



June 2021

VOL. XXIV Issue 2

INSIDE

- From the Pastor's Desk
- Remembering Our Mothers
- The RESOURCE Pages
- Virtual Learning
- Health Matters
- Spotlight
- And More...

## Women's History Month



### Beautiful Women



*There is inner beauty about a woman who believes in herself, who knows she is capable of anything she puts her mind to.*

*There is a beauty in the strength and determination of a woman who follows her own path, who isn't thrown off by obstacles along the way.*

*There is beauty about a woman whose confidence comes from experience; who knows she can fall, pick herself back up, and move on.*

(Continued on Page 2)

The best inheritance fathers/mothers can leave their children is a good example.

As ye know how we exhorted and comforted and charged every one of you, as a father doth his children...

1 Thessalonians 2:11 (KJV)

**W**omen's History Month is a celebration of women's contributions to history, culture, and society and has been observed annually in the month of March in the United States since 1987. Each year, it offers an opportunity to emphasize the extraordinary legacy of trailblazing women and girls who have built, shaped and improved our nation and the world.

Throughout the American history, women and girls have fought against discrimination, undue hardships, marched for and won the right to vote, served our nation in time of war, organized and litigated efforts during the Civil Rights movement, and led the fight for human rights, peace and security. Millions of women, especially Black women, immigrant women, and others from diverse communities have strengthened America across every generation.

In the current moment of crisis, women continue to lead and work around the clock to defeat COVID-19. They serve in various essential capacities such as health care workers, vaccine researchers, public health officials, educators, child/adult care providers, grocery store workers, truck drivers, farmworkers,



police and fire departments workers and others. Women have held leadership positions such as governors, CEO's, mayors, police and fire chiefs, attorney generals, and others. However, this year has also marked an historic milestone of women's leadership with the inauguration of America's first woman Vice-President Kamala Harris.



As we celebrate the countless contributions and the significant progress of women and girls, we have to reflect on the extraordinary and unequal burdens they continue to bear even today. Particularly women of color have been held back for generations. Gender and racial disparities in pay, disproportionate share of caregiving, job losses due to the pandemic continue to fall on the shoulders of women and girls. The percentage of mothers who have left the labor force is three times that of fathers.

During Women's History Month, the accomplished and visionary women who have helped to build our country, paid tribute to trailblazers who contributed to building a Nation of endless possibilities for all women and girls were honored. For many decades, Women of Rising Mount Zion Baptist Church have been revered, recognized and shown love and respect for their selfless and unlimited service to their families, the church and community. Unfortunately, because of the virus this year so much was different, causing the church family to be unable to have an in-person display of appreciation for the past and present Women of Zion but by no means are we less proud of the unparalleled accomplishments of our Zion women and girls! Accordingly, we dedicate the reading on page one to you...



*We are...*

*The ladies of  
The Rising Mount Zion Baptist Church!*



*Dear Zion Family!*

My Zion family and friends, I greet you blessed by the goodness and faithfulness of our Sovereign God who is the One who orders my steps in His Will, His Way and His Word and the Master of turning burdens into blessings. Although there have been troubling circumstances in our life and hopes have been shattered, the daunting year we just endured lends new importance to our worship, praise, service, and gratefulness. In spite of all, God is good and merciful to us - He positions His angels around us, wipes away so many tears, delivers us from our fears of the unknown, blesses us in countless ways, turns our frowns upside down, and watches over and protects us from seen and unseen dangers. It is encouraging to know that God has built into creation a cycle of rest and renewal. What looks like death to us is rest for God and the transformation is always remarkable. In cold wintry months, the tree limbs look lifeless but come springtime, the same lifeless limbs that appeared dead are now sprouting with lush greenery. The transformation reminds us that death is a temporary condition and its purpose is to prepare for new life, a new beginning, and for something even better. After the pain of death, God promises a glorious resurrection for those who believe in His Son. Therefore, when we acknowledge God as the center of our life and obey His commandments, He infuses our life with purpose, perseverance, peace, meaning and the joy of hope! It is my belief that our experiences lend new importance to our worship, study, prayers, and service, build attitudes of gratefulness, strengthen our knowledge of Him, and sanction patience through His Spirit working in us. Our service demonstrates our genuine faith in Christ and reminds us that "faith by itself, if not accompanied by action, is dead." When we can't put our prayers into words, it is then that God hears our heart. Thus, we must continue to walk closely with Him, being exultant in hope, patient in affliction and faithful in prayer. Our Creator is an on-time God who knows when to bring us out of the darkness into His marvelous light so that we glorify Him who through our day-to-day existence, plants in our souls a new song to sing, testimonies to tell and stories to share by which others are blessed. *Psalm 32:8* reads: *I will instruct and teach you in the way you should go; I will counsel you with my loving eye on you.* At all times, we must make sure there's substance in our praise, bless the Lord for who He is in our life, glorify Him for what He has done in our life, and remember that all things work together for those who love Him and are called for His purpose! His sweetness is never better than when we've experienced a bitter, bland, sad situation or personal pain, and unbeknown to the way He delivers us! Regardless to what happens in our circumstances, we have studied and become to realize that He is good because of *His presence*, *His protection*, and *His provisions* with which He favors those of us who fear Him by showing dependence toward Him. Surely we can acknowledge that there's a blessing in having a relationship with God who is our Source of life. As followers of Christ, we know that when we fear Him we lack nothing because His goodness and steadfastness are adequate in all situations. It is my belief that we are better able to face the journey ahead of us if we don't try to face it alone. For some of us, however that requires a level of vulnerability with which we may be uncomfortable; while others of us may need that kind of intimacy to find friends with whom we share. Whatever the case, we must not give up in the effort. So, as we boldly run our race, know that each has a journey ahead of us, although not the same. Nevertheless, in order to succeed we must trust God and ask Him to saturate our lives with His perfect, cleansing love so that we can pour it into the lives of others, be determined to run with perseverance, and give it all we've got! Welcome each day as a gift from God because He gives us hope and is calling us for what we haven't yet become---a mighty oak of righteousness! My fellow-believers, be reminded that...

**If you FAITH it out, PRAY it out, WAIT it out, GOD will WORK it out!**

*Be Blessed...*

*Pastor Cye*



# Resurrection Sunday

## MARKING THE END OF THE LENTEN SEASON

By  
Deacon  
Mary  
Kemp

The word "Easter" does not appear in the Bible. Easter, like Christmas, is a tradition that developed later in the church history. It's unfortunate that many of the most solemn and preeminent celebration of Jesus Christ Resurrection customs are mixed with pagan associations and secular commercialization. For these reasons, many Christian churches choose to refer to the Easter Sunday holiday simply as **Resurrection Day**.

