

The Rising Mount Zion Voice

March 2020

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You are never so high as
when you are on your knees.



*Humble yourselves in the sight
of the Lord, and He shall lift
you up.*

James 4:10

February BLACK HISTORY MONTH

A people without knowledge of their history, is like a tree without roots.
~Marcus Garvey

During the month of February, the accomplishments of Black Americans, past and present are celebrated. However, the Rising Mount Zion Baptist church family celebrates its heritage year round. Since we are a proud people of heart, soul and feelings, we believe that every day that God wakes us up, there are reasons to praise and glorify Him, lift up and inspire others, acknowledge the achievements of Blacks, and continually recall the great things our forefathers did and the sacrifices they made. Nevertheless, this doesn't mean that the Zion family doesn't appreciate the special activities of the month of February that are courageously presented in our church. Therefore, the cultural dance performances, spiritual songs, Old-Fashioned Prayer & Praise sessions, and special guest presentations were greatly appreciated and enjoyed. Pastor Cooper intentionally revealed a certain phase of the past, built on it each Sunday, and encouraged everyone to deliberately move forward seeking to fulfill God's purpose in his life. As usual, the divine proclamations of the gospel set the spirits of the congregants ablaze!

The first Sunday, February 2, was very inspirational to view on the church screen a large number of our youth intelligently express what Black History Month means to them. Their responses gave credence to their character and knowledge learned at home, school and church. As adult Christians, we constantly encourage our young people to remember the past, learn from it, and go forth with an empowering sense of growth. We believe that it emboldens each of them to personally, academically, and socially prepare for the moment, to seize opportunity, and to always be the best person they can possibly be, no matter what their posture in life. On that Sunday, Pastor Cooper utilized

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scripture reading, *Psalms 34:8*, and entitled his sermon, **YOU HAVE TO SEE IT FOR YOURSELF**. He stated that God's faithfulness, greatness, goodness, and consistency give us compassionate mercy and growth in our knowledge and His grace. The truth of the matter is that everyone comes to church with baggage, burdens, needs, brokenness, and/or challenges. Therefore, he encouraged the parishioners to let their praises be *visible and vocal* and realize that "fearing God" does not mean you are afraid of God; but rather fear Him in the sense that He is the most wholly reverent, honorable, and gracious God from whom we have all been the beneficiary of answered prayers!

Beginning on the second Sunday, the "Old-Fashioned Prayer & Praise" sessions prior to each Sunday morning worship service were reverent, testimonial and powerful. Thirty minutes prior to the regular worship services were allotted for this activity during which every moment was occupied with prayer, testimony, singing, and scripture reading. Blessed assurance of God's presence and ever-present help was heard and felt in each testament that was truly heartfelt and exhibited a sense of burden-lifting and "letting go & letting God"! Week two, February 9, Pastor's foundational textual reading came from *Numbers 14:36-38*, naming his message, **ALMOST ISN'T GOOD ENOUGH**. Although God has brought us from a mighty long way, know that we still have far to go! We are a people who know how to survive regardless to our circumstances. However, we must stop allowing OTHERS to tell our history---Know your history for yourself and know that life would be quite different without the numerous inventions of Blacks (*the ironing board, stop light, blood plasma bag, peanut butter, air-conditioning unit, fire extinguisher, hair brush, mailbox, refrigerator, clothes dryer, bicycle frame, elevator, cellular car phone, traffic light, spark plug and many more*)! Pastor also cited a number of Black queens such as Harriet Tubman, Angela Davis, Sojourner Truth, Rosa Parks, Madame C.J. Walker and Michelle Obama and some of their contributions to our heritage. He made several additional poignant points: a) God blessed us when He made us in His image. b) Sometimes we are our worst enemies. c) Stop grumbling and complaining---Be thankful; start praising! d) When you want change---Be the change! e) You can still possess what God has promised! In conclusion, Pastor Cooper posed three questions, "What have you done since Martin Luther King, Jr.? President Barack Obama? Are you still dreaming or are you doing something to realize the dream?"

On February 16, graduates of historical Black college/university, HBCU, were represented! Pastor Cooper utilized *1 Kings 17:8* as his pivotal verse and entitled the Spoken Word, **REMEMBER**. His title was a single word with a giant-size impact and a thought-provoking challenge, "When life looks bleak, what do you do?" Understand that you can be in the Will of God, yet you may find yourself in a dried-up brook, in a furnace of agony, or in a lion's den in your life. Pastor revealed the answers in several scriptures: In the scripture, *1 Kings 17:8*, the widow at Zarephath was gathering sticks to take home, make a meal for herself and her son so that they could eat it---and die. In *Daniel 3:16-18*, Shadrach, Meshach, and Abednego were thrown into a fiery furnace for failing to worship King Nebuchadnezzar's gods; and in *Daniel 6:19-21*, Daniel was thrown into a den of lions because he disobeyed the king's written decree and continued to pray to his God. In each situation, God delivered just as He does for us. When you are in the chill of life, remember what God has already done, the mountains He brought you over, the doors He opened/closed, and the angels He sent to watch over you! Pastor used the example of a vehicular passenger mirror that has printed in small lettering *objects may be closer than they appear* and so is God! Nevertheless, He puts us in a furnace of affliction so He can burn off the garbage, elevate us, enlarge our territory, and bless us. He expects us to be obedient to His Word, trust Him, have faith in Him, be sensitive to His moves, honor, praise, and glorify Him, stop complaining, reject apathy, and be about His business! In every storm that confronts us, God takes charge, shelters us in His loving arms and grants us a breakthrough!

This, the last Sunday, February 23, the Youth/Young Adult Choir rendered soul-stirring music and the Zion Steppers presented a rhythmic, jaw-dropping performance. Members of the Divine 9 & Masonic Organizations worshipped in great numbers during both services as they proudly wore paraphernalia and/or colors representing their interest. The thoroughly enjoyed VCU Black Awakening Gospel Choir was our special guest at the 11:15 service. In the Spoken Word, the congregants were again reminded of the sufferings, sacrifices, struggles and the turmoil endured by our people. Yet, in spite of the turbulent

From the Pastor's Desk...



Dear Zion Family!

It is indeed God's gift of life that blesses me to be able to greet you, my Zion family and friends, in the name of my Lord and Savior Jesus Christ the one who orders my steps in His Will, His Way and His Word. What a year 2019 has been! We are grateful to God that we witnessed the ending of another year occupied with celebrations and the usual woes of life, illness, death, accidents, etc. Unfortunately, the year was also exploited with demagoguery and political juxtaposition that contributed to abusive mental, physical and spiritual anxiety and caused great harm, division and lack of trust in the relations between people throughout this country and beyond. Regardless to how dismal things may seem, God already knows and cares. So, we must leave final justice in the hands of a just God. And, in due season, He will restore the world with His wisdom, power, and knowledge. Therefore, when challenging moments come and situations seem hopeless, God is faithful and His tender mercy toward us will deliver us from our most woeful situations. We know that God is the master of turning burdens into blessings. So Zion, we go forth in faith in spite of the darkness that may have haunted our lives during the past year. Furthermore, I am confident that we have been justified by faith and must convey the Will of God in the affairs of our families, church, communities and country, by becoming an active voice against the domination, cruelty and manipulation of people. We do not wander aimlessly in the midst of trouble; we praise, thank and glorify God who is our eternal hope to revive us and lead us to better times. The powers of evil around us are no match for the power of Jesus within us for it is the love of God that frees us from the prison of all fear!

