfaction, we offer the customer the pieces of shredded compose back to the owner (if they want it back). If the customer doesn't want the compose back, then it will be used for a better cause.

Customers could bring a garbage bag (any size) for 15 dollars a bag. I do my shredding at 321 Albany Street (MMA Fit) from 6 p.m. to 7:00 p.m. on Tuesdays and Thursdays, and 9 a.m. to 12 noon on Saturdays. Please help my business grow by bringing a bag and thank you for taking your time and reading this.

## Student News

**Jordan Holmes**, an 11<sup>th</sup> grade student at Springfield Honors Academy, recently received a letter from the Boys and Girls Club, which read in part:

*"Congratulations! You are receiving this letter because someone at the Boys & Girls Club family center has recommended you for Youth of the Year."*

*To be considered for this year's youth of the year, there will be a 6-week course via Zoom every Friday starting March 5<sup>th</sup> from 6:30 to 7:30 until April 8<sup>th</sup>. These sessions will prepare you for youth of the year, but also public speaking and engagement, creative expressions and more."*

Jordan has worked at the Club for the last 3 summers, and during the 2020 pandemic lockdown summer participated in Zoom classes for select teens 3 days a week. Jordan is also a part of their Teen Program.

## Have Easter Service

WITH US!

Sunday, April 4, 2021  
@ 10:00 a.m.

There are two ways to worship:

1. **In the sanctuary.** There will be limited seating, you must wear a mask and practice social distancing. You must also RSVP on Sunday, March 28<sup>th</sup> from 12 Noon to 1:00 p.m. by calling the Church @ 413.785.5664
2. **Virtually.** Join us via Facebook, YouTube or [wearemtzion.com](http://wearemtzion.com)

## Palm Sunday

On Palm Sunday,  
March 28<sup>th</sup>,  
between 11 a.m. & 12 noon,  
you can come by the Church  
and pick up:

- Palm Branches
- Communion Cups
- April Newsletter

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**Daylight Saving Time begins on  
Sunday, March 14, 2021.**

**Just a reminder...**

**Set clocks ahead one-hour.**

**Remember the adage,**

***"Spring ahead; Fall back!"***

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## MOBILE FOOD TRUCK

The Western Mass Food Bank Mobile Food truck, in partnership with the Urban League of Springfield and Mt. Zion, will be in the Union Street parking lot on **Friday, March 26<sup>th</sup> from 1:00 p.m. to 2:00 p.m.** Tell family & friends. The free food is available to all, regardless of income.

Please Read & Respond!

## Let's Hear Some GOOD NEWS!!

It has been a full year since COVID-19 affected our lives in one way or another. No doubt, this pandemic has caused isolation, heartache, worry, and a myriad of other devastating situations and negative emotions, both mentally, and in many cases, physically. But, as Believers, we know...

**God is faithful!**

So, if we truly know and believe in God's faithfulness, let us take a moment to think about this...

Among all the bad, chances are you have also experienced some good. Perhaps you got a new job, started a new business, learned to bake, became a new grandparent, returned to school, developed closer ties with family and friends, etc.

What is your good news? What has happened in your life this past year for which you are truly thankful? Please let us know.

You can share your good news either of three (3) ways:

1. E-mailing it to [wearemtzion@gmail.com](mailto:wearemtzion@gmail.com)
2. Dictating it over the phone to Steve or Wanda Powell at 413-786-5117
3. Dropping it off in the Mt. Zion mailbox at the Orleans Street entrance.

The **deadline** for your submission is **Sunday, March 21!** Responses will be printed in the April Newsletter. We certainly hope everyone will share their 'Good News!'

# COVID-19: One Year Ago

By Deaconess Wanda Powell

By Sunday, March 15, 2020, all of us had heard something about a coronavirus called “COVID-19.” Across the country, the news media spoke of how this deadly virus was spreading by close contact with others. So, when we arrived at Church on March 15, we were careful not to greet each other with our customary handshakes or hugs, or hold hands during Altar Call, but that was about the extent of the precautions we took at that time. (Thank, God for His protection.) During that Sunday morning service, Pastor White said, *“We stand in faith trusting in God’s healing power and we also walk in wisdom.”* He went on to say that in wisdom, the 7:00 p.m. Bible Study would be livestreamed on the following Wednesday and all ministry meetings should be held via conference calls only. When we left Church that day, most of us thought that we would worship together again in a week’s time.

