

The Rising Mount Zion Voice

September 2019

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Family & Friends Weekend

By Deacon Mary Kemp

The year 2019 has been noteworthy for the Rising Mount Zion Baptist Church family who celebrated 150 years of progressive growth and sound existence! Having adopted the theme: CELEBRATING 150 YEARS · GROWING STRONGER · GOING DEEPER · REACHING HIGHER, the Zion family emphasized the theme throughout the year in all its programs and activities. Thus, when the Family & Friends Committee members met, brainstormed, and sought to implement a variety of events, they decided that all activities would be inclusive of the biological and church families, friends and the community. Although the main Family & Friends weekend activities were held August 23 through August 25, there were under-the-stars movies shown on the Zion campus during the months of June, July and August. Participants brought lawn chairs and blankets to sit in the parking lot and/or relax on the lawn. Some families brought small tents that were pitched on the grass where the younger children ran, flipped, rolled and had lots of fun under the watchful eyes of parents and/or responsible adults. Inside and around the tents they gathered, talked and enjoyed a picnic-like setting. For a minimal cost of one dollar or less, the committee set up a concession stand that sold candy, popcorn, chips, cookies,

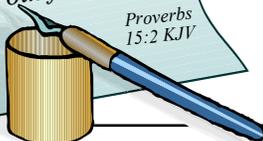
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Blessed is he, who
having nothing to
say, refrains from
giving wordy evidence
to the fact.



The tongue of the wise
uses knowledge aright:
but the mouth of fools
poureth out foolishness.

Proverbs
15:2 KJV



sodas, water, etc.

Hundreds of people came on Saturday for the “down-home family and friends’ cookout reunion” that was held on the Zion grounds. After surviving inclement weather on Friday, the day was dry and beautiful with partly cloudy/sunny skies with moderate temperatures ranging from the upper 70s to the lower 80s. Large tents with tables and hundreds of chairs were set up for the older, seasoned persons and others to sit, eat, play games and fellowship. Additionally, medium and smaller tents were used to shelter persons who were cooking and serving food, selling Zion tee-shirts and competing in games such as the watermelon-eating contest. Antique/ race cars, RVs and fire departments were on display and other outdoor games were played. Of course, there was a First-Aid station, manned by trained nurses. The children’s favorites were the bouncy and water slide. Everyone had the option of bringing their own lawn chairs in order to be assured seating. The fellowship was great; the food plentiful and delicious; and an assortment of desserts, and cases and cases of cold sodas, water and huggies were readily available! The large crowd finally dispersed in early evening, stomachs full, fellowship pleasant, and festivities enjoyable! The clean-up crew remained hours later, making sure everything was in immaculate order for Sunday events.

The 8:15 and 11:15 worship services on Sunday morning were the crème de la crème of the weekend! Hundreds of persons came casually dressed and sporting a 150th Rising Mount Zion Baptist Church anniversary tee-shirt. Pastor Cooper, also casually dressed and “teed” up, delivered a powerful and meaningful sermon entitled, “RESOLUTION” based on the scriptural text, *Mark 5:34*. The poignant facts emphasized were: 1). Know that everyone has to deal with pressures of life and tough times. 2). Reach out to Jesus who knows how to regulate the mind, deliver us from sin and certain people; and has the power to release a resolution for all issues. 3). Thank God for what you have. 4). Be straight forward in words and actions. 5). Refuse to allow perception to keep you from reaching out/touching Jesus. 5). Know that we have to put up with persistent pain. 6). Lastly, let us realize that life is in the BLOOD of JESUS. The Zion family was challenged to invite family members and friends to the worship services, understanding that the first three families with the most persons present would receive gifts and have their pictures taken. The *Robena/Victoria Perry Family* and the *Vonda Brown Family* won first place, the *Sean/Tanise Ingram Family* and the *Lenso/Michelle Haywood Family* took second place and the *Veronica/Bernard Jackson Family* and the *Everette Taylor Family* third place, respectively for the 8:15 and 11:15 morning worship services. Zion’s 94 year old member, *Sister Katie Gibson* received a gift for being the oldest person present in church. Two other ladies were in the running both at 92 years old.



