

The Rising Mount Zion Voice

June 2020

VOL. XXIII Issue 2

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Going Up & FORWARD

Hey Zion, "Where do we go from here?"

Recently, there have been challenges in our lives that have flipped our world upside down! Despite this threat, we must keep on going, keep our eyes on the ONE who is invisible, and know that He keeps His promise of deliverance! Therefore, we can rely on His promise that He is with us in every situation and supporting us through His Holy Spirit which helps us to resist the pressure of intimidation and wrong responses to a situation. The Spirit provides the courage we need to keep going and live a purposeful life through the power of Christ. BUT GOD, no doubt, has us in a situation where money, homes, cars, education, political party, and status don't really matter--only HIS GRACE and MERCY, and our trust and faith in Him. First and foremost, the wisest thing any of us can do during these challenging times/all times is to start the day with PRAYER! Then, focus on GOD'S INSTRUCTIONS to us through His Word:

- ◇ **ASSURANCE** --When you feel like Job, confused and wondering why every area of your life is under attack, hold on and give God the praise. *Psalm 50:4*
- ◇ **BLESSING** -- Whatever God asks of you, it is for your good. The journey of faith is not an easy one, but when you take God at His word, the growth, the blessings, the miracles are far greater than you can ever imagine. *Psalm 29:11*
- ◇ **CELEBRATE** -- Don't focus on what you've endured; instead give praise to God who blessed you with His deliverance. Focus on all

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To forgive is to set a prisoner free and discover the prisoner was YOU.



For if you forgive men their trespasses, your heavenly Father will also forgive you, but if ye forgive not men their trespasses, neither will your Father forgive your trespasses. Matthew 6:14, 15

- ◇ **COMFORT** – When we look at our communities, our state, and our country, beset with violence, pandemics, illness, death, crime, and many other problems, we must ask ourselves how far we’ve drifted away from God---away from His presence, His comfort, and His commands. *John 14:18-19*
- ◇ **COMMITMENT** – The power of commitment and surviving with dignity is a true caring spirit that glorifies God. *2 John 8-9*
- ◇ **COURAGE** – As you face new challenges and only your faith to rely on, be true to God who will guide you through every circumstance. *Deuteronomy 31:6*
- ◇ **ENCOURAGEMENT** – When you are discouraged, you are to be steadfast in your belief in God’s compassion for His people. *Lamentations 3:21-23*
- ◇ **FAITH** – If our faith is a reality, we must relate the will of God to the affairs of the world. *Matthew 17:20*
- ◇ **FORGIVENESS** – Sometimes it isn’t easy to change our ways, forgive our hurts, and reconcile with others, but when we can’t let go of the anger or the harm that hurts rather than heals, our ways are not pleasing God. *Ephesians 4:31-32*
- ◇ **GOD’S WORD** – In the Word of God, we can find renewed joy, hope, peace, contentment, strength, and a renewed compassion for life. *Hebrews 4:12*
- ◇ **HEALTH and HEALING** – Jesus is our hope for wholeness and our total healing comes from the God who gives new life. *Jeremiah 33:6*
- ◇ **HOPE** – We must not place our hope in the temporal things of life but rather put our hope in God who is a very present help in the time of trouble. *Titus 2:11-13*
- ◇ **JOY** – In the midst of our increasing spiritual strength derives joy. God has a loving purpose for our suffering; trials cannot separate us from God’s care but will bring us closer to Him. *Acts 2:28*
- ◇ **LOVE** – Love is immutable, genuine, and everlasting. Love is “The Real Thing!” God is Love! *1 John 4:7*
- ◇ **PEACE** – There are unnecessary rivalries and disputes between friends and families that result in shame, hurt feelings, retaliation, and even death. Who among us will speak out for peace and begin to value peace? *Proverbs 16:7*
- ◇ **PERSEVERANCE** – When you keep your eye on the prize and finish the race, you don’t have to wonder how it would’ve been if you had not given up, dropped out, or failed to reach your goal. *2 Timothy 4:7*
- ◇ **PRAISE and WORSHIP** – Rather than being only spectators, why not allow the intimacy, greatness, vastness, and Spirit of God help us become vessels of His praise and actively participate in His glorious worship! *Revelation 19:5-6*
- ◇ **PRAYER** – Take time each day to pause in the midst of life’s pressures to look prayerfully, humbly, and obediently to the Lord who brings prosperity and peace when the storms of life are raging. *2 Chronicles 7:14*
- ◇ **PROTECTION and PROVISION** – In spite of life’s troubles, the believer knows that God is our refuge and strength, who will liberate us, keep us safe and provide all our needs. *Psalms 121:5-8/Philippians 4:19*
- ◇ **RELATIONSHIP and REWARD** – Our kinship with God is a blessing that frees all God’s children to live together. Whether trials or joys happen in our lives, our conduct and attitudes towards others prepare us for eternal life. Therefore, we must concentrate on radiating Jesus in our lives every day. *1 Corinthians 3:8*
- ◇ **RIGHTEOUSNESS** - God forgave our sins and made us new. The righteousness that He gave us is a blessing to us and to those around us. *Isaiah 32:17*
- ◇ **SALVATION** – God’s grace is offered equally to those who humbly confess their sins, accept the lordship of Jesus Christ and commit themselves to live according to God’s Word. *Exodus 15:2*
- ◇ **SERVICE** – A true servant who lives in the will of God and undertakes and faithfully performs a task done to the best of his ability for God is entrusted to more and God blesses all his labor. *Colossians 3:23*
- ◇ **THANKFULNESS** – God is the source of everything we have. Therefore, we should practice proper stewardship—give back to God out of thanksgiving for what He has given us which involves more than our tithes and offering. It encompasses every area of life in which God blesses us. *Ephesians 1:16-17*

From the Pastor's Desk...