Two days later, on March 17, the Governor of the Commonwealth of Massachusetts, Governor Charlie Baker, announced a ban on all gatherings of 25 or more people. Consequently, we closed our building to all activities, including the Soup Kitchen and Wednesday Mid-Day Bible Study.

On March 18, Pastor White began holding Wednesday, 12-noon Prayer & Meditation conference calls, and as he had announced the previous Sunday, we began livestreaming the 7:00 p.m. Bible Study.

On Sunday, March 23, we did not gather in the sanctuary for service, marking the first of many Sundays that we would not meet in person as a congregation. Rather, from that day on (except for a few weeks in September and October 2020 when we allowed a limited number of congregants to join the service), we have only been worshipping virtually.

One year later, March 2021, the number of COVID-19 cases and deaths have skyrocketed to unimaginable numbers. (See stats below.) To protect ourselves from this deadly virus, in addition to the minimum precautions we took during that March 2020 service, scientists and medical professionals have since learned and expounded on the need for us to:

- Wear masks--protecting both ourselves and others.
- Practice social distancing--keeping a distance of at least 6 feet from anyone else.
- Wash our hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing our nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

Also, in the last four months, three (3) vaccines have been rolled out to the public to combat COVID-19. Getting the vaccine when you are eligible is a must!

And finally, especially as believers in Christ, we must continue to pray. Pray for those who are still suffering with this illness both locally and globally. Pray for our local, state, national, and global leaders as they manage this pandemic. And pray for our congregation to stay well & to stay well connected during this unprecedented time. Remember: God is faithful!

## CORONAVIRUS UPDATE AS OF FEBRUARY 28, 2021

| LOCALE        | CONFIRMED CASES | RECOVERIES | DEATHS    |
|---------------|-----------------|------------|-----------|
| MASSACHUSETTS | 579,680         | 533,502    | 16,067    |
| UNITED STATES | 29,203,913      | 19,632,572 | 524,690   |
| GLOBALLY      | 114,541,104     | 90,047,093 | 2,540,047 |

source: [worldometers.info](http://worldometers.info)

### Quotes from Women in Recognition of Women’s History Month:

“No one can make you feel inferior without your consent.” ~ **Eleanor Roosevelt**,  
*Former U.S. First Lady and U.S. Delegate to the United Nations General Assembly*

“Faith is the first factor in a life devoted to service. Without it, nothing is possible.  
With it, nothing is impossible.” ~ **Dr. Mary McLeod Bethune**,  
*Educator and Founder of Bethune Cookman College*

**THE PASTORS' COUNCIL OF GREATER SPRINGFIELD**  
**2021 LENTEN SERVICE SCHEDULE**  
**ALL SERVICES BEGIN AT 7:00 P.M. VIA ZOOM**

| <b>“Journey to the Cross”</b>         |                                                                                                         |                                                              |
|---------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| Wednesday,<br>March 3                 | Bishop Andrew Daubon<br>Celestial Praise Church of God                                                  | Facebook: @celestialpraisecog                                |
| Wednesday,<br>March 10                | Bishop Robert Jones<br>Mission Church                                                                   | Facebook: @MissionChurchMinistries                           |
| Wednesday,<br>March 17                | Pastor Mark Bayman<br>Deliverance Center Ministries                                                     | Facebook: @DCMCOGIC                                          |
| Wednesday,<br>March 24                | Bishop Talbert Swan II<br>Spring of Hope COGIC                                                          | Facebook: @413hope2                                          |
| Wednesday,<br>March 31                | <b>Rev. Dr. Atu White</b><br>Mt. Zion Baptist Church                                                    | Facebook: @wearemtzion<br>or<br>YouTube: mtzionbaptistchurch |
| <b>“Conversations from the Cross”</b> |                                                                                                         |                                                              |
| Good Friday,<br>April 2               | Rev. Dr. Barbara Headley<br>Rev. Marcus McCullough<br>Rev. Catharine Cummings<br>Rev. J. P. Morgan, Jr. | Facebook: @stjohnskb<br>or<br>You Tube sjkb.org              |