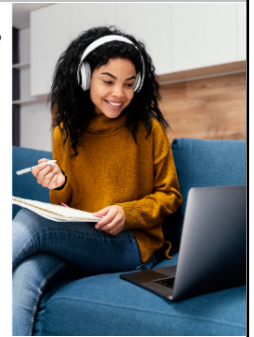
**R**ESURRECTION SUNDAY is the principal festival of the Christian church which celebrates the *Resurrection of Jesus Christ* after His crucifixion. It is a movable date that can fall between March 22 and April 25. It's always celebrated on the Sunday after the first day of spring immediately following the *full moon*. This year *Ash Wednesday-February 17* marked the start of Lent which is a 40-day period of fasting, repentance, and spiritual discipline. The virtual service at Rising Mount Zion was a blessed evening of prayer, the Spoken Word, Salvation, giving, and the resourcefulness of the Imposition of Ashes during which Pastor challenged the virtual worshippers to **embrace** their positive and righteous practices and **relinquish** their negative and unrighteous behaviors. The week preceding Resurrection Day is called *Holy Week/Passion Week* that began with *Palm Sunday-March 28*. Our spiritual leader ministered about Jesus' triumphant entry into Jerusalem, riding a donkey that symbolizes humanity and a beast of burden. The crowd spread the way with Palm leaves and shouted "Hosanna" as He possessed into Jerusalem, and in days, the same group was yelling "Crucify Him." *Maundy Thursday-April 1* in the commemoration of *The Last Supper* when Jesus shared the *Passover meal* with His disciples on the night before His crucifixion, commemorated on *Good Friday-April 2*. Pastor Cooper again participated in a virtual and limited in-person worship service wherein seven pastors preached mini sermons referencing Jesus' "Seven Last Words." Our Pastor spoke on the fifth Word, "I Thirst." His powerful brief message awakened our thought process because in most instances human "thirst" references to drink water to clinch the natural dehydration of the body. Pastor poignantly reminded us that if Jesus thirst only for water, He could have spoken and rain would have streamed down to satisfy His dryness. On the other hand, His thirst was to fulfill His mission on the Cross—His willingness to pay the ultimate price for salvation and forgiveness of our sins. As Christians, we should thirst to study/obey His Word, keep His Commandments, and seek to please our Savior in all ways. In closing, Pastor stated, *"The body cannot survive without water, nor can the believer survive without Christ."*

*Resurrection Sunday-April 4* marked the ending of the Lenten season. After more than a year not being able to worship in-person in our sanctuary, Pastor Cooper was emboldened to remind the virtual audience of the similarities of the historical Crucifixion and the celebration of the present-day Crucifixion. Historically when Jesus died, the hope of people was wounded; their faith was fractured; and their expectations were extinguished because they expected the Messiah to come down off the Cross. Instead he stayed, suffered and expired, causing frustration, fear, and dashing hope and expectations. BUT, when Jesus rose they had a resurrection experience that the "Death" and the darkness could not defeat their experiences. Likewise, in the midst of COVID, we, too, have scattered, vacating our sanctuaries, social gatherings and personal contact with family and friends. We must remember that God is not out of experiences; and our hope, faith and expectations are never to be extinguished! GOOD NEWS---though He died on Friday, He rose early Sunday morning with all power in His hands! Therefore, we must wait on God, be patient and expect a miraculous experience. It's time to celebrate "Because He Lives"! The Resurrection Sunday Sermon Title & Scripture was **"I Told You So"...** *Matthew 28:1-6*

THANK GOD...

*He is Risen!*

## A Year of Virtual Learning in Public Schools



For the past year, at least, public school virtual learning on the elementary, middle, and high school levels has been bitter sweet. Since March 2020, administrators, teachers, students and families have been affected in various ways. Immediate adjustments had to be made because of the abrupt national closing of all public educational systems; and in many cases the public school systems were not technologically prepared for online teaching, counseling, and study.

A number of families and public school systems were ill-prepared due to the following reasons and more:

- Working parents, mostly mothers lost and/or took-a-leave of absence from their jobs if there wasn't a relative, neighbor or a facility available to care for young underage school children.
- Some parents were first-responders or worked from home. Whatever the situation, adjustments had to be made.
- Many families didn't have access to technology that prevented them from being able to connect to the internet in order to use laptops and other online media devices.
- Families had to be creative in making available space and an adequate environment for children to study. Sometimes, the kitchen table had to be used. In other situations, a room had to be converted for use, especially if there were more than one school aged child in the home.
- If a family had poor connection to the internet, sometimes the parent/student has to sit outside or go to the library, etc.
- In some case, the parent had to monitor the child during study time to make sure student was in right class at the right time, to be familiar with the work so that he/she could give help to the child after hours, and to make sure child is participating, staying on task, and completing assignments.
- Parents had to also be involved in child's education, plan and implement wholesome activities and down-time from studying, and to offer healthy connections to family and friends so that the child didn't become depressed in thought or action.
- Students had to be alert, properly dressed, sign-in on time, participate, and contribute to the well-being of the class.
- School systems were obligated to provide laptops/chrome-books for each student who had not been issued one prior to the shut-down, and make sure the online connection to the teacher was available.
- The system was also responsible for necessary training and giving proper guidance to teachers, referencing teaching methods, approaches, and environments.
- Teachers had to plan well, making lessons interesting, challenging students who have different capabilities to successfully meet requirements, to be available to answer questions, and to offer additional help when necessary.

No doubt, the success of a student is determined by his individual attitude, the physical ambiance of his home environment, access to proper learning tools, the patience and attitude of everyone involved in the learning process. School board members, administrators, teachers and parents are deeply concerned about education gaps created by the year under COVID-19 and the future success of students once schools reopen for in-person learning. Virtual learning had its advantages and disadvantages while some students welcomed it, and others didn't. Everyone wants to return to some type of normalcy where they can again enjoy every phase of life!