In the year 2020 I am optimistic that individually and collectively, we, the Zion family will knowingly make every effort to perfect our hearts with kindness, a trait that we can all achieve through prayer which is the place where burdens change shoulders. Lessons about God's faithfulness are embedded in our life experiences and His unseen work in our hearts produces good fruit in our lives. Therefore, I am confident that we can achieve our goals if we seek first the guidance of God through prayer, recharge our spiritual battery, plug into the right Source, study the Word; ask God to open our hearts and create in us a Christ-like attitude, learn to be a servant of God, be grateful, and develop a divine kinship with God. In other words, strive to live a life that manifests the character of God Himself-- love, joy, peace, kindness, goodness, gentleness, fidelity, forgiveness, and self-control. In 2020, there's absolutely no room for jealousy, pettiness, ruthlessness, hatred, disrespect, self-destruction, negativity, malice, wrongness, or vengeance. Let these behaviors be forever stowed as I challenge each of you to walk into this year not with an arrogance of judging but with an attitude of love and positivity!

Zion celebrates Black History year round! Yet, the activities and events we shared during the month of February went viral within our church community! I thank everyone who played a role in making everything a complete success!

From within the chambers of my heart, I beseech everyone--individuals, people, and leaders to purposefully plan, implement and reflect the refreshing Word of God and His Spirit of love in all Zion meetings, rehearsals, activities and programs as we focus on Him, and seek His divine fulfillment and strategically move forward together in 2020! As we move forward, there are some things we have to do... 1) Take some risks. 2) Remain focused. 3) Be faithful. 4) Remember who the LORD is to you! Get off the sidelines, pray continuously, trust God when the storms are raging, and worship Him at all times! Know that turbulent times always show up; but so does JESUS!

Be Blessed...

Pastor Cyprian

Spratley Allen Missionary Circle

By Sister Valorie McBee

“And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work.” 2 Corinthians 9:8 NRSV

The Spratley Allen Missionary Circle is a truly blessed ministry whose purpose is to serve God through others and spreading the good news. Throughout 2019, the missionaries served God and ministered to others in multiple capacities. Missionaries also attended conferences, workshops and seminars, ministering to the needs of our church family, the community and abroad; and to be involved as Jesus was by serving notably the Virginia Union University School of Theology Church Leadership Conference and most importantly, our own Rising Mt. Zion Church Leadership Conference conducted by our dedicated and caring pastor, the Dr. Roscoe D. Cooper III.

- With the blessings of our Lord and Savior Jesus Christ, the Spratley Allen missionaries continue to visit, pray for and send cards to the sick and the bereaved.
- Members visited the residents of the Glenburnie Rehabilitation and Nursing Facility and donated 36 boxes of tissues, 24 pairs of socks, 15 packs of pens, and several puzzle books. One of our missionary members, Sister Thelma Matthews, donated a Bingo Deluxe Spinner to the residents as the one they had was no longer operable.
- A donation of \$125 was made to the Daily Planet to purchase cereal and bus tickets; and as in past years, dinner was provided to the men at the Men's Shelter.
- The Ronald McDonald House is a home-away-from-home for families with seriously ill and injured children. Missionaries served breakfast to 9 families and prayed with a mother for her gravely ill newborn.
- Over 20 Thanksgiving baskets filled with turkeys and all the trimmings were given to persons in need, including families from Glen Lea and Ratcliffe Elementary Schools. Gift cards were donated to RMZ sick and shut-in members who did not receive Thanksgiving baskets and to those members for Christmas.
- The Spratley Allen Missions Ministry, whose President is Sister Pauline Holmes, hosted the District A-1, Area A May Fellowship program as well as the Baptist General Convention, Area A December program/meeting. District A-1 Area A consists of over 20 area churches and is chaired by Deacon Renita Thornton. Deaconess Willnette Folly and Sister Pauline Holmes serve on the Special Projects Committee and Sister Valorie McBee serves as Benevolent Chair. Missionaries continue to support the Baptist General Convention of Virginia by participating in conferences and workshops, attending the Week of Prayer program, and by contributing financially to other BGC's causes.
- The Cancer Survivors and Caregivers Fellowship Luncheon, a program that supports cancer survivors and persons who take care of sick and elderly loved ones, is scheduled to take place at Rising Mt. Zion on Saturday afternoon, April 4, at 12:30. A number of missionaries registered for the VUU Church Leadership Conference that was held on March 14.

For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing I was sick and you took care of me, I was in prison and you visited me **Matthews 25:35 (NRSV)**

“Life is short. Be swift to love! Make haste to be kind!” ~Henri F. Amiel





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*

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 in 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.

- **Sister Paula Giles** mourns her grandmother, *Sister Pearl Malloy Weldon (103)*.
- **Sister Kimberly Wall, Brother Kelvin Wall, Jr. and Sister Annette Farmer** mourn their father and her ex-husband, *Brother Kelvin Wall, Sr.*
- **Brother Maurice Black and Deaconess Helen Day** mourn his sister and her aunt, *Sister Mary Washington*.
- **Sister Verona Clayton** mourns her son, *Brother Stanley Clayton*.
- **Trustee Winfield Price, Sister Deitra P. Crawley; Brother Damon Price and Sister D'Andra Crawley; Sister Joyce Lynch, and Trustee Duane Lynch,** and a host of **relatives/friends** mourn their mother, grandmother, sister, aunt, and relative, respectively, **Sister Geraldine Price**.
- **Sister Veronica Jackson (Brother Bernard)** mourns her cousin, *Brother Arthur Eagleton*.
- **Sister Dorothy Tiller** mourns her aunt, *Sister Estelle Spencer* and her cousin, *Sister Wilhemenia Jefferson*.
- **Deaconess Ola R. Luck and Sister Sally Collins** mourn their brother-in-law, *Brother Herman Boone*.
- **Sister Carrie S. McMackle, Brother Stewart Street, and Brother Henry Street, Jr.; and Sister Cassandra Street, Sister Lisa Street, Trustee Marion McMackle, Sister Marchena M Gaither, Sister Carolyn Johnson, and Sister April S. Gaddy** mourn their nephew and their cousin respectively, *Brother Roderick Street*.
- **Sister Vylonda Derricott (Brother Donté)** mourns her grandmother, *Sister Elizabeth Smith*
- **Sister Jonette Meade Barley** mourns her sister-in-law, *Sister Vera Hardy Barley*.
- **Sister Vivian Minor** mourns her nephew, *Brother Mario Thomas*.
- **Sister Daphne F. Smith, Brother Rudolph Ford, Jr., Sister Crystal F. Cosby and Sister Tawnya Ford-Williams,** children; **Sister Geraldine Benjamin, and Dr. Cheryl Jordan-Sayles,** mourn their mother, sister-in-law, aunt, and faithful Zion member, **Sister Pearl Ford**.
- **Brother George Epps** mourns his mother, *Sister Lottie Epps*.
- **Dr. Cheryl Jordan-Sayles (Rev. Harold)** mourns her sister, *Dr. Sandra J. Taylor*.
- **Brother Kavon Winston (Sister Candace)** mourns his cousin, *Brother Grayland Brooks*.
- **Brother Willie "Dan" Sibert** mourns his brother-in-law, *Brother William Martin*.
- **Deaconess Mary Walker** mourns her cousin, *Sister Dawn Marie Burruss*.
- **Sister Gloria Quash, Sister Jessica Futrell, Sister Tamia Futrell and Young Master Jayden Futrell** mourn her husband, her step-father and their grandfather, *Brother Sherman L. Quash*.
- **Sister Wanda Breedon** mourns her sister, *Sister Nancy Clark*.
- **Sister Sheila C. Price** mourns her stepmom, *Sister Laura Peterson Cunningham*.
- **Brother Clarence Miles** mourns his aunt, *Sister Muriel Olive Miles*.
- **Sister Towanda Hendricks and Sister Davonya Pauley** mourn their sister, *Sister Annette Hendricks*.
- **The Zion family** mourns a former member and RMZ Chairman of the Deacon Ministry, **Deacon Waverly Williams**.