Dear Zion Family!

Believing in God's promises and blessed with His peace, I greet you, my Zion family and friends in the unbiased Spirit of my Lord and Savior Jesus Christ the one who orders my steps in His Will, His Way and His Word. No doubt, the first half of this year we have experienced adverse circumstances that dramatically affected us, and those we love. It has been plagued with so many troubling and unprecedented events that require a very special kind of perseverance in the moment of suffering and testing. Our world has been disrupted by an unseen pandemic virus causing illness, death, financial disaster, the closing of schools, the cancellation of spiritual, social and academia events, restrictions on gatherings in certain group sizes, and even having to wear masks and gloves in public to protect ourselves and others. When families, friends, and people in general quietly struggle to exist day after day, face seemingly insurmountable problems, and the feeling that everything is lost and all hope seems gone, we have to align our spirit in harmony with the Holy Spirit of God so the He can comfort, lead, and deliver us. However despondent we may be about unexpected events and situations that generate great anxiety, never, ever lose sight of the fact that God is omnipresent, omniscient, and omnipotent. He will ease our burdens if we turn to Him in prayer, take Him at His Word, believe in His promises, and always let our "faith" be more powerful than our fear. One positive thing that has come from the pandemic virus is "hospitality" -- a characteristic that was disappearing from our modern society. Daily, we learn about thousands of persons throughout our communities, state, and country, perhaps you are one of these persons, who have stepped up, opened their hearts, and are using their time, talents, finance, donations, creativity, and care to help individuals and families in need. *Romans 12:13 NIV* reads: *Share with God's people who are in need. Practice hospitality.* This teaching from God is a blessed assurance that life may not be as we intended, but if we keep our trust in God, and face life with courage and confidence, we will do just fine!

Zion, we don't have to count the ways we've missed one another since the pandemic virus came to town. For sure, it is much easier to do than counting the numerous ways God has blessed us. For months now, we've not been able to worship together in person, greet, smile, hug, shake hands or do any of the usual physical things we did prior to the COVID 19 pandemic virus. Nonetheless, it is essential that since this virus is such a terror in our communities, we must take every precaution possible to protect ourselves and one another. I'm grateful to God that we've been able to continue our emails and website connections with our church members. The desire is to keep our spiritual, emotional, loving, and caring assembly connected; created a necessity to promptly reach out to able persons to help initiate our online Sunday worship services, Bible study, and Prayer Call. Thus, I sincerely thank and appreciate our technicians, musicians, music directress/soloist and choir members, and all others for their help in readily producing our weekly online broadcasts that prayerfully are a blessing to everyone who listens and views. It's our way of giving hope to the worst possible circumstances. For I believe that as long as the endless hope of God and His constant and eternal love are alive, life cannot get us down and we'll not snap under the pressure of our problems and afflictions. Zion, as a body of believers, we must always seek to serve the Living Christ, develop a sincere and vibrant relationship with Him, help our fellow man, and live a purposeful and meaningful life. The Holy Spirit which is our eternal source of mercy and compassion will direct and empower us to serve and make a difference in humanity whenever and wherever we can.

Unceasingly, we must pray, trust God completely, have faith firmly anchored in our Savior, hold to His truths, and experience His peace that flows through us, calming all our fears, satisfying all our needs, and resulting in the fullness and total joy of His worship and praise!

Be Blessed...

Pastor C. J. [Signature]

Spratley Allen Missionary Circle

By Sister Valorie McBee

*Praise our God, O peoples, let the sound of His praise be heard;
He has preserved our lives and kept our feet from slipping. Psalm 66:8-9 (NIV)*

First and foremost, we, the Spratley Allen missionaries, are thankful to God for continuing to bestow countless blessings upon us. Even in the midst of this global pandemic, and while there are other trials, tribulations, and wickedness throughout the world, God is still merciful and gracious unto us. We praise God for our Pastor and those persons who willingly assist him as he consistently shares a message from the Lord. We, and so many others, are blessed with a Prayer Call on Mondays, Bible study on Wednesdays, and Sunday morning worship services via numerous ways of individual and collective interactions. We glorify the Lord.

Before the awareness of the Coronavirus pandemic, the Spratley Allen Missionaries along with other Area A churches attended the February meeting at the Baptist General Convention Headquarters. Members wore red to celebrate “heart” month. “Protecting Your Heart” was the focal topic. *Rev. Dr. J. Elisha Burke*, Director of Health, Men, Social Justice of BGC, provided leaflets and spoke on the following points in reference to heart health:

- Have faith and make it your mission to fight heart disease.
- Be mindful of what you eat and become knowledgeable about how your diet can affect your heart.
- Know the risks that cause heart disease such as smoking, high cholesterol, and high blood pressure.
- Pay attention to underlying conditions such as obesity and diabetes.
- Inactivity can pose adverse effects. Exercising and staying active are beneficial for a healthy heart.
- Women are affected differently than men and African Americans are at higher risks than other ethnic groups.

Sister Andrea Lynn White Shaul, Senior Vice President and Chief of Staff of Genworth Financial, also spoke at the BGC meeting. Her theme was “We Sow the Seed, But God Brings the Harvest”, based on the scriptural text, *Luke 18:11-15*. In addition, *Sister Shaul* spoke about managing your finances. Likewise, *Sister Barbara Crump* provided helpful information about the Lott Carey Baptist Foreign Mission.