This most momentous weekend crammed full of a variety of tasks, activities/events, the committed volunteers, the determination to implement well-planned programs; the food, fun, fellowship, cooking, service, worship and praise can be summarized with only one word...



A-W-E-S-O-M-E!!!



From the Pastor's Desk...



Dear Zion Family!

I treasure every opportunity afforded to me to greet you, my Zion church family and friends in the name, joy, peace and love of my Lord and Savior Jesus Christ, the One who orders my steps in His Will, His Way and His Word. The spiritual, educational and social activities of the Rising Mount Zion Baptist Church 150th Anniversary celebration during the month of May are forever embedded and etched into the hearts and minds of those who witnessed this providential celebratory time. It is my belief that our generation profited from and refined the entrusted inheritance of our forefathers. Dutifully, we continue to follow the sound teachings of Jesus Christ, blazing a righteous, wise, and clear trail for the next generations to track our ongoing legacy to God's glory. It is hoped that each generation is guided by His true Word and its bequest firmly positioned in the history of the church upon which others can build.

Seemingly soon thereafter our nearly perfect month of May, the summer arrived and went like a flash! And just like that, school employees and students have returned to their assigned duties/buildings for another school year and the rest of us routinely continue or begin a new phase of life on the path set before us. No matter the direction our lives take, let us keep God as the nucleus of our being so that during the storms and shipwrecks of our life, God will always deliver a safe landing for us. Hopefully, our experiences will teach us to be patient with others as God is with us, press on when we feel like quitting, cast all our cares upon Him, stay faithful, have self-control, be alert, and resist the devil/adversaries who are forever on the prowl to devour/destroy. Nevertheless, the God we serve is faithful and provides a shield of protection from the anxieties and attacks of the world, and the arsenal accusations of the enemy. Unsurprisingly, problems are a fact of life to which no one is exempt. Therefore, I pray that as Christians, we focus on God, be faithful to His Will, and demonstrate His presence in all we say and do. Subsequently, the hand of God strengthens, restores, lifts up, and empowers us through all circumstances. You see Zion, in God's sight and His plan we are jars of clay, earthen vessels that are fragile, breakable and temporary. He dispenses His power through us so that in our livelihood He can use us and our gifts to glorify and bless Him and inspire others. Thus, we are given the message, treasure and power of the gospel that resides within us so that we constantly remember that everything we have is because of the grace of God. Accordingly, we must thank, praise, and glorify He who provides a strong shoulder for us to lean on, divine promises on which to rely, unparalleled power and forgiving spirit to elevate us, and an uninterrupted direct prayer line accessible to us at all times.

It has been said that when one is having fun, the time goes by quickly which explains why the summer flew past! The summer at RMZ was packed full of exciting, educational and fun-filled activities such as our Boy Scout Troop attending summer camp, our Girl Scout Troop spending several days exploring New York City, the ministry highlights were narrated and pictures displayed on the screen during both morning services, beginning the first Sunday of June and continuing through the last Sunday in December. Finally, the church family and friends readily attended and participated in the Youth Recognition Program, Vacation Bible School and Family and Friends Weekend! Leading up to our Family and Friends Weekend, a movie, selected online by the congregation, was enjoyed and shown on the Zion campus under the stars once a month on a Friday night in June, July, and August. What a sight to behold to witness the beautiful sea of color as I, along with the congregants wore our purple, blue, black and the uniquely designed 150th church anniversary Zion tee-shirts each Sunday in the month of August!

To all the volunteers and participants who made each activity unique and a great success, I tip my hat! It was such a heartwarming experience to see the Zion family and friends intermingling, enjoying the fellowship, and exhibiting a priority in the full potential of our worship! As a body of believers, we run the spiritual race in a pack-of-like-people who are not running in competition but as members of the same team. If one of us falters, there's always someone to help us up, offer encouragement and prayer. Likewise, we are grateful to God that although this world may seem ugly with sin and decay, He allows us to see glimpses of His beauty as long as we get and remain anchored in His presence, His promises, His providence, and His performance. Look-up, give God a big SMILE and a "THANK YOU" for creating each of us in His own image!