The VOICE Editors:

# Remembering our Mothers

## How the VOICE Editors Remember Their MOMS

*For Mother's Day, Karen, Mary, Valorie, Sally, and Sheila were willing to share remembrance of their mother when asked to write an article honoring their mom and/or a person who played a significant role in their upbringing. The following readings include the special remembrance shared by each of them. (Understandably, Deborah, a very dependable and engaging editor, is temporarily exempt from all newsletter assignments due to family responsibilities). The editors believe that a Mother is clothed by God to exhibit love, patience, wisdom, thoughtfulness, kindness, confidence and the ability to guide, challenge and encourage. Her endless faith and trust in God is evident that her calling is to fulfill God's purpose*



### *A Mother's Day Remembrance*

*By Karen S. Brown*

When I was asked to write an article about my mother who reared me or a person who reared me as a mother, I knew immediately I had to list two women: my Mother, Erma, and my "Aunt" Burnette.

Because I lost my father at a very young age, my mother raised my brother and I as a single parent. After my father's passing, we moved with my maternal grandparents, who lived in area of Richmond known as Fulton. My mother and my grandparents taught us how to love and care for each other, our friends, and our Rising Mt. Zion church family. My mother had to take on two roles in our family: the nurturer and the disciplinarian. I know my mother faced many challenges, raising children alone. She was a great role model. While I attended college in Norfolk, she made the trip many times down I-64 to visit and bring meals for me and my dorm floor-mates. Even on crutches and in severe pain, she insisted on attending my graduation from grad school.

My "Aunt" Burnette, has been in my life since my birth; she was my mother's best friend since childhood as well as my brother's godmother. When my father passed, she gave us unconditional love and support. Sadly, my mother had already passed by the time I was getting married, so my Aunt Burnette stepped in and provided both loving and financial support. My initial plan was to just get married at the courthouse, but Aunt Burnette offered to pay for my dress if I got married in the church. She was also there for the birth of my daughter and spent the first two weeks helping us settle in as a new family of three. She continued to be a central, loving part of our family until her death.

I cannot imagine what my life would have been like without either of these two women: my Mother and my Aunt Burnette. I thank God for having both of these women in my life.





The VOICE Editors:

# Remembering our Mothers

## My "Champion" - Lonie Mae Watkins Thornton

By Mary T. Kemp

When my mother was the oldest child but not yet a teenager, her mother passed, leaving the responsibility of helping her father rear her four younger siblings, as well as working on the farm where her father was a sharecropper. The challenging adjustment was instrumental in keeping the family together as a loving close-knit family, and helped her develop unmatched household skills, good and dependable work ethics, determination, and a willingness to help others.

Being my mother's older daughter of three other siblings, I love, adore, and respect my mother whom I continue to regard as my "champion!" She was a woman of faith, God-fearing, loving, kind-hearted, hardworking, confident, patient, and not easily angered. I never heard her speak ill of anyone but was always easy-going, thoughtful, and caring toward her family and others. Her faith and trust in God were etched in her character, and she chose not to seek revenge or entertain negative comments; but rather relied on God to uphold His promises and fight her battles. My siblings and I always knew that our mother loved us dearly, showed tough-love, and punished us when we deserved it. We were taught to love God and one another, to work hard, take care of and appreciate everything we got, be kind to others, never look down on or belittle anyone, save money no matter how small the amount, respect self and others.



At age 19, my mother married my father whose family owned a farm. As my siblings and I grew older, there was always plenty of work to be done and definitely no room for complaining. Daily, we thanked God for our blessings because we had plenty to eat, clothes on our backs, *though homemade*, shoes on our feet, and shelter over our heads. Tobacco, cotton, cucumbers, large vegetable gardens, sweet and white potatoes, cantaloupes, red and yellow meat watermelons, wheat, hay, corn, chickens, pigs, and cows/bulls were grown and raised for financial needs, food, shortening, flour, milk, care for farm animals, and to share with others. Additionally, strawberries, blackberries, and plums were planted and/or grew natural to the region; and apples, pears and peaches were picked and/or gathered from our orchards that my mother canned and made preserves, jellies, pickles, and desserts. Her specialties were fried chicken, barbecue, chocolate pies, coconut/pineapple cakes, homemade biscuits, lemonade, and homemade ice cream. My siblings and I ate ham and/or sausage biscuits long before McDonald's or any fast food restaurant sold them. In spite of the tasks, my siblings and I rarely missed a day from school. We had chores before and after school, and had to work on Saturdays and all summer. On Sundays, we spent much of the day in a church where my mother was active and made sure we were involved in school and church activities. She was our best cheerleader!

Although my mother did not graduate from high school she was smart, a talented and disciplined hard worker and a resilient advocate for education and would not tolerate anything less than our best. With diligence and purpose she emphasized to us the importance of setting goals, preparing and working for whatever we wanted to achieve in life, and offering excuses were unacceptable! My siblings and I graduated from high school, college and/or the military.

In spite of her circumstances, life for my mother was purposeful, content and well-lived! She always had a positive attitude, a pleasant smile with a single dimple, and took time to relax and to laugh! Because of her loving, selfless, caring, forgiving and untiring spirit, she'll always be my "champion!"

The VOICE Editors:

# Remembering our Mothers

## Remembering Our Mothers

By Valorie McBee

*"Do the best you can, pray on it, and leave the rest up to the Good Lord."*

My grandmother, Blanche (Big Ma) often gave this advice to her children, grandchildren and anyone else whom she felt needed guidance and encouragement. She was also a caregiver to many throughout her life. Although, Big Ma lost two of her children at a young age, she never lost her faith in God.

My mother, Annie, a beautiful loving woman of faith who loved her fancy hats, suffered a long illness after I was born. Yet, God enabled Big Ma to travel to Philadelphia to take care of us. She then brought my brothers and me back to the Eastern Shore to live with her. My brothers later returned to Philadelphia and I remained with my grandmother, returning to Philadelphia mostly during the summers.