Outreach ministry is important -- it is an expression of our love and care for others within our community and beyond. Thus, the missionaries voluntarily prepare and deliver nutritious meals for the homeless men at the Richmond Men’s Shelter and participate in other beneficial projects.

Although the program for Cancer Survivors and Caregivers was postponed, information and resources are available through the American Cancer Society and the Stand Up to Cancer Organization. The Spratley Allen missionaries are grateful for God’s love, grace and mercy and readily keep others in prayer, knowing that He will provide for and deliver us in all situations.

With the use of technology and other means of communication, the missionaries continue to show compassion and care for the sick, shut-in, and the bereaved individuals and families, including constantly sending get well, thinking-of-you, and sympathy cards to inspire and encourage them. We are steadfast in our faithfulness and offer prayers for **all** people, worldwide.

*“So do not fear, for I am with you; do not be dismayed, for I am your God.
I will strengthen you and help you; I will uphold you with my righteous right hand.”
Isaiah 41:10 (NIV)*





Sick, Shut-in & Bereaved Families

Be of good courage, and He shall strengthen your heart, all ye that hope in the LORD *Psalm 31:24*

"I will not leave you comfortless: I will come to you." *John 14:18*

God doesn't promise any of us that we will escape the turbulent seas of life, but He does promise that He will never leave us nor forsake us. His promise assures us that when He permits suffering, He also provides comfort; and only He can still our hearts and quiet our minds. Therefore through difficult times, stand still and trust God to lead you!

To each of our bereaved families and to those who have been hospitalized, undergone surgery, experienced a period of illness, or suffered other afflictions, know that Pastor Cooper, the Diaconate Ministry, and your Zion family sincerely extend our genuine support, love, and deeds of kindness to you and your families. As a church family, we reach out with sincerity, humility, and love to all who are hurting and grieving. Know that together we can heal and grow in understanding and in the peace that is ours through Jesus Christ who knows our most painful moments and provides forgiveness, deliverance, and hope in all situations.

- ◆ **Rev. Doris Batts** mourns her sister, *Sister Edna Hodges*
- ◆ **Sister Linda Bennett** mourns her uncle, *Brother Noble Maynard Echols*.
- ◆ **The Zion family** mourns a faithful member, **Sister Frances Ellis Sanderson**.
- ◆ **Brother Wilbert Thacker, Sr.** mourns his mother, *Sister Mary T. Morris*.
- ◆ **Sister Constance Nelson** mourns her husband, *Brother Raymond Julius Nelson*.
- ◆ **Sister Sharon Robertson, Sister Ella Robertson, and Sister Thelma Vaughan** mourn her mother, her granddaughter, and her niece, respectively, *Sister LaWanda Friday*.
- ◆ **Sister Karen S. Brown (Brother Bernard)** and **Sister Kimberly Brown** mourn her brother and her uncle, respectively, **Brother Edmund Smith**.
- ◆ **Sister Ruth Barbee (Brother Ernest "Pete")** mourns her uncle, *Brother Milton Branch*.
- ◆ **Sister Cherrie M. Brown, Sister Annette Farmer, and Sister Claudette Calhoun** mourn her mother and their sister, *Sister Amanda Moss*.
- ◆ **Brother Terry Lee Brown (Sister Vonda)** mourns his mother, *Sister Doris Brown*.
- ◆ **Sister Joan Macklin** mourns her brother-in-law, *Brother Oscar Pegram*.
- ◆ **Sister Pauline Holmes** mourns the shepherd of her home church, Union Hope Baptist Church, *Bishop Alvin Hargrove*.
- ◆ **Sister Daphne F. Smith, Sister Crystal F. Cosby, Sister Tawyna Ford-Williams, and Dr. Cheryl Jordan-Sayles** mourn their brother and her cousin, **Dr. Rudolph Ford, Jr.**
- ◆ **Brother Curvey Reid (Sister LaShawn)** and their children, **Diondre, Khaill, and Zahri Reid** mourn his father and their grandfather, *Brother Thomas Reid, Jr.*
- ◆ **Sister Nisha Dowdell and Sister Tierra Kindred** mourn her ex-husband and her father, *Brother James L. Kindred, Jr.*
- ◆ **Dr. Cheryl Jordan-Sayles (Rev. Harold)** and **Family** mourn her brother, *Brother Howard Jones*.
- ◆ **Sister Linda Bennett** mourns her brother, *Brother Noble Lee Echols*.
- ◆ **Brother Walter Robinson (Sister Audrey)** mourns their niece, *Sister Jy'ashia Robinson*.
- ◆ **Sister Martha Worsham** mourns her aunt, *Sister Mary Rhoads*.
- ◆ **Sister Vivian Minor** mourns her last sibling, *Brother James Thomas*, of Florence, SC.
- ◆ **Sister LaFran P. Walker (Brother William)** mourns her sister, *Sister Margaret Purnell Gaines*.
- ◆ **The Zion family** mourns its faithful member, **Deaconess Delores Latson**.
- ◆ **Sister Arnetha Carter, Sister Tiffany Carter-Ellis, and Brother Terance Carter** mourn their cousin, *Deacon Felix Davis*, of Gretna, Virginia.
- ◆ **Sister Goldie Johnson, and Sister Ella J. Gatewood, Brother Harvey Johnson, Jr., and Sister Harriett Johnson, and Brother Trey Gatewood and Brother Tyrone Gatewood** mourn her husband, their father and their grandfather, respectively, **Brother Harvey Johnson, Sr.**





RESURRECTION SUNDAY

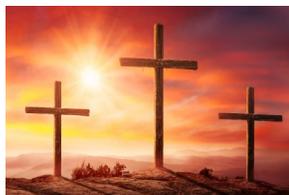
By Deacon Mary Kemp



This Resurrection Sunday, April 12, I dare say is different than any other Resurrection Sunday any of us has ever witnessed! For the first time, probably in history, Christians all over the country were not able to safely, obediently, and physically congregate in their spiritual edifices because of the COVID-19 pandemic.