Be Blessed...

Pastor C. J. [Signature]

Spratley Allen Missionary Circle

By Sister Valorie McBee

“But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” Isaiah 40:31 NRSV

The Area-A Women’s Ministry of the Baptist General Convention of Virginia held its annual May Fellowship celebration on May 19 at our own Rising Mount Zion Baptist Church. Sister Kathleen Cook, Assistant Area-A Vice President was the presider and Deacon Renita Thornton, Area-A Chairperson welcomed all attendees. The 2019 Honoree was Brother Gerald Tucker of District A-4 and member of Little Bethel Baptist Church, Stony Creek, Virginia. A Memorial was held for deceased members. Our golden age members for 2019 were also honored. Deaconess Willnette Folly collected twenty love offering contributions from the Spratley Allen missionaries for this year. Seventeen new life members were recognized including two RMZ Spratley Allen Missionary Circle members, *Sister Stella Dickerson* and *Sister Annette Farmer*. Congratulations to our BGC Women’s Ministry life members! In closing, our devoted Pastor, Dr. Roscoe Cooper III offered remarks and the benediction.

The Spratley Allen Missionaries and the Glenburnie Rehabilitation and Nursing Center residents have formed a loving and caring relationship with one another. On May 11, the Saturday before Mother’s Day, missions ministry members delivered flowers for the women residents and socks for the men at the facility. The missionaries visit the center several times during the year to assist as needed.

The Baptist General Convention of Virginia 120th Annual Session was held on June 23 - 27 in Norfolk, Virginia (Waterside). This year’s theme was “Reviving our Roots: Prophetic Preaching, and Our Missional Mandate” with reference to Luke 4:18-19. Eight Spratley Allen missionaries attended the convention. The Baptist General Convention of Virginia through its full-time ministry staff and trained volunteers provide stellar ministry through conferences, events, retreats, and customized workshops that meet the needs of individual congregations.

Prayerfully, and with the help of the Good Lord, the Spratley Allen Missionaries continue to visit, pray for and send cards to the sick and the bereaved. Through Christ our Lord all things are possible.

My Daily Prayer

By Greeville Kleiser

*If I can do some good today,
If I can serve along life’s way,
If I can something helpful say,
Lord, show me how.*

*If I can right a human wrong,
If I can help to make one strong,
If I can cheer with smile or song,
Lord, show me how.*

*If I can aid one in distress,
If I can make a burden less,
If I can spread more happiness,
Lord, show me how.*



For additional information, call the church office – 804-643-0715 or contact *Sister Valorie McBee*, 804-387-9592 or email vmcbee@verizon.net.



Sick, Shut-in & Bereaved Families

For every matter there is a time and judgment.

Ecclesiastes 8:6

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.