Pulling the Plug on 2019 – Welcoming 2020

By Deacon Mary Kemp



For some the closure of the year 2019 was readily welcomed because of its usual inexorable challenges. On the other hand, there were others who relished a rather positive year with few glitches to upset their lifestyle. Regardless to the diverse circumstances, everyone who showed up for the Zion Watch Night Services, 7:30 p.m./10:30 p.m., did so because of individual reasons and God's amazing grace and divine mercy. The worship services were spiritually inspiring and proven to be therapeutic for the mind and soul.

Members of the talented Zion Male Chorus rendered the music, featuring soloists - *Walter Robinson, Phil Downey and Lionel Richardson*. Zion's Pastor, *Dr. Roscoe D. Cooper III*, offered the opening prayer and delivered the New Year's Eve message. He chose to utilize the scriptural text, *Habakkuk 2:2-3*, referenced *Jeremiah 29:11, Proverbs 8:17, Isaiah 53:5*, and entitled his sermon, "FOCUS". Pastor emphasized several poignant points in his substantive message with a sense of clarity, understanding and relevance to the huge appreciative and boisterous audience. He stated that often times, people see things and decide that they have to have them. However, we must realize that what we see becomes a part of us and we have a tendency to pursue what we see. Nonetheless, each individual must visualize for himself and know what God's purpose for his life is and FOCUS! The following are some important points to remember:

- ♦ Don't spend too much time/energy on wrong people, wrong places and wrong things.
- ♦ Don't share your vision with everyone.
- ♦ Don't procrastinate if you want to make progress. Stop wasting time.
- ♦ Believe in God's spirit, His faithfulness, develop a closer relationship with God, and be in alignment with Him. Activate what He shows you.
- ♦ Seek God first. It saves you from heartaches, pain and trouble/suffering.
- ♦ Don't spend time lamenting and/or complaining.
- ♦ Know that you can't change the past. Learn from it and move forward.
- ♦ Learn to pray through your frustrations.
- ♦ Stop posting everything on social media; instead, depend on prayer.
- ♦ Focus on God and know the power of prayer.
- ♦ Walk with your head up, talk to God and watch Him change your posture.
- ♦ Direct your energy toward those people who encourage you to be better and have the same purpose. Shake the "dead" weight.
- ♦ Write your vision down. It reminds you of your "not yet", and that your skeptics can't miss it.
- ♦ Memorialize your written thoughts. Don't just talk about it, be about it.
- ♦ Stop "fixing" to do this, and "fixing" to do that.

In conclusion, Pastor stated that no matter what you are going through, it's a temporary inconvenience. Know that God is forever working on your behalf, but you must participate in the process. He gives everyone the same amount of seconds in a minute; minutes in an hour; hours in a day. It was a blessing that one person submitted an application to join God's army! The parishioners prayed the old year out and the New Year in! FOCUS!

Rising Mount Zion Baptist Church 2020 Year
 A year of **FOCUS, FULFILLMENT,**
 & moving **FORWARD**



What: *Rising Mt. Zion Baptist Church Leadership Conference*
When: *Friday, January 24, 2020 & Saturday January 25, 2020*
Where: *Rising Mt. Zion Baptist Church Fellowship Hall*
Why: *20/20 Vision for 2020 Year...Focus, Fulfillment and Moving Forward*



By Sally Collins

On Friday January 24, the evening teemed with expectancy as Pastor Cooper offered a prayer and enthusiastically greeted over 50 persons who filed into the fellowship hall to participate in a vigorous, stimulating leadership conference. Following a delicious repast, Pastor Cooper warmly embraced the gathering and expounded on the purpose of the workshop. Kim Robinson of the Christian Education Ministry assisted Pastor Cooper as he introduced the first activity called "Sentence Starters". The conference attendees were asked to introduce themselves, identify their ministry affiliation and complete the sentence starter that they pulled from a box. Example: If you were stranded on a lonely island, what items would you want with you and why? While this ice-breaker was filled with fun, those involved offered great personal insights and spiritual revelations. The purpose of the second activity, involving group interaction, was to build certain skill sets especially in communication and speaking in public. Each group was assigned the task of taking a situation based on negative attitudes and exploring means of reaching a positive outcome. Following fruitful small group interactions, the entire assembly re-convened and group leaders shared the results of the outcomes discussed. Pastor Cooper reminded the participants that we are not a club, not a clique, but a community where everybody needs to learn and function together, remaining open and welcoming, committed to advancing the work of the Lord.

On Saturday morning, January 25, Pastor Cooper presided as the conference re-convened for part two of this dynamic leadership conference. Following joyful fellowship over a continental breakfast Deacon Kemp opened the session with prayer. For newcomers, additional introductions were made with the "Sentence Starters". Pastor Cooper then introduced the first group activity of the morning focusing on "Two Types of Leaders", reminding all to remain prayerful in all endeavors, realizing that leadership is not limited to the church but extends to the community as well. As a spokesperson for each group shared characterizations of good and bad leaders, Pastor Cooper interjected appropriate commentary on the enlightening discussion of leadership qualities. Out of the discussion came the following: Good leaders have good communication skills, show compassion and empathy, are approachable and informed, possess high moral values, and show courage and flexibility. On the other hand, bad leaders have low self-esteem, are unorganized, domineering, ill-informed and opinionated.