Big Ma's house was where family and friends gathered for the holidays. Everyone loved her homemade rolls, deviled eggs and made from scratch cakes and pies and delicious homemade ice cream. Living on a peninsula between the Chesapeake Bay and the Atlantic Ocean, seafood was plentiful, and part of our diet. Big Ma loved to travel; most importantly, she loved God and lived her life in that spirit. She often read the Bible to us and she made certain we participated in Sunday school, church choir, and other church programs. She was a devout Christian and member of the St. Paul African Methodist Episcopal Church where she served as a trustee and missionary. She loved dressing in her Sunday best with a fancy hat and gloves to visit other churches for programs and conferences. She had an old pedal sewing machine and told us how she made baseball uniforms for our grandfather's baseball team. My grandmother occasionally worked with my uncle as custodian at two of the county's elementary schools, as well as other establishments. She raised her own pigs and chickens, farmed her own vegetables, grew several fruit trees, canned her own fruits and vegetables, and shared abundantly with others. Big Ma was a loving and caring person, and people from all different backgrounds throughout the community loved and respected her. She had numerous favorite "sayings" and often taught us poems and told us stories about our family heritage that included Native American Indians. I can remember her singing her favorite hymn – *"Precious Lord, take my hand, lead me on, let me stand."*

## A Prayer for Mothers

By Valorie McBee ©2021

*Dear God, we pray for mothers everywhere.*

*We pray that you will keep them in your care.*

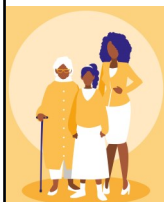
*Bless their children from the youngest to the oldest, whether they are near or far.*

*We ask that you direct their paths and guide them as a shining star.*

*We pray that you grant all mothers strength, patience, wisdom and love.*

*God, your agape love is a blessing for all mothers throughout the world.*

*We thank you Dear God and give your name all the honor, praise and glory. Amen.*





The VOICE Editors:

# Remembering our Mothers



## Georgia On My Mind

By Sally L. Collins

*Other arms reach out to me. Other Eyes smile tenderly.  
Still in peaceful dreams I see. The Road leads back to you...*

While these words immortalized by Hoagy Carmichael in 1930 in the song, “Georgia on My Mind” became the state song of Georgia, they make me think of the Georgia in my life and that of my siblings. I think of my blessed mother who was born Georgia Esther McLaughlin in rural Southside Virginia on December 22, 1908. She proudly added Luck to her name in 1924 when she was united in marriage with my father, Charlie S. Luck. This union was blessed with fourteen children, two of whom died in infancy and twelve others who went on to thrive in adulthood.

Both of my parents were deeply rooted in their abiding faith in our Heavenly Father and His infinite grace and mercy. My mother’s faith, therefore, guided every aspect of the way she mothered us. Despite the challenges she must have faced living on the farm and rearing twelve children, she was selfless; she was loving, and her sacrifices were too numerous to mention here. My siblings and I shall always remember hearing our mother and father praying at 5:00 a.m. before they aroused us to prepare for the day planting and harvesting the crops. While our Mom worked in the fields beside my father who was a sharecropper, she never failed to keep the home fires burning. No matter how meager the meals, they were always on the table; no matter how scarce the resources, they were always distributed to meet our needs. She made clothes for us to wear, knitted quilts to keep us warm, sent us off to school with brown-bag lunches and did her best to nurture us back to health when we were sick. Everything she did was an expression of love. While her labor was intensive and the hours long, she managed to reserve enough energy to make us feel safe and protected. She taught us to always put God first and strive to do our best in every task we undertook.


Someone told one of my sisters it was hard to believe she had eleven siblings because she acted like an only child. My sister responded that she felt exactly that way. In her time and space with my mother she was the most important thing in my mother’s world. She had her time and space with Mama and she always felt special. As she grew up and discussed this feeling with the rest of us, she discovered that we all felt the same way. Mama in her selflessness and unconditional love made each one of us in our moment with her feel special. I have revisited these childhood memories because they are foundational to all we have become.

My mother is with the Lord now, but for me, my siblings and many others who called her Mother, Mama, Grandma, and Big Ma she will forever be “Georgia on Our Minds”.

*Train up a child in the way he should go, and when he is old he will not depart from it.*

*Proverbs 22:6*

The VOICE Editors:



# Remembering our Mothers

## Violet Estelle Lewis Cunningham Powell

*By Sheila C. Price*

My beloved mother was a PHENOMENAL woman. Violet Estelle Lewis was one of ten children and was reared in Chesterfield County, VA. She added surnames of Cunningham and Powell through her marriages. She was the mother of five, stepmother of two and she was so beloved by us all. She fondly embraced her children-in-law, as well.

Ms. Vi was a beautiful, intelligent, creative individual who exhibited real strength and fortitude throughout her life. She prevailed in spite of adversities she endured. She graduated as Valedictorian of her high school class at Hickory Hill and furthered her studies at Loving's Tailoring where she was bestowed the certifications of Seamstress and Master Tailor. She was meticulous in the details of her work and developed a thriving clientele. She was called on to correct the errors of others' work due to her fastidiousness and keen eye.

As a mom, she was firm and spared no rod (or fly swatter or shoe) to my siblings. I was fortunate to have been spared the wrath! As her middle child, I learned from the older sisters not to try Ms. Vi. Baby brother was not as fortunate. He didn't learn. Baby girl was probably spared as well. By the time she came along, Mom was too tired to battle.

She was a loving and attentive grandmother to our children and those of her stepchildren. She was available for caregiving, to teach, to spoil and to advise. She took on the care of one of the most rambunctious grands imaginable (who shall remain nameless) and lived just long enough to tell about it. She was known to open her doors to neighborhood children and to all our cousins, who loved to spend time at our house.

Mom was a fast friend to numerous people, even though she rarely left home in the latter years of her life. Although she had suffered for years with a chronic heart condition, she was a kind, compassionate soul. She made every effort to attend major events in the lives of her children and grandchildren. She mentored all who would sit at her table for her words of truth and wisdom; and for the famous fried chicken she was known to serve up. Neighbors looked forward to the smell of it cooking and just happened by when they caught a whiff as they strolled by.

When Mom departed, she left us with deep sorrow. We were all very forlorn and felt like orphans (still do), but the lessons we learned from her will remain. The love we felt for her is still the same; then as now, now as then. She is loved into eternity.

*Strength and honor are her clothing.  
She shall rejoice in time to come.*

*Proverbs 31:25*

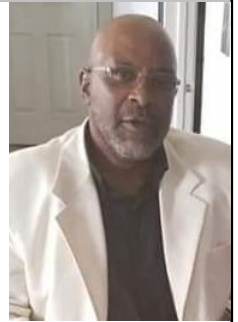




# SPOTLIGHT

*Walter Robinson*

*By Audrey Robinson*



*"For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate me from the love of God, which is in Christ Jesus our Lord." Romans 8:38-39 KJV*

This passage of scripture depicts the life by which Walter Robinson tries to live. Born on November 22, 1956 he was the fourth child and youngest boy born to the late Harry and Rosa Lee Robinson. He attended Richmond Public Schools but never graduated because of life decisions that he made. He was reared in a God-fearing and loving family, but was influenced by outside sources. Even though he knew God and loved God he wavered in life just like so many of us did and still do. After years of battling with his demons, he finally gave in to allowing God to help him. He made a vow to God that if He delivered him from his addiction that he would serve and praise Him for the remainder of his days. That was over twenty-six years ago, and he has kept his word.