- ◆ **Sister Pearl Ford**, wife, and **Sister Daphne F. Smith**, **Brother Rudolph Ford, Jr.**, **Sister Crystal F. Cosby**, and **Sister Tawnya Ford-Williams**, children; **Sister Geraldine Benjamin**, sister, and **Dr. Cheryl Jordan-Sayles**, niece, mourn their beloved relative and faithful Zion member, **Brother Rudolph Everett Ford, Sr.**
- ◆ **Sister Felicia Opie** mourns her cousin, *Brother Lawrence Anderson*.
- ◆ **Sister Ernestine Taylor** mourns her sister, *Sister Katherine Otey*.
- ◆ **Deacon John Ross (Sister Rita)** mourns his uncle and faithful Zion member, **Brother Warner Hutchinson**.
- ◆ **Sister Ella Gatewood**, wife, **Brother Trey Gatewood** and **Brother Tyrone Gatewood**, sons, **Brother Harvey** and **Sister Goldie Johnson**, father/mother-in-law, and **Sister Harriet Johnson**, sister-in-law, mourn their loved one, *Brother Linwood Gatewood*.
- ◆ **Sister Rosalyn Scott** mourns her brother, *Brother Ronzelle McDuffy*.
- ◆ **Deaconess Helen Day** and **Brother Maurice Black (Sister Sonya)** mourn her uncle and his brother, *Brother Vernon Black*.
- ◆ **Sister Barbara Garrett** and the Zion family mourn her mother, *Sister Naomi Hunter*.
- ◆ **Brother Bernard Robinson (Sister Shirley)** mourns his son, *Brother Everett Robinson*.
- ◆ **Brother Ronnie Martin, Sr. (Sister Valerie)**, and **Brother Ronnie Martin, Jr.** and **Sister Tiara Martin** mourn his mother and their grandmother, *Sister Mary Martin*.
- ◆ **Sister Shirley Holmes** mourns her brother, *Brother Roy Lowery*.
- ◆ **Sister Franchesa DeLisser** and **Sister Danita Delisser** mourn her father/grandfather, *Brother Junious "John" Oulds*.
- ◆ **Sister Valerie Gleaton Thomas (Brother Glen)** mourns her uncle and aunt, *Brother Dwight Gleaton* and *Sister Naomi Teasley*.
- ◆ **Sister Arleta Chopfield** and **Sister Wallisha Chopfield** mourn her brother/uncle *Brother Robert Chopfield*.
- ◆ **Sister Michelle Gray-Thomas** mourns her aunt, *Sister Nadine Peeples*.
- ◆ **Deaconess Ola R. Luck** and **Sister Sally L. Collins** mourn their sister, *Sister Carol L. Boone*.
- ◆ **Brother Greg White (Sister Cassandra)**, **Brother Douglas White** and several other **Zion members** mourn their sister, relative and faithful Zion member, **Sister Gloria W. Shaw**.
- ◆ **Sister Barbara Johnson** and **Sister Karen Allen** mourn her brother/cousin, *Brother William Lewis*.
- ◆ **Sister Virginia Bowman**, **Sister Glenda Hale-Williams** (great nieces) and **Sister Brenda B. Finney** and **Sister Patricia Bowman-Carter** mourn their loved one, *Sister Georgetta Fenner*.
- ◆ **Brother Walter Robinson (Sister Audrey)**, brother, **Sister Tammy Johnson**, daughter/niece, and **Sister Neisha Robinson**, niece, mourn their relatives, *Brother Harry Robinson* and *Sister Margaret Robinson-Bradby*.
- ◆ **Sister Gloria Cunningham** mourns her mother-in-law, *Sister Elizabeth Moon* and cousin, *Sister Sylvia Ellis-Derricott*.
- ◆ **Deaconess Mary Hatcher (Deacon Richard)**, **Sister Dannetta H. White** and her children, **Sister Faith White** and **Brother Justin White** mourn her brother-in-law and their uncle, *Brother John Mason*.
- ◆ **Sister Monica Barnette** and **Sister Kamesha Barnette** mourn their grandmother, *Sister Mary Barnette*.





Scouting At RMZBC

By Cheryl Thurston



It was a great season for the Rising Mount Zion Cub Pack and Boy Scout Troop 525!

- The Cub Scouts completed Scouting Anniversary month, February, with their Blue and Gold Banquet. During the banquet Arrow of Light Scout, **Corbin Matthews**, crossed-over to our Boy Scout Troop 525.
- The District Pinewood Derby was held in March at Fairfield Presbyterian Church in Mechanicsville and our own Tiger Cub Scout, **Preston Jordan**, was grand winner of the race. *Congratulations Preston!*
- The Cub Pack has been busy learning the *Scout Law*, *Scout Oath* and *Outdoor Code*. These are life teaching elements they will carry throughout a lifetime. In the month of June, our Carnival was held to wrap up the season before moving up to the next rank. The cubs enjoyed playing games and afterwards enjoyed eating pizza.
- Graduation was a grand celebration! Not only did the cubs receive *Adventure Loops* they had been working on, they also received *Cyber Chip*, *Whittling Chip*, *World Conservation*, and *Healthy Living patches* and *Perfect Attendance Certificates*. Additionally, they crossed-over to their new rank and den. The parents prepared grand receptions for them afterwards.
- Two cubs, **Marcus Collins** and **Stephen Cobb**, along with their moms, went to Cub Adventure Camp for the weekend session. This was their first-time camping. They reported that they had a wonderful time and met new people.