Pastor Cooper then stated the objectives/focus of the day's activities: (1) The Characterizations of a Good Leader (2) How to Fulfill our Duties as Good Leaders (3) Ways to Move our Membership Forward.

Citing Ezekiel 22:30 he reminded the group that God calls forth leaders to fill in the gap. He called Abraham to start a nation, Joseph to preserve a nation, Moses to lead His people out of Egypt and Joshua to lead them to the Promised Land. From the prophets to our Savior, Jesus, the Christ God has chosen people to carry out His objectives. We are workers, ambassadors, and servants. With this background, he presented a summary of what leaders need to develop and use: (1) Effective Communication Skills (2) Active Listening Skills (3) Positive Attitude Adjustments (4) Mutual Respect (5) Keeping It Real (6) Is It That Serious? (7) Problem Solving.

Pastor Cooper then introduced the second activity of the morning by asking participants to answer the following questions: (1) Which characteristics do we already possess? (2) Which characteristics need further development? (3) How do you see your ministry excelling when you utilize these characteristics?

Reflecting spiritual insight, an eye-opening discussion ensued as Pastor Cooper reminded the group that leadership must be SOLUTION-ORIENTED. Citing Matthew 20:24 he stated that we must adopt the attitude of a servant. Adding John 13:12 he reminded us to follow the example of Jesus and serve with humility. After a powerful, thought-provoking summary of the morning's activities, he left this for all to ponder and adopt: The essence of leadership is following Jesus and serving people. Leadership that does not include servant-hood is not spiritual leadership.



Ash Wednesday

*Create in me a pure heart, O God, and renew a steadfast spirit within me.
Psalm 51:10 NIV*

Ash Wednesday is the first day of the Lenten season and a 40 day countdown to Easter/Resurrection Sunday. Sundays are not counted because each one of the 6 Sundays during this period is seen as a "mini-Easter celebrating Jesus' victory over sin and death. The principle purpose of the Lenten season is to set aside time for reflection on Jesus Christ – His suffering and sacrifices, His life, death, burial and resurrection! Ash Wednesday derives its name from the blessing of ashes made from palm branches from the previous year's Palm Sunday. While Ash Wednesday is a movable date and varies from year to year, it is always in the month of February or March. Resurrection Sunday/Easter must fall on the 1st Sunday after the 1st full moon after the spring equinox (either of the 2 times in the year when the center of the sun crosses the celestial equator; and day and night are of equal length in all parts of the earth).

On Ash Wednesday during the Imposition of Ashes Service, ashes are usually placed on the foreheads of parishioners in the sign of a cross. We are reminded that **we are dust and to dust we shall return**. The custom reminds Christians that we are ultimately sinners and need to examine our faith and deepen our commitment to live a Christ-like lifestyle. Fasts/Giving up something has a tendency to be oriented toward things like giving up food or television. But, there are many other creative ways you can welcome Jesus' healing touch and your relationship with God. The following is a different approach to fasting and some suggestions you may consider:

- Fast from **ANGER** --- Give your family an extra dose of love each day!
- Fast from **JUDGING OTHERS** --- Before making judgments of others, recall how Jesus overlooks our faults!
- Fast from **DISCOURAGEMENT** --- Hold on to Jesus' promise that He has a perfect plan for your life!
- Fast from **COMPLAINING** --- When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you!
- Fast from **RESENTMENT** or **BITTERNESS** --- Work on forgiving those who may have hurt you!
- Fast from **SPENDING TOO MUCH MONEY** --- Try to reduce your spending ten percent and give those savings to a worthy cause!
- **SPEND EXTRA TIME FOR PERSONAL PRAYERS** --- Prayer is the voice of faith, trusting that God knows and cares!

During the Zion Ash Wednesday worship service on February 26, Pastor Cooper also challenged the large crowd of parishioners to EMBRACE and RELEASE certain things. Embrace better health, discipline, reading more, voting, and being obedient to God's Word! Release hatred, negativity, gossip, and ugliness. In other words, adopt a spiritual version of the Christian diet and remember that Lent is a season to reset, restart, repent, and regroup! A blessed evening of prayer, song, Spoken Word, Salvation, offertory, and the Imposition of Ashes!

Help us, Heavenly Father, to surrender our attempts to secure our own happiness in exchange for embracing the gift of each moment with You.



Scouting At RMZBC

By Cheryl Thurston

A big thank you to the Rising Mount Zion church family for the donations given on Scout Sunday to our units to further our program! The parents and scouts expressed how they enjoyed the service on February 2.

Our Cubs have been busy since Re-charter at the end of 2019. (Re-charter is to renew membership with BSA). They are earning Adventure Loops to complete the requirement for rank badges. The Webelos and AOL Dens built volcanoes showing chemical reaction of baking soda and vinegar. They also worked on fitness, nutrition, Duty to God and You, and Action Adventure Loops. The Arrow of Light Den must earn the Scout Adventure Loop to complete the requirement for the Arrow of Light Award. Their ceremony took place at the Blue and Gold Banquet February 29.

The Wolf and Bear Dens work on similar adventures but not as detailed. Both discussed and were given booklets on Black History Month. The Bear Den had an in depth discussion on the safety and use of different pocket knives. This was an activity for parent and cubs to work on together.

February 15, the Pack held their Pinewood Derby. Twelve Cubs raced their cars that they designed and decorated. Of course, their parents gave them a helping hand. All our participants were winners but each Den had a top winner: *Greyson Ray* (Lions), *Preston Jordan* (Wolf), *Chase Pinkey* (Bear) *David Zambrano* (Webelos) and *Kennard Brunson* (AOL). The District Pinewood Derby was held on March 28 at New Hanover Presbyterian Church in Hanover County.

Congratulations to *Caleb LaWan Faulk* who earned the rank of Eagle Scout on November 25, 2019. *Ajon Shemar Orange* completed his District Board of Review for the rank of Eagle Scout on February 3, 2020. He is now "Eagle Scout in Waiting" for approval from National Headquarters in Irving, Texas. Their Eagle Scout ceremony will be later this summer.

With the older scouts aging out and attending college the Troop is starting the year with mostly all new scouts. These young men are ready and eager to learn. Several of the Reserve Scouters have returned as Unit College Reserve Scouters who will assist the Scoutmaster. They along with the other Patrol leaders will teach the younger scouts the basic skills for advancement and life. This is where the Scout Adventure Loop in Cub Scouts has an advantage (AOL award) in earning the Scout Badge in Boy Scouts.

Each month the Troop tries to have an outing. The scouts have enjoyed Laser Tag and bowling. They are anxiously awaiting the weather to change to go camping. This year's summer camp will be a new adventure for them.

Pack 525 welcomes boys to the Pack-kindergarten age to fifth grade/10 years and Boy Scouts from ages 11 years to 17 years old. Contact the church administrative office 804-643-0715, Cubmaster Harold Sayles or Scoutmaster Frank Thurston, Sr. 804-339-5566.