God blessed him with an amazing voice that allows him to minister through song. When he ministers he is truly on one accord with the Holy Spirit and ministers in ways that bless and inspire so many lives. In the past ten years, Walter's health issues with his back have caused him much pain and resulted in multiple surgeries. Even though he was in severe pain when called upon to sing he never declined because he readily recalls the goodness and mercifulness of the Lord. Watching Walter minister through song and realizing the power of God as He diminishes the continuous pain he endures was like the joy of Christmas morning! His signature song, "Broken but Healed", is his testimony in knowing that God has him. Over the years, his mother and three siblings have passed and he sang at each of their Homegoing Service despite the pain that he was suffering himself. Yet, he always responds to the request whenever asked.

Walter is a loving, gentle, kind-hearted, and devoted husband, father, grandfather, great grandfather, and patriarch of the Robinson Family who will make your day a delight. He loves his family dearly which is evident in how he now lives his life. His family is a member of the Hatcher Sheepfold Ministry where the Hatcher family has adopted them as a part of their own.

More than twenty years ago Walter founded a gospel group, Inplace, who ministered at Rising Mt. Zion and several other churches in the Richmond area. Unfortunately, the group disbanded after his health became more overwhelming and he was unable to participate in and support the activities and its numerous engagements. He has continued to be a part of the music ministry at his beloved church Rising Mt. Zion where he sings in the Male Chorus. It is evident that the Zion family, who has witnessed his health struggles, loves and appreciates Walter who perpetually exhibits his joy and gratefulness to the Lord through his singing. The audience always greets his solo performances with thunderous verbal accolades and standing ovations.

At an early age Walter was baptized at the Mt. Carmel Baptist Church in Churchill. He joined Rising Mt. Zion Baptist in 2009 after hearing Rev. Roscoe Cooper, III preach at a prayer breakfast and he quickly fell in love with his now beloved pastor whom has been inducted into the Robinson Family by his nephew, Quane Robinson.

If you ask Walter how he feels he never complains but just state, "God is good, and I'm alright." No doubt, Walter loves and adores God and His people. His favorite saying is "May the works I've done speak for me." The Zion family joins the Robinson family in congratulating **WALTER ROBINSON** for having been chosen the RMZ VOICE Newsletter spotlight person of the quarter!



# The **RESOURCE** Page...

## ...the **WORD**

Words have consequences because they have great worth and power when spoken, written and/or sung! Simply put, language holds massive, colossal power to manifest change, whether it's good or bad. Kind, caring words can build-up, whereas mean, harsh words can tear down and destroy. KINDNESS, as it is used in the Bible, means to be kind-hearted in words, actions and deeds. It is the good –nature of love. The kindness of love strives for fairness toward God and the humanity of mankind. Our language, actions and deeds of kindness must be evident to all people irrespective to their color, creed or physical make-up. Words are our most powerful tool that provides a bold affirmation of our innermost thoughts and influences, and they build relationships. Choose to speak and show the love of God every day and remember that without words, a thought can never become a reality. As Christians, we should always be mindful of the “muscle and impact” of words as the following suggestions indicates:

- **Think carefully before you speak.** *Someone who reacts to something someone said or did can cause damage so profound that it severs a relationship. Too often persons who “fly off the handle” and never stop to think about the repercussions of their words often cause hurt and even irreparable damage.*
- **Keep your cool in stressful situations.** *Once a word is spoken, it can never be recaptured no matter how much you apologize.*
- **Take a step back.** *An emotional reaction or angry tirade hardly ever solves a dilemma but losing your temper may cause an embarrassing situation.*
- **Don't take it personally.** *Practice patience and understanding and always treat everyone with the same level of respect you'd like to be shown.*
- **Walk away.** *If a situation pushes you to your breaking point, step away until you can return with a clear mind and have calmed down.*
- **Speak from the heart.** *Practice self-awareness over the words you use.*
- **Ask, “How is this going to serve me or my happiness?”** *When you complain or use “hateful” words out of fear it can only make you feel worse, manifesting these fears into your life with greater intensity.*
- **Choose your words bravely, consciously, and lovingly.** *Speak from a place of love for yourself, your life, and for others.*

### The POWER of WORDS

A careless word may kindle strife,  
 A cruel word may wreck a life,  
 A bitter word may hate instill.  
 A brutal word may smite and kill.  
 A gracious word may smooth the way  
 A joyous word may light the day.  
 A timely word may lessen stress,  
 A lovely word may heal and bless.

# The **RESOURCE** Page...

## & words, words, words...

Unfortunately, there are many persons who tend to use certain words and expressions out of anger, fear, incompetence, insecurity, low self-esteem, impaired perseverance, prejudice, jealousy, negative influence, and revenge. As Christians, we must allow the Holy Spirit to control the words that spew from our mouths. For it is the Holy Spirit that comes alongside the Word of God to teach, empower, instruct, convict, and cleanse us. The result is understanding, repentance, renewal, self-control, and increased growth in the teachings of Jesus Christ. It is important that we know what words mean and how they are used...

- **good word** - *favorable words*
- **take someone's word** – *to believe what someone says without investigating further*
- **take the words out of someone's mouth...***to say exactly what someone else was about to say*
- **words fail me...***unable to express a thought*
- **of many words...***talkative*
- **put into words...***to express in speech or writing*
- **of few words...***not talkative*
- **in so many words...***precisely, explicitly*
- **in other words...***expressing the same idea but differently*
- **have no words...***to be incapable of describing*
- **eat one's word...***to retract a statement*
- **angry speech...***quarrel or speak unkind words*
- **rhetoric...***say few words to give a brief speech*
- **music/theatre...***the text or lyrics of a song/the text of a part for an actor*

**WORDS OF KINDNESS accomplish much!**  
**WORDS OF ANGER harm and destroy!**

*A kind man benefits himself,  
 But a cruel man brings trouble on himself.  
 Proverbs 11:17 NIV*



## Sick, Shut-in & Bereaved Families

*May your unfailing love be my comfort, according to your promise to your servant. Psalm 119:76 NIV*

**Comfort thy people for the Spirit of the Lord, thy God is upon you!** Know that at some point in life, everyone faces sickness, grief, loss, and death. It is in those vulnerable, difficult and painful moments that only God's comfort can soothe a weary soul and provide the deep peace and the driving force of hope that inspire, give joy and assurance that everything is going to be all right. We must keep the faith and trust God in all situations. Daily, Pastor Cooper and the Zion family of God embrace, support, love, and pray that God blesses and keeps you in perfect peace...