**IMPORTANT LENTEN SERVICE INFORMATION FOR MT. ZIONITES:**

- There will be NO 7:00 p.m. Wednesday Bible Study in the month of March. Virtual Bible Study will resume on Wednesday, April 7<sup>th</sup>.
- Members are encouraged to tune in to the Lenten Services each Wednesday and on Good Friday.
- Our Pastor, **Dr. Atu White**, will be the preacher on Wednesday, March 31<sup>st</sup>.

*Mark your calendars and support the Pastors' Council's Lenten Services.*

**Quotes from Women in Recognition of Women's History Month:**

“You don't make progress by standing on the sidelines whimpering and complaining.  
 You make progress by implementing ideas.” ~ **Shirley Chisholm**,  
*First African-American Woman Elected to U.S. Congress*

“The most difficult thing is the decision to act. The rest is merely tenacity.” ~ **Amelia Earhart**,  
*First Female Aviator to Fly Solo across the Atlantic Ocean*

“I've learned that making a 'living' is not the same as 'making a life.'” ~ **Maya Angelou**,  
*Pulitzer-Prize Nominated Poet*

# WHAT COMES OUT OF YOUR MOUTH?

*By Dea. Steve Powell*

The answer to a question is 129. So, what's the question? It is, "How many times does the word 'tongue' appear in the Bible (KJV)?" 'Tongues' appears 36 times, and 'double-tongued' appears once. Another source says of the 126 verses in which 'tongue' appears it appears 30 times in Psalms, 19 in Proverbs, and in 34 books overall. A number of times tongue has to do with language, and not a body part. Let's focus on the body part.

I am not exactly sure how many times in the Bible a tongue refers to the body part, but isn't it amazing that this little organ, which is used for eating, tasting, and speaking, is listed often in the Bible. Why would God do so? I don't know exactly, but surely God, the Omniscient, knew when He created man that this little body part which can praise God can also get man in a heap of trouble!

James 3:3-14 reads, "<sup>3</sup>We can make a large horse go wherever we want by means of a small bit in its mouth. <sup>4</sup>And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong. <sup>5</sup>In the same way, the tongue is a small thing that makes grand speeches. But a tiny spark can set a great forest on fire. <sup>6</sup>And among all the parts of the body, the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself. <sup>7</sup>People can tame all kinds of animals, birds, reptiles, and fish, <sup>8</sup>but no one can tame the tongue. It is restless and evil, full of deadly poison. <sup>9</sup>Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God. <sup>10</sup>And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right! <sup>11</sup>Does a spring of water bubble out with both fresh water and bitter water? <sup>12</sup>Does a fig tree produce olives, or a grapevine produce figs? No, and you can't draw fresh water from a salty spring. <sup>13</sup>If you are wise and understand God's ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom. <sup>14</sup>But if you are bitterly jealous and there is selfish ambition in your heart, don't cover up the truth with boasting and lying."

Wow! A small bit in a large horse's mouth, can turn that horse. A small rudder can turn a large ship. A great forest is set ablaze by a small spark. The tongue (fire) can do a world of evil. No human being can tame the tongue—a restless evil, full of deadly poison. The tongue can praise God and curse human beings. Look at James 3:10 again, "And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right!"

Matthew 6:24 states, "No man can serve two masters, for you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money."

Let your tongue speak life, not death; speak love, not hate; speak truth, not falsehoods; speak thanks, not selfishness; speak peace, not war; speak repentance, speak forgiveness, speak encouragement, speak patience, speak joy, speak hope. Today is not the time to be tongue-tied. WHAT SAY YOU?