COME JOIN US!



Troop 801 ... 2020 Vision

We Are Ready!

By Michelle Shipman

First and foremost, the leaders and members of Troop 801 thank God for His blessings and for keeping us throughout the 2019 year and the first quarter of year 2020. It is through God's grace that has sustained us and kept us. Also, we sincerely thank our Pastor, church family, Girl Scout Ministry, the girls, and the moms for their ideas and diversity that they individually and collectively bring to the troop. A very special thank you is expressed to Deaconess Stovall-Johnson for her gift of warm snuggles that allowed each Girl Scout to swap among each other hats, gloves and scarfs to keep them warm while selling cookies at the various cookie booths. The weather is generally very challenging during cookie season and those items are definitely useful. Thumbs-up to Deaconess Stovall-Johnson who is indeed one smart and thoughtful cookie! So...good-bye 2019! We are ready for 2020 and solicit your help in building leaders, turning "Can I?" into "I will" and investing in our girls, our future!

Troop 801 was excited to begin its cookie program on January 2, continuing through the month of March. In addition to the girls taking orders, they manned cookie booths to raise money for the troop. Our theme this year is "Chase Your Adventure". As usual, your support for our girls through the Girl Scout Cookie Program continues to help them develop the following five essential skills that are definitely an asset to them throughout their lives:



The leaders and Girl Scouts of Troop 801 are planning their end-of-year trip in June. They will spend a weekend in Norfolk, Virginia, visiting the historic Portsmouth Naval Base. Offering encouragement to the troop members is instrumental in promoting their success and confidence, and helping them to achieve their goals.

Girl Scout Troop 801 is looking to add to its family. Therefore, we invite adults and girls who are interested in leading and/or joining our troop to please contact Deaconess Stovall-Johnson at 804-615-1405 or the church office at 804-643-0715.

The **RESOURCE** Page...

No One Can Afford to NOT  **!!!**

*In view of the mindboggling things that have taken place in this country in recent years, months, and days, no registered voter can afford to **not** vote! Surely, each of you may have heard reasons not to vote or perhaps you have given a few of your own. Why not put a stop to unacceptable EXCUSES, making certain that you are not a victim to DECEPTION... The following are things you can start doing immediately:*

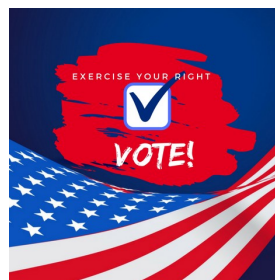
- **KNOW the DATE of ELECTION DAY!** Election Day is **the first Tuesday following the first Monday in November.**
- **KNOW THE LOCATION** of your VOTING PRECINCT and the best route to take!
- **HAVE A STRATEGY!** Go to bed early the night before Election Day. Get up early. Eat before leaving. Take a snack, seating, and perhaps a cane/walker. Leave early in order to avoid long lines or traffic delays, etc.
- **DRESS properly and DON'T FORGET your PHOTO IDENTIFICATION and/or EYE GLASSES!**
- **READ, STUDY, DISCUSS and LISTEN** in advance of Election Day so that you can intelligently separate **FACT** from **FICTION.**
- **GET OFF THE FENCE and TAKE A STANCE.** There's no middle ground. You are either for or against a candidate, amendment or proposal.
- Is your excuse **TRANSPORTATION?** ...No, because individuals and groups offer free and/or minimal expense for transportation to your voting poll. **WEATHER?** ...Not at all, the only time "weather" prevents a person from going where he/she wants/needs to go is to attend church or go to vote. **MY VOTE DOESN'T COUNT?** ...When you don't vote, it's a vote for the opponent. **I HAVE TO WORK?** ..Vote early or by absentee ballot. **DON'T KNOW WHERE YOUR VOTING POLL IS?** ...Ask. Let it be known whenever you have a question about any concerns related to your voting.
- Other concerns – **taxes, insurance, Social Security cuts, affordable housing, education, equality?** **VOICE** it in your **VOTE**, there is help!
- **STOP BEING SELFISH!** Think about our forefathers who suffered and died to vote. Honor them for what they sacrificed.
- **LET YOUR VOICE SPEAK FOR YOU!**
- **VOTE IN EVERY ELECTION!** Your local district and state candidates and concerns have immediate effect on your livelihood.
- **VOTING IS A RIGHT!** Do not let your voice be silent!



What Has Rising Mount Zion Done?

- Registration, voting procedures, and voter eligibility are printed in the RMZ VOICE Newsletter quarterly, leading up to an Election.
- The Pastor pronounces weekly the importance of voting.
- Encouragement to vote is regularly printed in the church announcement bulletin and displayed on the church screen.
- The church clerk consistently announces the importance of voting when she shares announcements on Sundays.
- Church and community groups stress the importance of voting in all gatherings.
- Posters and buttons are displayed.
- Registration dates and sessions are established on the church campus so that members of the church and community can register to vote.
- Discussions and written paraphernalia are made available to respond to questions and/or concerns.
- Transportation and other means of help are offered.
- It is constantly emphasized that there is a price to pay if you don't vote.
- In every sermon Pastor preaches, he staunchly states, "When facing a crisis, trust God and move forward for His dawn of deliverance often comes when the hour of trial is darkest."
- THE SUPREME NEED IN EVERY HOUR OF DIFFICULTY IS A VISION OF GOD!!!

...I am the LORD; I will bring you out from under the yoke of the Egyptians ... and I will redeem you with an outstretched arm and with mighty acts of judgment. Exodus 6:6 NIV



The Situation with COVID-19

By Cheryl Jordan-Sayles, MD

Coronavirus is a family of viruses and is not a new terminology. It has been long known that this group of viruses cause about one third of cases of the common cold. COVID-19 is a mutated form of a coronavirus that was found to originate from a large seafood market and animal market out of Wuhan, China, suggesting that the virus likely comes from an animal source. Mutate means that a new type or new version or new strain of the coronavirus resulted from this source that had not been previously a source of infection in humans, thus there is no resistance in humans to fight off this infection. The official name of COVID-19 was given by the World Health Organization (WHO) designating the "CO" for the family of the coronavirus, "VI" for virus, the "D" for disease and 19 for the year of the outbreak which was December 2019. The situation with COVID-19 is developing so rapidly that new information may likely be available by the time you reach the end of this article as much still needs to be learned about this new disease.

How does COVID-19 spread?

There is much to learn about the newly emerged COVID-19, but based on the current information, it is thought to spread from person-to-person via respiratory droplets produced by a cough or sneeze among close contacts, particularly being within approximately 6 feet of an infected person. Additionally it may be possible that COVID-19 can spread to a person from touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes but this is not thought to be the primary source of infection.

What are the symptoms related to having an infection due to COVID-19?