- ♦ **Sister Annette Farmer, Sister Claudette Calhoun, Brother Kelvin Wall, Sister Kimberly Wall, and Sister Angel Calhoun** mourn their aunt, *Sister Alice Anderson* of Louisa County.
- ♦ **Sister Brenda Tarpley (Trustee Jeffrey) and Brother Timothy Slayton** mourn her brother and his brother-in-law, *Brother Horace Terry*.
- ♦ **Brother Michael Holmes, Brother Paul Holmes (Sister Pam), and Sister Tara Holmes Abney (Brother Robert)** mourn their aunt, *Sister Estelle Burch*.
- ♦ **Sister Arleta Chopfield, Brother James Chopfield, and Sister Hilda C. Davis** mourn their father, *Rev. Roland Chopfield*.
- ♦ **Sister Janet Robinson (Brother Richard) and Brother Lonell Richardson** mourn her step-sister and his aunt, *Sister Kimberly Spell McWhite*.
- ♦ **Brother Joseph Day, Sr. (Sister Madora), Brother Gregory Day, Sr. (Deaconess Helen), and Sister Alfreda D. Walker** mourn his son, their nephew, and their sister, *Brother Joseph Day, Jr. and Sister Francine Day, respectively*.
- ♦ **Sister Pamela Holmes (Brother Paul), Sister Caronda Bond and Sister Tara H. Abney (Brother Robert)** mourn her brother and their uncle, *Brother Horace Clyde Hawkins*.
- ♦ **Sister Dedra Hampton, Young Miss Madison Hampton, and Sister Christine (Rita) Edmonds, Sister Felicia Edmonds-Rustin, and Sister Natalie Edmonds Grant** mourn her grandmother, her great-grandmother and their relative, *Sister Dorothy Ideliah Henderson*.
- ♦ **Brother Gregory White (Sister Cassandra Readers), Brother Anthony White (Sister Valerie), Sister Sandra Moody, Sister Narcissa Best and Brother Preston Hill** mourn his sister, their aunt, and their cousin, *Sister Janice White*.
- ♦ **Sister Lynette Baptiste, Sister Tauryn Baptiste, and Brother Roosevelt Baptiste, Jr.** mourn her husband and their father, *Brother Roosevelt Baptiste, Sr.*
- ♦ **Sister Pamela Holmes (Brother Paul), Brother Michael Holmes, and Sister Caronda Bond and Sister Tara H. Abney (Brother Robert)** mourn her nieces and their cousins, *Sister Erica Ryland and Sister Kimberly Hawkins*.
- ♦ **Sister Margaret Wingfield** mourns her brother, *Brother Moses Sturdivant* of Arverne, New York.
- ♦ **Sister Gloria Ellis Cunningham** and her son, **Brother Travis Ellis**, mourn their aunt, *Sister Brenda Joyce Cole*.
- ♦ **Sister Christal Broadie, Sister Marcia Oliver and Sister Alicia Oliver** mourn her grandmother and their aunt, *Sister Inez Rainey*.
- ♦ **The Zion Family** joins *Brother Albert Brown, Sister Chevelle Becon, Young Brother Loyalty Jackson, and Young Sister Chenaayah Robertson* in mourning a sister, grandmother and faithful Zion member, **Sister Deborah Earley**.
- ♦ **The Zion Family** joins *Sister Christina Turner* and other relatives in mourning a faithful Zion member and her mother, **Sister Nora Smith**.
- ♦ **The Zion Family** joins *Brother Gennis Jackson, Sr. and Sister Tawanda Hudson* in mourning a faithful Zion member, wife, and mother, **Sister Dorothy A. Jackson**.
- ♦ **Brother Lawrence Gunn, Sr., Sister Tiffany G. Oats, Brother Lawrence Gunn, Jr., and Sister Faye K. Logan (Deacon Larry), other relatives, and the Zion family,** mourn his wife, their mother/grandmother, sister/sister-in-law, and faithful member, **Trustee Betsy K. Gunn**.





## *Spratley Allen Missionary Circle*

*By Sister Valorie McBee*

*He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." Psalm 91:1 (NIV)*

Thank God for bringing us, His people, to this season and through all our trials and tribulations in order that we may be a blessing to one another. As the Spratley Allen missionaries continue God's work by encouraging others through phone calls, get well and sympathy cards, and donations to those-in-need who receive service from the local food banks - Feed More and the Henrico Education Association. We give God the honor and the praise. We are grateful to our dear Pastor, Rev. Dr. Roscoe Cooper III, for his constant prayers, Bible Study teachings, and Communion Sundays. We are thankful to those who assist him and pray that God will continue to watch over them.

The missionaries continue to learn and grow by faithfully attending Zoom conferences and conventions. Sister Pauline Holmes, President of the Spratley Allen Missionary Circle, attended a virtual health program sponsored by Virginia Commonwealth University. The program, "Connect the Dots", was geared toward health disparities - decreasing inequity in people of color. First Lady, Dr. Jill Biden was one of the keynote speakers.

The Baptist General Convention 2021 Mid-Winter Session offered Zoom classes on several different topics. Sister McBee virtually attended the session taught by Rev. Dr. Tracey Holley, Minister of Christian Education of First Zion Baptist Church, Dumfries, VA. Rev. Dr. Holley spoke on the topic, "There is Work to Do." Rev. Holley placed great emphasis on: 1. God is pushing us to a new purpose - the building may be shut, but the people still have work to do. We must get out of our comfort zone and continue to share the word, (*Matthew 9:38*) and educate in a new way. 2. Although the harvest may be plentiful, the workers are few, but we must help where there is a need, train and teach, love and listen, and keep doing the work of the Lord. Rev. Dr. W. A. Johnson of Lee Baptist Church in Bristol, VA continued the session utilizing *Psalm 1:1-6*. Rev. Dr. Johnson stressed that we are blessed by God when He calls us to serve, including our young people and children. Rev. Dr. Johnson's most encouraging statement was "Strive to be God's Blessed Person." God will take care of those who do the work of the Lord.