Through the amazing grace, divine mercy, and unparalleled wisdom of God, the Zion family has been spiritually blessed by the godly, intellectual, and technological knowledge of Pastor Roscoe D. Cooper III. Since the restriction of ten or more people gathering was officially implemented, Pastor Cooper initiated online Sunday services, Bible study and Prayer Call for the sole purpose of being able to virtually connect and spiritually nurture his congregation and others. Resurrection Sunday was no different, except this year it was also Communion Sunday for the Zion family. Pastor Cooper delivered a mighty, yet comprehensible sermon entitled, "HE'S ALIVE", and utilized the basic scripture, *1 Corinthians 15:20*, and supporting scriptures, *1 Corinthians 15:1-10* and *Matthew 28:1-8*. Death laid its hands on Jesus but couldn't keep Him in that state. Jesus was resurrected on the third day, no longer in the tomb but before us on the throne. If Christ had not been raised from the dead, our faith would be fruitless and we would still be in our sins. We are grateful to God that the Resurrection of Christ reminds us that our resume doesn't determine how our Lord relates to us. In spite of the pain and suffering we endure, God is truly good to us. He continues to dry our tears, open doors, close doors, bring us over the mountains and through the valleys, conquer our storms and deliver us from situations we can see no way out. It is because of the grace of God we are still here. No situation should ever prevent us from praising Him, glorifying Him, honoring Him, and thanking Him, realizing that nobody can do for us what the Lord does! No Zion, Christ isn't dead; HE'S ALIVE! The power of His resurrection is collateral for every promise He made to us in the Word of God. Our assignment is the same today - Go tell everyone CHRIST IS RISEN with all power in His hands! Pastor concluded with one of his familiar expressions, "Ain't God alright? Do you hear me, Ain't God alright? I.....I KNOW HE'S ALRIGHT!"

Pastor extended an invitation to those who desired to do so to participate in the "Drive-in Prayer and Communion" service in the Rising Mount Zion Baptist Church parking lot. On a first-come, first-served basis everyone had to drive in at the selected entrance of the parking lot. The car occupants were greeted by a trustee, deacon and church willing-worker who wore masks and gloves, handed out a "Grab-n-Go essential bag for each car, and a sealed Communion cup for each acclaimed Christian riding in the car. In addition, each individual had an opportunity to drop off his/her tithes and offerings and Lenten gleaner. The driver was directed to every other designated parking space where everyone remained in the car. Once the long line of waiting cars had been settled in place, Pastor Cooper hopped atop a truck bed that had been equipped with audio equipment and where he could be seen and heard by the 20+ volunteers and more than 130 persons occupying the isolated eighty plus spaces, greeted the crowd, offered the communion prayer as each individual consumed the Communion blessings. The large crowd expressed their "Amen" and approval by honking their horns making a melodious symphonic sound throughout the brief gathering. They honked and waved as they dispersed to their several destinations, joyful that they were able to celebrate Resurrection Day with the **Word, Prayer, and Communion!** We thank God for a sacred and blessed day, and for sending RMZBC one of His chosen sons after His own heart who leads his God-given flock with knowledge, understanding, and love! ***Be safe! Stay healthy! Pray that this pandemic is over soon!***





The American people are living in an exhausting season filled with pain and hardship of our present realities---inflamed by education, cultural, social, racial, and gender structures that suppress dreams and lifestyles. As Christians, we must be reminded that no matter how dim the situation appears to be, God always manifests His presence and power in the realm of time even to those with little faith. In His own time and His own way, God will deliver us. He commands us to "Love one another as we love ourselves." Thus, during this pandemic climate, it is beyond rewarding, comforting, and heartfelt that thousands of persons have stepped up to help others who have medical, nutritional, physical, and educational needs while managing their own stress, fear, and anxiety of dealing with their own psychological approach. Together and with God on our side, we'll get through this quarantine and every difficult situation that confronts us! Meantime, we must pray, practice frequently washing our hands, wearing masks/gloves, social distancing, staying home, and other safety measures. We readily salute, bow, and tip our hats to all volunteers/providers who have worked tirelessly to break this pandemic, help others, and safely move forward, even when many of them lack proper protective equipment, working for minimal wages and not enough rest! We sincerely thank the following persons and all others who have gone beyond the call of duty; some have contracted the virus and survived; while others have become ill and even died from it:

- ◆ **All Medical Health Care Givers** who unselfishly use their professional knowledge and training to care for the vulnerable and bring dignity and support to their lives and/or final moments in these trying times. **We thank you!**
- ◆ **Bus and Transportation Drivers** who pick up riders and deliver them to their several destinations in a timely and caring manner! **We thank you!**
- ◆ **Educators** who use online, computers and other methods to help students to continue to learn and stay mentally alert after the closing of schools in mid-March 2020 through the end of the academic school year. **We thank you!**
- ◆ **Firefighters** who go beyond putting out fires. They rescue, help to feed the hungry and inspire others through other kind deeds. **We thank you!**
- ◆ **Grocery workers** who help keep the grocery store shelves stocked, and receive and check us out at the cash registers! **We thank you!**
- ◆ **Leaders and Media Reporters** who use their voices to accurately inform us and report helpful facts and truths. **We thank you!**
- ◆ **Parents** become at-home-teachers who implement technological, creative, and fun methods to encourage their **Children** to continue to learn. **We thank you!**
- ◆ **Pastors and Religious Leaders** who connect spiritually, technologically, and creatively to bless congregants through the Word of God. **We thank you!**
- ◆ **People** who shelter in place and practice social distancing and other safety measures to help prevent the virus from spreading to others. **We thank you!**
- ◆ The brick-and-mortar **Stores, Warehouses,** and **workers** who keep their doors opened, so that the public can purchase necessities. **We thank you!**
- ◆ The millions of **Students** who continue to study/learn at home. **We thank you!**
- ◆ **Truck Drivers and Merchandise Receivers** who load, deliver, and unload merchandise. **We thank you!**
- ◆ **Unlimited Number of Volunteers** and so **Many Others,** who fabricate and distribute protective gear, provide helpful services to the first responders; and bless so many people with their selfless acts of hospitality. **We thank you!**

THANK YOU! MERCI BEAUCOUP! MUCHAS GRACIAS! TAI TAI!

TUESDAY, NOVEMBER 3 -- ELECTION DAY 2020.

Perhaps your first, second and even your third presidential choices may have dropped out. But the nominee, no matter who she or he may have been, wouldn't be perfect. Yet every single one of them would be better than four more years of #45!

If it turns out to be BIDEN -- as disappointed as many may be -- **PLEASE REMEMBER...**

1. You're **not just voting for President.**
2. You're voting for **who replaces RBG on the Supreme Court.**
3. You're voting for the next **Secretary of Education.**
4. You're voting for **federal judges.**
5. You're voting for **the rule of law.**
6. You're voting for **saving national parks.**
7. You're voting for **letting kids out of cages.**
8. You're voting for **parents not being separated from their children without any sound means of reuniting them.**
9. You're voting for **clean air and clean water.**
10. You're voting for **scientists to be allowed to speak about climate change and for rebuilding the CDC.**
11. You're voting for **what a President says and does on Twitter.**
12. You're voting for **housing rights.**
13. You're voting for **LGBTQ people to be treated with dignity.**
14. You're voting for non-Christians to be able to adopt and to feel like full citizens.
15. You're voting for **Dreamers.**
16. You're voting so that there will be **Social Security and Medicare when you retire.**
17. You're voting for **veterans to get the care they deserve.**
18. You're voting for **rural hospitals.**
19. You're voting so that someone else can have **health insurance.**



- 20. You're voting for **preservation of PBS.**
- 21. You're voting to have a President who **doesn't embarrass this country** every time she or he attends an **international meeting.**
- 22. You're voting **against** allowing the USA to become yet another **authoritarian regime.**
- 23. You're voting for sensible **gun laws.**
- 24. You're voting for **an end to voter suppression.**
- 25. You're voting for **equal wages for women.**
- 26. You're voting for **affordable medicines and education.**
- 27. You're voting for an **Attorney General for the people of the USA** rather than a private attorney for the President.
- 28. You're voting for a **President who shows respect and receives respect.**
- 29. You are voting for a **President who hears and does not try to overrule the advice of professionals in their fields.**
- 30. You are voting for a **President who takes the well-being of people seriously**, and not believe that the Coronavirus (COVID – 19) is a Democratic HOAX.
- 31. You are voting for a **President who does not think aloud or ignore warnings from Intelligence Agencies.**
- 32. You are voting for a **President who believes the cure cannot be worse than the disease.**

As has been done, please feel free to add anything to this list that may have been forgotten or omitted...

**Prepare to "VOTE"!
VOTE early
VOTE absentee
VOTE in person**

Just.....VOTE!



More good information... COVID 19

I received from a friend

Medical scientists are beginning to understand the behavior of the COVID 19 virus. Through the continuous developmental tests and autopsies, they learned that the virus is characterized by thick mucus obstructing respiratory pathways that solidifies and blocks the airways and lungs. The virus enters through the throat where it remains for 3–4 days before it passes to the lungs. Usually it attacks those with underlying respiratory medical conditions and elders, causing illness and even death in some cases. In order to apply medicine and for treatment to work, one needs to open the airways of affected persons that often require hospitalization.

In early May 2020 the FDA authorized the COVID-19 results from two eagerly awaited clinical trials of the experimental anti-viral drug, Remdesivir. The treatment proved to be rather effective against COVID-19, indicating for the first time these potential medicines can help fight against the Coronavirus pandemic. The treatment is reassuring for patients who are going downhill and needing to be on a ventilator, and whose conditions can potentially be turned around. Nevertheless, scientific researchers continue to develop tests, medicines and vaccines that can detect early signs and offer more effective treatments for this pandemic virus. Here in Virginia, the UVA Medical Hospital in Charlottesville was involved in the clinical testing of the anti-viral drug and continues its ambitious participation. Medical scientists of the VCU Medical Hospital in Richmond and others are also diligently seeking to improve/discover tests, medications and vaccines that lead to prevention, better care and/or a cure for patients suffering from the virus. The following are recommendations to safeguard oneself from the virus:

1. Drink lots of hot liquids: coffee, tea, soups, & warm water.
2. Take a sip of warm water every 20 minutes. This keeps your mouth moist and washes any of the virus elements that have entered your mouth and pushes it into your stomach where the gastric juices neutralize it before it can get to the lungs.
3. Gargle with an antiseptic in warm water such as salt, vinegar or lemon juice every day, if possible.
4. The virus attaches itself to hair and clothes. Any detergent or soap kills it. Take a shower immediately when coming from outside and shampoo your hair.
5. Wash metallic surfaces. The virus can remain viable on this surface for up to 9 days. When not in your home, wear gloves to avoid directly touching handrails, doorknobs, etc. If you can't wear gloves, wash your hands immediately and then shower.
6. Regardless if you've gone outside, wash your hands every 20 minutes with soap that foams and do it for 20 seconds.
7. Eat fruits and vegetables. Try to elevate your zinc levels.
8. Animals are not known to spread the virus to people. It's person-to-person transmission.
9. Try to avoid drinking too many cold things.
10. If you feel a sore throat coming on, gargle with antiseptic immediately. Do it every hour.

In spite of the challenging times we must endure, we can take heart in God's ability to use our affliction for good. When we have the opportunity to receive His comfort, guidance, and love, follow official recommendations, and see purpose in our own suffering in the midst of our own trials, we are motivated to help ourselves and bless others. *2 Corinthians 1:3-7*



There are *Angels*
God puts on this Earth

Who care for us and guide us.
You can feel their love and gentleness
as they walk through life beside us.

They do great things for us every day
they whisper in our ears,
they even hold us in their hearts
when we are filled with all our fears.

They are always there to give a hug
and try to make us smile.
They treat us with respect and love,
they treat us like their child.

God blessed me with an Angel,
I'm proud to call my own.
She's been with me throughout my
life, been with me as I've grown.

She's guided me the best she can,
she's taught me like no other,
and I'm thankful I'm the lucky one
who get's to call her...

Mother

Kathleen J. Shields - May 14, 2006



Happy Mother's Day

With so much talk about the unsung heroes who are on the front lines these days, no one deserves more accolades as *sheroes* than our mothers.

You have been the **first responder** to our cries from the crib at 2 a.m.

You have been our **health care provider** with cough syrup and chicken soup.

You have been the **clerk** who stocks and unloads our kitchen pantry shelves.

You have been the **law enforcer** who settles sibling disputes.

You have been the **newscaster** who keeps the family informed.

You have been the **construction worker** who builds our self-esteem.

You have been the **transportation worker** who shuttles us to the little league, soccer, baseball, football and dance.

You have been the **governor** who regulates the house's thermostat.

You have been the **distributor** of hats, gloves, socks, scarfs and coats as our personal protection equipment in the cold winter time.

You have been the **President** who presides over and prays for our family, sometimes with an iron fist, but always with a heart of lover.

Mothers, today we salute you. We celebrate you.
We love you!

Have a happy and blessed Mother's Day.

Dr. C. Dexter Wise III, Faith Ministries Church
Columbus, OH May 2020

happy mother's day

M-O-T-H-E-R

"M" is for the million things she gave me,
"O" means only that she's growing old,
"T" is for the tears she shed to save me,
"H" is for her heart of purest gold;
"E" is for her eyes, with love-light shining,
"R" means right, and right she'll always be,
Put them all together, they spell "MOTHER,"
A word that means the world to me.

www.rishikajain.com



SPOTLIGHT on.....

Mary Walker-Griffis

By Denean Anderson



Mary Walker-Griffis, the eldest of thirteen children, was born in New York City and reared in Richmond Virginia by her grandmother, Sister Mary Smith, who ensured that she developed a sound relationship with Christ. At an early age she attended church regularly at the Cedar Street Baptist Church where she participated in Sunday school and a variety of other church related activities.

Upon graduating from Armstrong High School, she furthered her education at the Smith Madden Business College where she earned a degree in Business. For several years, she was employed at the Medical College of Virginia in the Admission Department. Later, she worked at Sheltering Arms Rehabilitation Center as a Business Manager. Recently, Mary retired from McKesson Medical Corp. after 30 years of employment working in the Finance Department. During her tenure there, she was fortunate to work a year in Carrollton, Texas. In 2008 it was indeed rewarding for her to be named the Employee of the Year for the Finance Department. Her award was presented to her at the Corporate Banquet in Florida at which time she received a beautiful plaque and a monetary gift.

Mary is married to Lonnie Griffis. She is the mother of four daughters, one son, fourteen grandchildren, and three great-grandchildren. She and her husband have custody of two grandchildren whose mother and Mary's youngest daughter passed unexpectedly.

Singing has been her lifelong passion. While at Cedar Street Baptist Church, she was privileged to be one of the pioneer members of the B.W. Robertson Memorial Choir, the namesake in honor of their Pastor, Rev. Dr. Benjamin W. Robertson whose teenage son died in a car accident. Several years later, she joined the Greater Mt. Moriah Baptist Church where she was the Youth Choir Director and a Sunday school teacher. She continued to share her love of singing by participating in several choirs. Her voice has been a great asset to several bands and was honored to be included on a recording with the renowned Glen Roy Bailey.

Mary has been a member of the Rising Mt. Zion Baptist Church for the past 14 years, joining under the leadership of the Rev. Dr. Roscoe D. Cooper III. It is evident that Miss Mary, a small lady in stature sings for the glorification of the Lord, allowing her melodious, demanding voice to comfort and bless the soul from deep within! As a soloist and member of the RMZ Mass and the Small Ensemble Choirs, she continues to share her talent and love for blessing others through song. Additionally, she is a member of the Drama Ministry. In September 2009, Mary portrayed Ruth in the play "A Raisin in the Sun" which was a Zion fundraiser and was presented in the Henrico Theater, Highland Springs, Virginia.