The symptoms of COVID-19 can appear 2 to 14 days after exposure. The clinical symptoms can range from a very mild respiratory illness of cough and sore throat to very severe symptoms of fever, shortness of breath, chest pain, confusion and pneumonia. Other symptoms may include muscle aches or headaches. Because these symptoms also are related to other types of infection such as influenza, having these symptoms do not mean that you have COVID-19 and do not necessarily mean that you need to be tested for COVID-19. Additional criteria along with the decision of the health care provider will determine if testing needs to be done.

How is COVID-19 diagnosed?

The diagnoses may be difficult just based on symptoms and a physical exam. A laboratory test is needed to confirm the diagnoses. Currently the testing is not widely available.

Who are at the greatest risks for severe disease from COVID-19?

Older persons over the age of 60 and persons who have underlying chronic medical conditions such as heart disease, diabetes, asthma, COPD or other lung disease and those who have some immunocompromised condition such as HIV disease or undergoing chemotherapy for a cancer. It is thought that children and young adults may have milder symptoms when infected with COVID-19.

How can you protect yourself?

- Wash your hands often with soap and warm water for at least a total of 20 seconds. Wet your hands first and then apply the soap to your hands and rub hands together vigorously for at least 15 seconds. Then rinse hands with the water and use a disposable towel to dry hands and then use the towel to turn off the faucet.
- When soap and water IS NOT available, use an alcohol-based hand sanitizer. This product should cover the entire surface of the hands and then rub hands together until the hands feel dry.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched surfaces at least daily.
- Avoid touching your eyes, nose and mouth.

When you are sick, ways to prevent the spread?

- Stay at home if you are sick with having a cough, fever, nasal congestion, sneeze or other respiratory symptoms.
- Cover your cough or sneeze with tissues or cough or sneeze into the sleeve area of your upper arm.
- Throw away used tissues in the trash and then wash hands or use the hand sanitizer each time.

What is social distancing?

Social distancing is a way of staying away from large crowds to stop or slow down the spread of a contagious disease. It aims to prevent sick persons and those who may be contagious prior to the onset of symptoms from coming in close contact with healthy persons in order to reduce the chance for transmitting a disease.

With COVID-19, this practice is to slow the outbreak in order to reduce the chance of infection among a large number of people and to help reduce the overwhelming burden of the healthcare system to have to take care of more people than it is able to handle. It is thought that this virus can spread very quickly among large number of persons. The CDC defines social distancing as it applies to the COVID-19 as “remaining out of congregate settings, avoiding mass gatherings, and maintaining a distance of 6 feet from others when possible”.

Is there a treatment for COVID-19?











There is currently no specific treatment for COVID-19. Supportive care (treatment that helps to improve the symptoms) is given to those who develop the more severe form of the illness in an intensive care setting.

There is currently no vaccine to protect against getting this virus. Hopefully as time elapses, a vaccine will become available but this is thought to be at least 12 to 18 months down the line.

Can people who recover from COVID-19 be infected again?

It is not yet known or understood if you can get re-infected with COVID-19 after having an initial infection.

In summary, COVID-19 is still very new to the medical community and much still needs to be learned about this new illness. However it is thought that most people who do get the disease will recover. It is best NOT TO PANIC and not developed anxiety and fear related to this virus. It is very likely that the simple measures listed above to protect yourself and to prevent the spread of the COVID-19 will give us all the best possible outcome as more details evolve. Stay informed and pay attention to daily updates.

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention



SPOTLIGHT on.....

Cheryl Elaine Thurston

By Franklin M. Thurston, Sr.



Cheryl Elaine Thurston was born, reared and educated in Richmond, Virginia. She is the third oldest of six siblings, born to the late George and Evelyn Patterson. She also has three step siblings.

Cheryl attended Van de Vyver Catholic School and later Richmond Public Schools where she graduated from John Marshall High School and furthered her education at Smithdeal Massey Business School and J. Sargeant Reynolds Community College. In her early years she was employed by the Richmond Public School System (Learning Center) and John Marshall High School and the Defense General Supply Center. She later became employed at the Chesapeake and Potomac Telephone Company (C&P Telephone) now Verizon where she retired after 29 ½ years of service. While at C&P she worked in several departments including, Employment, Equal Employment (EEO), Engineering/Budgets and Logistics and received several awards for being an outstanding employee.



Cheryl has been married to Franklin Thurston, Sr. for 51 years and the proud mother of two sons, Franklin, Jr. and Jerry and five grandchildren. During her sons' younger years, she was involved in Tots and Teens, YMCA Track Team, Glen Lea Little League and Boy Scouts of America.

In the early 1980s, Cheryl and her family joined the Rising Mount Zion Baptist Church family and became actively involved in various ministries of the church. It is evident that her heart belongs with the scouting program. As a volunteer with her sons' Pack and Troop, she served as Den Mother (as they were called then), and Commissioner at the District Level receiving her Arrowhead Honor. She held the position as Troop Committee Chairperson of Troop 552. With Pack and Troop 525 she serves as Committee Chair, Advancement Chair, and Merit Badge Counselor for cooking, one of the required Merit Badges, and several others, Trainer Chair and Den Leader for the Lion Den.



Her service has been recognized with the Scouter's Training Award, the Scouter's Key, and several training awards and the Cub Scouter Award and has earned the Religious Knot for Adults. She received the Battlefield District Award of Merit in 2016; then in 2019 she received the 2018 Silver Beaver Award. Cheryl continues her involvement with the RMZ Scouting Program.

Although scouting is dear to her, it is not her only interest of service. Cheryl has been a member of the Sisters United Organization, which is a non-profit, community service organization whose primary fundraising activity is the Miss Unity Pageant. The funds raised are used to support the principles of Christian fellowship and charity, special projects, natural disasters, the gravely ill, assisting the less fortunate, and offering academic scholarships to Miss Unity high-school-graduate participants. At Zion she has been a member of the Pastor Aide (Secretary), and currently, the Joseph Smith Memorial Ushers, where she serves as President, the Hospitality, and the Beautification Ministries. Additionally, Mrs. Thurston is a dependable Church Administrative Office Director who spends countless hours performing various professional office duties at Rising Mount Zion Baptist Church. Undoubtedly, Cheryl is a dedicated church and community willing worker who is valued and appreciated. In spite of her busy schedule, this retiree doesn't allow too much grass to grow under her feet--- She takes time to enjoy gardening, decorating, cooking, and listening to classical music!



Congratulations to **MRS. CHERYL ELAINE THURSTON** for having been chosen the RMZ VOICE Newsletter spotlight person of this quarter!

"February...Black History Month" Continued from page 2

seasons, knowledge was acquired, evolution was colossal, victories were won, and believe it or not, some survived slavery. What a textbook prelude to Pastor Cooper's chosen message, "WE ARE A GREAT PEOPLE" and his selected scripture, *Joshua 17:14*! He emphasized that God, the Way-Maker, has delivered us and our presence here is definitely a testimony. The real test, however, is what are you doing to leave a legacy? When you know who you are, and whose you are, there's some stuff that's beneath you and you don't have to prove anything to others. Although your relationship with the Heavenly Father has executive privileges, He doesn't just hand you stuff on a silver platter. If you want it, you have to work for it, even fight for it, and never ever allow anyone to undermine the God in you! As a great people, don't allow fear to hinder you from ascending to higher heights! Your faith has to be greater than your fear, if not your fear becomes your slave master. Therefore, when you are in "crunch" time, step-up, settle only for God's best, and never be satisfied where you are. Trust and believe in God---The fight is already fixed!