Another session was sponsored by Rev. Dr. Eliza Burch, Baptist General Convention Director of Health and Wellness Minister who introduced Mr. Charles Rose of InnovAge - PACE (Program of All-inclusive Care for the Elderly). The program is an alternative to moving into a nursing home or facility. The program provides customized healthcare and social engagements for older adults to help them remain independent in their own homes. PACE participants receive most of their healthcare and social support at a PACE center in their community. Each person in the program has a team of medical experts and an individual care plan that is focused on a personalized PACE experience. InnovAge is one of more than one hundred PACE providers across the U.S.

The Spratley Allen Missionaries grieve the loss of two of our most loving and dedicated missionaries, *Sister Nora Smith* and *Sister Betsy Gunn*.

*Precious in the sight of the Lord is the death of His saints. Psalm 116:15 (NIV)*





# Honoring Fathers



To those fathers who are actively involved in the amelioration and development of their children, mankind thanks and salutes you! Those fathers who are not, you are encouraged to become an active role in your child's life. Yet, all fathers are not deadbeat fathers as has often been suggested! As a matter of fact, there are many fathers who exist as the motivating person in the home and/or rearing children alone due to death, divorce or for other reasons the mother is no longer present in the home. Single fathers are working fulltime jobs; and cooking, cleaning, bathing, washing clothes, helping with school work, engaging readily in extra-curricular school, church and community activities, providing food, clothing and shelter, teaching and counseling, and showing love and a genuine interest in the proper development of their children. Nonetheless, this probably doesn't come as a surprise being that you probably know a father who has done all these wonderful things and more.

However, Father's Day is observed on the third Sunday in June which is June 20 this year. It is a day reverencing fatherhood that comprises of fathers, grandfathers, great-grandfathers, uncles, brothers and paternal bonds for their contributions. Although Father's Day has not always been an official holiday in the United States, it is observed by the majority of the population and is a day to correspond to Mother's Day. As momentum grew to honor fathers, former Presidents Lyndon Johnson proclaimed the third Sunday in June as Father's Day in 1966 and Richard Nixon made the day permanent in 1972.

Father's Day poems of Christians offer an opportunity to show dads how much others care and how loving parents reflect the heart of God by loving their children as God intended. By doing so, they live out the Lord's will through poetry to: a) Show appreciation. b) Demonstrate the heart of God to children. c) Leave behind a spiritual legacy. d) Cherish the memories of father in prayer. e) Influence and show godly behavior that make a lasting impression. f) Give a heartfelt thank you/ words of gratitude.

The following is a list of dad gifts that may be given:

- *Consider something that delights his interest.*
- *Introduce to him a new hobby, especially good for retired dads.*
- *Feed him a monthly food subscription or a basket of his favorite munchies.*
- *Educate him with a book or DVD (documentary or music).*
- *Comfort him with things that help him relax.*
- *Deck out his man cave with things he'll enjoy being surrounded by.*

First and foremost, children are a blessing and a gift from God, and are to be the embodiment of love, care and respect. The job of rearing a child is like a marathon, a long and often trying journey that must be determined, disciplined and have the power to impact generations of lives in a most positive manner. A good father is one of the most unsung and yet one of the most valuable assets in our society. Nevertheless, in order to bring up a child in the way God has for him or her requires prayer and daily wisdom and guidance from God's Word. In addition, a parent must be able to set a positive example as a role-model and mentor for children and others to watch and witness forgiveness and a godly way of living!





## *He Just Won't Leave Me Alone*

BY RANDY L. FAULK

Recently my house did what all old houses eventually do, warrant a surprise repair. The ceiling over the hot water tank did sprang a leak and being uncertain of its origin, my wife and I phoned a plumber who is also a childhood friend who came post haste. It was very early in the morning and my friend brought his assistant and helper, his adult son. During the repair, I heard my wife ask the helper, "How did you learn to do this type of work? Did you follow your dad or serve in the military? Is that where you gained these skills?" The young man replied flatly, "No." She remarked about the swift and precise work they had completed. Her questions persisted, "Did your dad send you to school for training?" Again the young man stated, "No." However this time he turned and looked somewhat bewildered as to how the decisions in his life led him to stand on a ladder in our laundry room at 6:40 a.m. on a chilly morning in late winter. He turned for a moment to answer more completely. I can still hear his voice as he paused and said, "I never really wanted to do this type of work. It's my dad; he just won't leave me alone."

I smiled to myself and my wife, seemingly satisfied, left the workers to finish their task. I thought about it more and more. I thought of my friend and his son and the steady stream of work that always seemed to come their way. "*He just won't leave me alone.*" I thought of the relationship my friend has with his son and how adamant he has always been about making sure he worked and remained somehow employed. How fitting were those words, "*He just won't leave me alone.*" You see, my friend's son, although never wanting to become a plumber, has taken on the tradition from long ago that was passed on to his father, and now the craft has been passed on to him.. What I found interesting was that was the same thing Jesus' earthly father, Joseph, had done.

I asked my friend later of his intentions and he confessed that his son had balked at the trainings early on but he always convinced his son to persist. He simply stated that wherever his son lived in the world this was a necessary vocation. I thought of my world travels and he was on point. He said, "We can leave our children possessions and such but there's a gift far more valuable than the skill set." The better his son became in his skill was a direct result of him spending hours, days, and overtime with his son. The monitoring of his son's progress and development was such a joy for my friend. He relished when he would refer to specific jobs and they both immediately understood each other. I had to consider that his son definitely knew how hard his dad worked and has respect for his dad's earning power.

My wife and I had a discussion about this relationship. I shared that I believe that our Heavenly Father pursues us in the same manner. His rod and staff comforts us and teaches us to be fruitful and purposeful. God gives us the ability to use the gifts He has given us anywhere in the world. I guess that kind of makes every day Father's Day. Let's be thankful that our Heavenly Father just won't leave us alone. He prepares us and teaches us. When we are errant or lost, "He just won't leave us alone". No matter what, His promise to "never leave us or forsake us" rings true, for me and for you. Happy Father's Day Zion!

The Amplified Bible states: "*Let your character, your moral essence, your inner nature] be free from the love of money [shun greed—be financially ethical], being content with what you have; for He has said, "I WILL NEVER [under any circumstances] DESERT YOU [nor give you up nor leave you without support, nor will I in any degree leave you helpless], NOR WILL I FORSAKE or LET YOU DOWN or RELAX MY HOLD ON YOU [assuredly not]!"*



# Health Matters

*By Cheryl Jordau-Sayles, MD*

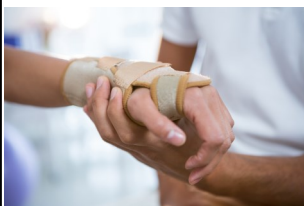
## FINGER NUMBNESS

It is tingling and numbness in your hand or fingers. Usually, you can get the pain and numbness in the thumb, index and middle finger. The pain and numbness come on with overuse of the hand and gripping things. It is called carpal tunnel syndrome.