During her retirement Mary keeps busy rearing her two grandchildren, making sure they are engaged in wholesome activities, spending quality time with all her grandchildren and great-grandchildren, and attending and participating in worship and church activities. In addition, she loves traveling with her husband, Lonnie to her favorite destinations in the states of Maryland and Florida; and being pampered while relaxing and enjoying his delicious cooking. Mary is such a giving person and will go out of her way to help anyone. "Take Me to the King" is her favorite song. Knowing that the Lord is her Shepherd who provides all her needs makes *Psalm 23* her favorite scripture. The Zion church family joins her loved ones in congratulating the RMZ VOICE Newsletter spotlight person of the quarter, **MARY WALKER-GRIFFIS!!!**

Speaking in one voice: Singing in the Spirit and Songs of our **GOD!**



Fathers Are Wonderful People

Helen Steiner Rice

*Fathers are wonderful people too little understood,
And we do not sing their praises as often as we should...
For, somehow, Father seems to be the man who pays the bills,
While Mother binds up little hurts and nurses all our ills...
And Father struggles daily to live up to "HIS IMAGE"
As protector and provider and "hero of the scrimmage"...
And perhaps that is the reason we sometimes get the notion
That Fathers are not subject to the thing we call emotion,
But if you look inside Dad's heart, where no one else can see,
You'll find he's sentimental and as "soft" as he can be...
But he's so busy every day in the grueling race of life,
He leaves the sentimental stuff to his partner and his wife...
But Fathers are just WONDERFUL in a million different ways,
And they merit loving compliments and accolades of praise,
For the only reason Dad aspires to fortune and success
Is to make the family proud of him and to bring them happiness...
And like OUR HEAVENLY FATHER, he's a guardian and a guide,
Someone that we can count on to be ALWAYS ON OUR SIDE.*

HAPPY
Father's
DAY



A Jigsaw Problem...

email 2020)

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little silver-haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then..."



He said with a deep sigh...

"Let's put all the Corn Flakes back in the box."





By Dr. Cheryl Jordan-Sayles

Low Back Pain Tips

Low back pain is one of the most common ailments that persons seek medical attention. Back pain has many possible causes but it is most often due to overuse of the muscles and ligaments in the lower back. *Moving, lifting, standing, sitting, or sleeping in an awkward way* can strain the muscles in the back. Sometimes you don't notice the injury until later.

Ageing plays a part too. The bones in the back and muscles tend to lose strength as you age, which makes injury more likely. **Arthritis** is a common cause of back pain.

The **discs** which sit in between the bones of the spine (vertebrae) are a spongy substance that cushions the bone in the spine. Over time these discs may suffer from wear and tear and no longer provide enough cushion between the bones. A disc that bulges or breaks open (herniated disc) can press on nerves, causing back pain as well as pain that can radiate down the legs.

Most people recover within a few weeks with proper rest. Sometimes medications are necessary along with heat and /or ice applications to help the recovery process. Most people will experience back pain at one time or another but there are steps you can take to make it less likely and less severe.

Reduce stress on your back through good posture

- ◇ Avoid slumping or slouching and sit in a chair that provides good back support. Sit in a chair that is low enough to let you place both feet flat on the floor with both knees nearly level with your hips. If your chair or desk is too high, use a footrest to raise your knees.
- ◇ Sleep in a position that maintains your back's normal curves. Be sure that you have a good supportive mattress and that your mattress is not too soft and old. Sleep on your side with a pillow between your knees, or sleep on your back with a pillow under your knees.
- ◇ If you must stand for a long time, put one foot on a stool, ledge, or box. Switch feet every now and then.
- ◇ Place a small pillow, a rolled-up towel, or a lumbar roll in the curve of your back if you need extra support if sitting in a straight-back chair.
- ◇ Try a kneeling chair, which helps tilt your hips forward. This takes the pressure off your lower back.
- ◇ Try sitting on an exercise ball. It can rock from side to side, which helps keep your back loose.
- ◇ Avoid prolonged sitting in one position without taking frequent breaks.

Reduce stress on your back through careful lifting

- ◇ Squat down, bending at the hips and knees only to pick up any objects to take the strain off of the lower back. Do not bend over to pick up an object.
- ◇ Hold the load as close to your body as possible, at the level of your belly button (navel).
- ◇ Set down your load carefully, squatting with your knees and hips only.

Exercise and stretch your back

- ◇ Do some exercise on most days of the week, and do exercises that target stretching and strengthening the back muscles.
- ◇ Keep the core muscle strong. The muscles of the back, belly or stomach, and buttocks support the spine. Group exercise such as Pilates or Yoga focuses on poses that strengthen the core muscles.

Lead a healthy lifestyle

- ◇ Stay at a healthy weight to avoid strain on your back.
- ◇ Do not smoke. Smoking increases the risk of osteoporosis, which weakens the spine.

Remember most back pain will get better with rest and time. If the back pain is not getting better on its own or if the pain is very bad or symptoms include numbness or tingling or weakness in the extremities, you should see your doctor. Usually, imaging studies (x-rays or MRI of the lower back) are not generally needed unless symptoms persist and do not improve with treatment. Treatment may include:

- ◇ Physical therapy.
- ◇ Spinal manipulation, such as by a chiropractor.
- ◇ Acupuncture.
- ◇ Massage.
- ◇ Injections of steroid medicine in your back usually involves the pain in your legs.

Protect your back and avoid injury to avoid back pain!