## Quotes from Women in Recognition of Women's History Month:

"Don't ever make decisions based on fear. Make decisions based on hope and possibility. Make decisions based on what should happen, not what shouldn't." ~ **Michelle Obama**,

*Former U.S. First Lady*

Real change, enduring change, happens one step at a time." ~ **Ruth Bader Ginsburg**,  
*American Lawyer and Associate Justice on the Supreme Court*

## ANSWER TO LAST MONTH'S PUZZLE A 'BLACK HISTORY' MATCH GAME

*Submitted by Sis. Andrea Dixon*

*Last month, we challenged you to test your knowledge of Black History. How did you do?*

*Below are the answers, with the correct title, phrase, or composition on the right next to the name on the left.*

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> <li>1. Charles (Chuck) Cooper</li> <li>2. George Washington Williams</li> <li>3. Kenny Washington</li> <li>4. Althea Gibson</li> <li>5. Carter G. Woodson</li> <li>6. James Varick</li> <li>7. Thomas Dorsey</li> <li>8. Billy Strayhorn</li> <li>9. Otis Redding</li> <li>10. Duke Ellington</li> <li>11. Daniel Hale Williams</li> <li>12. Richard Allen</li> <li>13. Frank Robinson</li> <li>14. Harry Belafonte</li> <li>15. Lorraine Hansberry</li> <li>16. Wilt Chamberlain</li> <li>17. Mary Jane Patterson</li> <li>18. Gordon Parks</li> <li>19. Oscar DePriest</li> <li>20. Andrew Young</li> <li>21. Arthur Mitchell</li> <li>22. Sidney Poitier</li> <li>23. Nat King Cole</li> </ol> | <ol style="list-style-type: none"> <li>H. The first Black signed by a National Basketball Association team</li> <li>E. Author of "A History of the Negro Race in America"</li> <li>J. The first Black player in professional football in the modern era</li> <li>F. The first Black to win a major tennis title</li> <li>N. Author of 'The Negro in our History'</li> <li>A. The first bishop of the African American Methodist Zion Church</li> <li>D. The composer of "Precious Lord"</li> <li>B. The composer of "A Train"</li> <li>R. The composer of "Respect"</li> <li>K. Musician who is often called, "America's greatest composer"</li> <li>S. Performed the first operation on the human heart</li> <li>T. The first bishop of the African Methodist Episcopal Church</li> <li>L. The first Black manager of a Major League baseball team</li> <li>W. First Black producer of a major film in modern times</li> <li>U. The first Black woman to write a Broadway play</li> <li>G. Only pro basketball player to score 100 points in a game</li> <li>C. First Black woman to graduate from an American college</li> <li>M. The first Black to direct a major film in modern times</li> <li>I. The first Black congressman from the North</li> <li>T. The first Black elected to Congress from the Deep South in the 20<sup>th</sup> century</li> <li>O. The first Black Democrat elected to Congress century</li> <li>Q. The first Black to receive an Oscar for best performance of the year</li> <li>V. The first Black to host a major TV network show</li> </ol> |
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## THIS MONTH'S PUZZLE: BIBLE FIND-IT

*Submitted by Sis. Earlean Caldwell*

*This is a word search with a twist. Instead of a list of words to find, you're given a list of categories. Your challenge is to find 3 items in each category within the box of letters. Words can be found in a straight line horizontally, vertically, or diagonally. They may read either forward or backward. When you have found all the terms, the leftover letters will spell out an additional fact about one answer.*

**Answers will be next month's newsletter.**

**Find the Names of at Least...**

- 3 Bible Women
- 3 Apostles
- 3 Bible Animals
- 3 Prophets
- 3 New Testament Books

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | W | S | A | R | A | H | S | I | L | E | V | E | I |
| S | J | E | R | E | M | I | A | H | E | M | E | N | T |
| P | V | R | H | I | O | A | P | H | I | L | I | P | N |
| E | E | P | S | T | D | F | R | O | N | U | R | T | I |
| T | M | E | I | E | T | S | I | Y | A | H | N | T | H |
| E | E | N | F | L | I | A | U | Q | D | B | O | I | B |
| R | S | T | C | A | R | O | M | A | N | S | L | J | E |