Symptoms of carpal tunnel syndrome usually start slowly. Many people first notice the signs overnight because they sleep with their wrist bent. The hand feels numb and wakes you up and many times person will have to shake their hand to help get the feeling back. This occurs because one of the main nerves in the forearm and wrist called the median nerve is squeezed or compressed. The space as the nerve goes thru the wrist area is a small space and the nerve becomes trapped in this very tight space causing the symptoms of pain, tingling and numbness.

Many factors can cause this area to become too tight for the nerve. Repetitive work of certain jobs such as working on a computer, holding the steering wheel with long distance driving, and the overuse with working with machinery are examples of activities that can irritate this area and cause swelling that compresses the nerve. Other causes include fluid retention during pregnancy or menopause can also cause this syndrome. Persons who have rheumatoid arthritis, diabetes and hypothyroid are more likely to develop carpal tunnel syndrome.

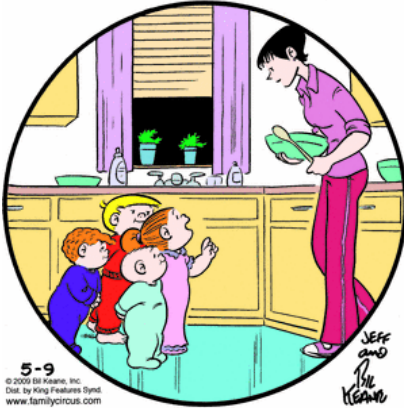
Initial treatment starts with splinting the wrist of the involved hand. This limits the movement and keeps the wrist in a neutral position and helps to reduce the pressure on



the nerve. Sometimes splints are only worn at night. It is also recommended to take breaks from the tasks that put stress on your hands. Over the counter pain relievers can help reduce the discomfort. Steroid injections are sometime given in the wrist to help reduce the inflammation in the nerve to help reduce



symptoms. Surgery is necessary when the conservative treatment has failed, and the numbness and pain become persistent in the hand and fingers. Also, over time and left untreated the muscles in the hand may become weak and make it difficult to use the hand in day-to-day activities. Carpal tunnel surgery is quite common and involves cutting a band of tissue in the wrist to relieve the pressure on the nerve. Relief of symptoms is immediate after 1 to 2 weeks of recovering from the surgical procedure. Many conditions can mimic carpal syndrome so if you have the numbness or tingling and pain in the hand and fingers, be sure to check in with your doctor to get the correct diagnosis. Prevention of carpal tunnel syndrome includes minimizing repetitive hand movement, avoiding to hold an object for too long in the same position, taking frequent breaks from activities using the hands and stretching the hands prior to doing any strenuous and repetitive work with the hands.



5-9  
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"If you happen to get breakfast in bed tomorrow, Mommy, which is your fave — Sugar Oats or Corny Crinkles?"



5-30  
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"Mommy! How can I tell if this skeeto came from the West Nile?"

## What Happened on Good Friday?



Jesus died on the cross to pay for my sins.

This means that I can pray and ask God to forgive my sins.



**What are sins?** A sin is anything I do that doesn't please God. Circle each picture that shows a sin.



stealing



talking back to my parents



sharing



lying

**Why did God send Jesus to die for our sins?** Because he loves us. Complete the verses about God's love for us.



love



Son



world

God \_\_\_\_\_d the \_\_\_\_\_ so much that he gave his only \_\_\_\_\_,

so that everyone who believes in him may not die but have eternal life. John 3:16

God showed his \_\_\_\_\_ for us by sending his only \_\_\_\_\_ into the \_\_\_\_\_,

so that we might have life through him. 1 John 4:9

He \_\_\_\_\_d us and sent his \_\_\_\_\_ to be the means by which our sins are

forgiven. 1 John 4:10

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

## RESURRECTION SEARCH PUZZLE

Find the words listed below in the puzzle to the left. They can be found in a straight line horizontally, vertically or diagonally and be read forward or backward.

PASSOVER	CALVARY	EASTER	REBORN
ASCENSION	GOSPEL	MARY	LAST SUPPER
BARASSAS	CROWN OF THORNS	PALM SUNDAY	SON OF GOD
MAGDALENE	CROSS	APOSTLE	SINS
JERUSALEM	JESUS	PETER	SUNRISE
RESURRECTION	JUDAS	PILATE	TEMPLE
CRUCIFIXION	JAMES	PRAYER	TOMB

Trivia Answers: 1. b 2. c 3. c 4. b 5. c 6. a 7. d 8. b 9. b 10. b

# Mother's & Father's Day Trivia



## The Staff

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THE FAMILY  
CIRCUS  
Bil Keane



"Yesterday's the past, tomorrow's the future, but today is a GIFT. That's why it's called the present."

- When Mother's Day was made an official U.S. holiday?  
1908  
1914  
c. 1966  
d. 1972
- Which U.S. leader was first given the title "Father of his country"?  
John Jay  
Benjamin Franklin  
c. George Washington  
d. Alexander Hamilton
- What is the official Mother's Day flower?  
a. Roses  
b. Tulips  
c. Carnations  
d. Lilies
- How many pairs of fathers and sons have served as president of the United States?  
a. 1  
b. 2  
c. 3  
d. 4
- During which month are most babies born?  
a. June  
b. August  
c. September  
d. November
- The official Father's Day flower is ...  
a. Roses  
b. Tulips  
c. Lilies  
d. Carnations
- What's the record for most children born to one mother?  
a. 19  
b. 23  
c. 41  
d. 69
- Which U.S. President made Father's Day a permanent national holiday?  
a. Woodrow Wilson  
b. Richard Nixon  
c. Lyndon B. Johnson  
d. Calvin Coolidge
- What did mom Anna Lee Fisher achieve distinction for?  
a. First Mom of septuplets  
b. First Mom in space  
c. First Mom who circumnavigated the globe  
d. First Mom of quintuplets
- What's the most common Father's Day gift?  
a. Socks  
b. Tie  
c. Screwdriver  
d. Slippers

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