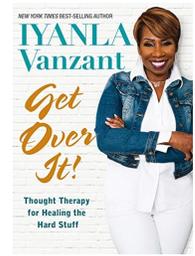


BOOK REVIEW

Get Over It!

Thought Therapy for Healing the Hard Stuff
By Iyanla Vanzant

Overview by Sheila Cunningham Price



Iyanla has become painfully aware through her three decades of work that many people are suffering from psychological, emotional, and spiritual torment that they do not understand. This book was written as a healing work that is being offered as the “*Get Over It!*” process.

Most of us tend to blame our suffering as being due to circumstances beyond our control. Iyanla takes issue with that premise by asserting that everything we experience is a function of what and how we think. How we think determines how we behave and how we behave determines the quality of our lives. Our thoughts have the power to change the trajectory of our lives. Once we are able to accept the responsibility of our state of mind, we can begin to take control over the negative patterns of our lives and move pass merely surviving. We can begin to thrive with the proper mindset, allowing us to manifest the intrinsic power that is within us. Iyanla tells us if we are willing to do the work to get over it, over the things that hold us back from achieving and moving toward our best, productive and purposeful life then our circumstances will change accordingly. When we are willing to work through, and let go of the things that caused us pain and change the thought patterns associated, we can create a better life for our self and for our families.

We can begin the process by taking a proactive, daily practice of what she refers to as *thought therapy*; identifying the source of our personal suffering, our dominant negative thought patterns (DNTPs). Once we are aware of the thoughts we have, we can begin to assess the negative ones and attempt to change the way we think. We can make different choices that will be more beneficial to our desired direction in life. Iyanla thinks of this process as a collaboration between our Divine (God) and our Higher Self that becomes our therapist in every phase of our being. Learning this technique will give us a lifelong tool to making and sustaining lasting positive, change in our ways of thinking. This is done through Iyanla’s coaching of the thought therapy through purging, prayers, and affirmations.

Iyanla tells us that, in life, we don’t experience what we ask for. We experience what we expect. Therefore, the fruits of our subconscious mind dictate what we will act upon. The subconscious mind is a memory bank of past thoughts and feelings and life data. It is the reason we act as we do. The thoughts are pushed into our conscious mind, which evaluates and seeks to compartmentalize the thought processes. It takes no action until the subconscious mind pushes the results of its processing into the conscious mind. This is why we make repeated mistakes in life, doing the same things over and expecting that things will be different. We will rely on the subconscious mind, hoping to avoid pain; yet the same programming imprinted in our minds has us on a merry-go-round. Our thought patterns and core beliefs define our assumptions and often cause us to make decisions that may not be congruent with our expectations.

Iyanla encourages us to do the work to overcome the dominant negative thought patterns (DNTPs). She outlines and explains 42 of them. She suggests we keep a Get Over It (GOI!) journal in order to help identify the thought patterns that specifically impact us. She provides prayers and affirmations as well as energy clearing tools which are at the heart of the thought therapy process she introduces.

It is impossible that anything should come to be unhidden by myself. Even in this world, it is I who rule my destiny. What happens is what I desire. What does not occur is what I do not want to happen. This I *must* accept.

...Lesson 253 - A Course in Miracles



Suggested Reading

**“How To Survive In
Perilous Times:
Living Beyond the World System”**
By
Happy Caldwell



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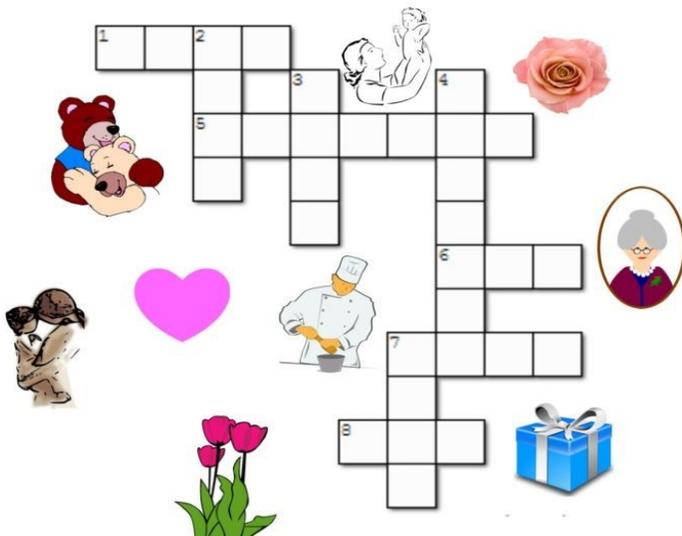
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APOSTLES	JESUS CHRIST	PRAYER	DISCIPLES
BETRAYAL	JUDAS	REDEMPTION	FAITH
CAVE	LAMB	REJOICE	GOOD FRIDAY
CHURCH	LAST SUPPER	RESURRECTION	PASSOVER
CROSS	LENT	RISEN	PENANCE
CROWN	MARY	SAVIOR	PENTECOST
CRUCIFIXION	MIRACLE	SON	TOMB
THORNS			

Mother's Day Crossword Puzzle

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Now YOU add an adjective or a noun that describes your father, using the letters that spell FATHER

faithFul	F	
exAmple	A	
trusTworthy	T	
teachEr	H	
leadEr	E	
provideR	R	

Across

- I love ___ and kisses from my mom.
- Mom plants ___ in her garden
- I will make my mom a Mother's Day ___
- ___ is short for mother.

Down

- This is another word for present
- I ___ my mom.
- I call my mom's and my dad's mom ___
- My mom is a great ___. I love everything she makes.