February 2020 was an AWESOME month in every aspect of the meaningful worship services and special activities that added a new twist to the memorable and unique celebrations!

RMZ Children's Church

By Karen S. Brown

Train a child in the way he should go, and when he is old he will not depart from it.
Proverbs 22-6

To close out the year, the entire Children's Church staff worked diligently with the Children's Church participants to explore the true meaning of Christmas by performing a Christmas skit titled "The Birth of Jesus" on the third Sunday, December 15 at 10:00 a.m. Parents were invited to the performance, which took place in the older sanctuary during the Children's Church hour. The faces of the parents blossomed with pride in seeing their children participate and to realize how they have matured in working with one another and exhibiting leadership. Everyone exclaimed it was a great success!

Following the performance, hot chocolates and snacks were served. Afterwards, Sister Karen Brown taught brief lessons on "The Meaning of Advent" which included visuals and coloring pages depicting Advent candles, and "What's in a Candy Cane?" Legend of the Candy Cane... *Look at the Candy Cane. What do you see? Stripes that are "Red" like His blood shed for us. The color "white" is for His life holy, sinless and pure, without blame. The "stripes" symbolize by His stripes we are healed. Upside down the Candy Cane is shaped like the letter "J" for Jesus, the reason for the season. The candy stick was bent to resemble the shape of a shepherd's staff. The "candy" means that the love of Jesus grows sweeter each day.* Additionally, the activity allowed the students to create a booklet about the meaning of the Candy Cane. They realized that *two candy canes turned upside down and placed together make a heart.* Jesus loves us and when we take Jesus into our heart we will be saved.



Sister Jamie Lewis led an art activity center where participation choices were assigned according to grade levels. All of the activities, the skit, the lessons, the booklet and art activities, were thoroughly enjoyed by all and was indeed a great learning experience for the children! After singing Christmas carols, each student received a candy cane, a candy sleigh and a Lord's Prayer bookmark, as a small thank you and parting gift for the year.

Children's Church meets on the **1st** and **3rd** **Sundays** of each month. Our Mission is to share the love of Christ with all of our children, to connect each child with other Christian children and adults, to help them grow in their faith, and to encourage their growth through serving others and honoring God. The Children's Church staff includes *Sister Joyce Robinson* and *Sister Martha Worsham* (ages 3-5), *Sister Karen Brown* (ages 6-9) and *Sister Jamie Lewis* and *Sister Michelle Haywood* (ages 10-12). Children and interested adults are invited to join us. For additional information, please contact the church office at (804) 643-0715 and leave a message for *Sister Kimberly Robinson*.



George Anthony	Freida Bolling	Jada Brooks	Sheila Blount
Alwina Gray	Darrel Green	Donnie Hale	Deontae Hamlin
Aniyah Johnson	Mariona Morris	Lonnell Richardson	Kenneth Ruffin
Angel Swinson	Allen Terry		

YOUR HEALTH

7 ESSENTIAL NUTRITIONAL SUPERFOODS

Recent studies have shown that the more fruits and vegetables you eat, the less likely you are to lose muscle and bone density, which can lead to frailty and a loss of mobility as you age.

To get a better health boost out of your next shopping trip make sure that you have at least one representative from each group in your basket, and try to eat something from each group every day. The secret to a healthier cart is to buy and eat the rainbow.

- ♦ **Berries** – Berries are important for heart and bone health. Red berries have different nutrients than black and blue. All berries are high in antioxidants, especially Vitamin C, which boosts immunity and is vital to maintaining healthy tendons and ligaments.
- ♦ **Red, Yellow and Orange Produce**- Apricots, cantaloupe, carrots, squash, sweet potatoes, red peppers or tomatoes all contain antioxidants and carotenoids shown to support immunity and decrease the risk of cancer and cardiovascular disease. They also have beta-carotene, which has been linked to decreased risk of age-related eye disease. 
- ♦ **Citrus**- Fiber rich citrus fruit, such as oranges, grapefruit, clementines or tangerines are packed with Vitamin C. These citrus fruits are powerful anti-inflammatory agents that can inhibit the growth of cancer cells, reduce cholesterol, improve blood sugar levels and increase blood flow.
- ♦ **Grapes and Tree Fruits**- Red, purple and green grapes may decrease inflammation and prevent cancer formation. Other fruits like apples, pears, and plums are super sources of fiber. Eat them with the skin to maximize nutrition.
- ♦ **Starches**- It's ok to add starches such as butternut squash, legumes, white potatoes and corn, but watch your portion sizes. These foods are high in carbohydrates and calories, but they're also rich in fiber as well as Vitamin C and potassium.
- ♦ **Flavorful Roots**- Fresh garlic, leeks, scallions and onions are low in calories but contains compounds called alliums, which have been linked to improve overall heart health and decreased cancer risk. Plus, they may be effective in lowering cholesterol. Crush garlic for maximum benefits (and flavor) and experiment with spicy roots such as horseradish and turmeric which contain powerful anti-inflammatory compounds.

 Shallots	 Leeks
 Onions	 Garlics
- ♦ **Cruciferous Vegetables**- Broccoli, brussels sprouts, cauliflower, red and green cabbage, collard greens and kale contain compounds that may reduce the risk of cancer formation. Cruciferous veggies may also lower the risk of Alzheimer's disease when eaten as part of a balanced diet. Leafy greens such as kale and salad greens are rich in B vitamin folate. Instead of steaming them, try cooking methods such as roasting and grilling.

Taken from Kelsey Ogletree, AARP Bulletin October 2019

BOOK REVIEW

The Time Is Now **A Call To Uncommon Courage** By Joan Chittister

Overview by Sheila Cunningham Price



The world we have come to know has changed and we are living in between two worlds. The Statue of Liberty once welcomed foreigners to our shores. The constitution boasted a three-part government with each one serving as a check and balance on the other two. The purpose and commitment was to addressing the needs of the entire country. That was then.

The world in which we are steeped today defies all that we were taught to expect. Immigrants are locked out of the United States and members of Congress are extremely partisan and barely speak to one another, much less work together for the good of all constituents. There are fractures in long-standing international alliances. The threat of nuclear weapons has once again become front and center after years of negotiations to keep the threats at bay. America is the first country to unilaterally violate an international treaty insuring that a secure, national future for a global community can no longer be anticipated.

National borders are breaking down everywhere and vast populations are being driven from their homes to find a place in other countries. At the same time, the differing political positions are dividing all people, threatening peace, locally and globally.

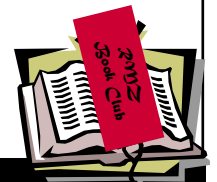
We are surrounded by people who are divided by factions of our tribes, cultures, languages and religions. We share the need to provide a good future for generations to come; to make a decent living and provide the basics of life and a chance to prosper and enjoy the benefits of our pursuits. Although we seem to be going in the same direction, we have different views on how to get there. We have arrived at the crossroads of our distinct differences. The road we take will affect the future of the United States and will determine the history of the world. It will determine whether we fulfill the Will of God or suffer the decisions made by others intent on imposing their own visions for the future of this polarized society.

This leaves us with three options. *One is to move in another direction; distance ourselves from the difficulties of it all or we can leave the mission unfinished. A second choice is that we can go quietly into oblivion. We can crawl into a comfortable cave and wait and watch for the storms to calm down. Lastly, we can refuse to accept the moral deterioration of our society and the unknown. We can choose to be courageous in speaking the voice and vision of God for our nation.* Although we may risk not being heard, we can prevail, even if long after the fact. Courage may seem fruitless, but is not without rewards. The prophets before us had a choice and so do we.

We can **say no** to things that are not of God. **Say no** to the abuse of women. **Say no** to the rejection of the stranger. **Say no** to the crimes against immigrants. **Say no** to the rape of the trees. **Say no** to the pollution of the skies. **Say no** to the poisoning of the oceans. **Say no** to destruction of humankind for the sake of more wealth, power, more control for a few. **Say no** to death.

“Those who risk nothing risk much more” like integrity, authenticity and the fullness of life.

“Be not a whisper that is lost in the wind; be a voice that is heard above the storms of life”
~MAOIMONIDES



Suggested Reading

“Get Over It!
Thought Therapy for Healing
the Hard Stuff”
By
Iyanla Vanzant



Black History Month Word Search

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

ABOLITION
 ARMSTRONG
 BOYCOTT
 CIVIL
 WAR
 EQUALITY
 INTEGRATION
 CROW
 OWENS
 RIGHTS
 SLAVERY
 TUBMAN

AFRICA
 ASHE
 BUS
 RIGHTS
 DUBOIS
 FREEDOM
 JAZZ
 MARCH
 PARKS
 ROBINSON
 SOUL
 TUSKEGEE

ALI
 BLUES
 CARVER
 CIVIL
 EMANCIPATION
 GREENFIELD
 JIM
 KING
 RACISM
 SEGREGATION
 TRUTH
 VOTING

JinxyKids.com





WHO AM I?

Notable Black Heroes

INSTRUCTIONS: Match the corresponding figure to their contribution or accomplishment.

- | | |
|----------------------------|---|
| A. Frederick Douglas | ___ I was an Associate Justice of the Supreme Court to the United States who won the pivotal Brown vs. The Board of Education. |
| B. Channing Dungey | ___ I bravely fought to abolish slavery. I used my words and voice to fight for the rights of my fellow African-American. |
| C. Martin Luther King, Jr. | ___ We were a group of African-American military pilots who bravely fought in World War II. |
| D. Harriet Tubman | ___ I was the first African-American woman to be issued a pilot's license. I went on to encourage many others to do the same. |
| E. Barack Obama | ___ I was an American Politian and Civil Rights advocate who served in the United States House of Representatives from 1996 until my death in 2019. |
| F. Oprah Winfrey | ___ I was an African-American research chemist and a pioneer in the field of medicine. |
| G. Arthur Ashe | ___ I am an American media executive, actress, talk show host, television producer and philanthropist. My talk show was the highest rated television program of its kind in history. |
| H. Tuskegee Airmen | ___ I am an attorney and a politician who was the 44 th president of the United States and was previously a United States Senator. |
| I. Elijah Cummings | ___ My given name is Isabella Baumfree and I was an African-American abolitionist and women's rights activist who escaped slavery in 1826. |
| J. Percy Julian | ___ I am the first African-American to be named the president of ABC and to lead a major broadcasting network. |
| K. Rosa Parks | ___ I was a Baptist minister and civil rights activist most known for the advancement of civil rights using nonviolent civil disobedience. |
| L. Dorothy Height | ___ I was an African-American abolitionist and humanitarian. After I escaped slavery myself, I returned to help other slaves escape the same fate using the Underground Railroad. |
| M. Bessie Coleman | ___ I was an American tennis player who won 3 Grand Slam titles, being the first black player selected to the U S Davis Cup and the only black man ever to win the singles title at Wimbledon, the U S Open, and the Australian Open. I have a stadium and boulevard bearing my name. |
| N. Thurgood Marshall | ___ I refused to give up my seat on the bus. I am often referred to as "the first lady of civil rights". |
| O. Sojourner Truth | ___ I was a revolutionist leader for the civil rights movement and known for my contributions and ideological breakthrough, having had up to four million followers. I served as president of the Delta Sigma Theta Sorority and the National Congress of Negro Women. |

Activity Page



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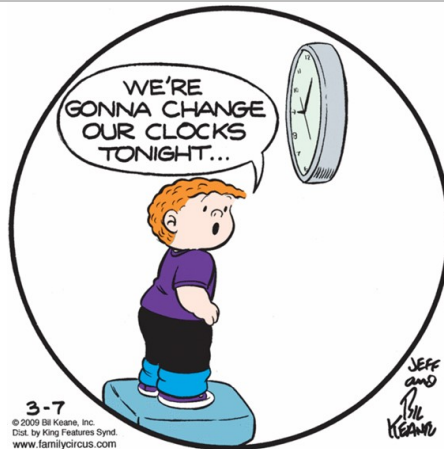
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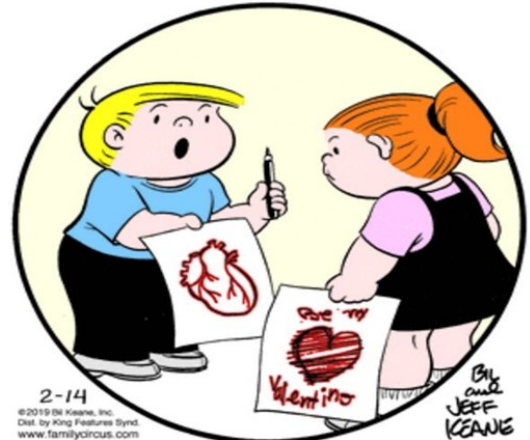
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Daphne Hill



3-7
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"...so, tomorrow do I get to be an hour older or an hour younger?"



2-14
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"No, Dolly, I looked online and
THIS is what a heart's s'posed
to look like."



Find all ten words

Jesus
Lent
Ash
Wednesday
Dust
Prayer
Alms
Fasting
Sacrifice
Purple



Unscramble these Lenten Words

TRYFO YASD

HSESA

NLTE

TISFGNA

**One thing I can do during
Lent to bring me closer to
God...**

Answers to "WHAM!"
klidgbeofiebmih