The Boy Scouts year has been filled with *Eagle Scout Service Projects*.

- Life Scout, **Justin Chambers**, is completing his service project with the Red Cross/Veterans hospitals. Justin led his fellow Scouts in filling 75 bags with personal items. He is waiting on a date for distribution to the veterans at the hospital.
- Life Scout, **Melique Manning**, thanks the Zion family for their contributions to his Eagle Scout Project. "Emergency Preparedness". The Scouts prepared 26 kits. On July 13 Melique held an informational seminar with guest speaker Mr. Anthony McLean, Coordinator for Office Emergency Services - City of Richmond, VA. Mr. McLean brought 50 partial supplemental kits donated from Emergency Services - City of Richmond, as handouts and talked about the importance of being prepared. Afterwards each household in attendance received a starter Emergency Preparedness kit with items donated by the Zion family. Also the partial kits and three Weather Radios were given out. Forty-six people attended the seminar. Melique is waiting for his District Eagle Review.
- Only five Scouts went to Summer Camp this year, but boy, did they shine! The Troop received Honor Patrol 🏆 and Honor Troop. 
- Hiking, camping and other activities such as Jumpology, bowling, going to Yorktown Beach filled their year.

The season wrapped up with our annual Joint Scout Cookout on RMZ grounds. Everyone enjoyed games, great food and mingling with parents and family members. An Arrow of Light Scout crossed over to our Boy Scout Troop 525. The Pack held its Regatta Boat Race. Although all the boys who participated were celebrated, the top three winners were **Derrick Brown** 1st place, **Admad Cotton** 2nd place and **Dyree Toney** 3rd place.



Congratulations to **Den Leader Cheryl Thurston** on receiving the *Silver Beaver Award for 2018*.



Although our new season begins in September, the RMZ Scouting Program has year-round registration - boys in the Pack - kindergarten age to fifth grade/ 10 years; Boy Scouts from 11years/sixth grade to 17years old. Please contact the church administration office by calling 804-643-0715, Cubmaster Harold Sayles, or Scoutmaster Frank Thurston, Sr. 804-339-5566 COME JOIN US!



Girl Scout Troop 801 Takes Over NYC

By Deaconess Carol Stovall-Johnson & Michelle Shipman

Girl Scout Troop 801 members and leaders arrived Friday, June 21, at the Doubletree Hotel by Hilton. The girls were excited and ready to take on the city that never sleeps, New York City! They set forth on a journey they will remember and cherish forever. Their hotel, located in the heart of Times Square, is where they set off their adventure. Traveling up and down Seventh Avenue and 42nd Street, the Garment District, to Chinatown was just the beginning. The girls stopped by Macy's Herald Square, an iconic department store, amongst the largest, in the United States. Imagine all those handbags and shoes. Their visit to the Empire State Building was another highlight of the tour. The 86th floor open-air Observatory was unforgettable. Eighty-six stories high, the girls enjoyed a panoramic view of New York City and beyond, from 34th Street Madison Square Gardens, home of the NY "Knicks" and "Rangers", to our United Nations Building, where flags were down, signaling, meetings were not in attendance.

Needless to say, the girls did it all, enjoying every moment of their stay.

- ◆ They observed lifestyles of the rich and famous and saw million-dollar apartments from the East Side Drive to the Firms on Wall Street, Money, Money, Money!
- ◆ The girls took a quick cruise on the Hudson River to Ellis Island for a visit with Lady Liberty, the Statue of Liberty. It was astounding to see her and reflect on all she represents.
- ◆ Have you ever seen a funambulist walk a tightrope 25 stories above ground? Our girls did! The famous Flying Wallendas family traversed a cable that was just 3/4 inches thick and located between skyscrapers, at a death-defying 25 stories above ground, where the ball drops at the arrival of the New Year.
- ◆ The girls shopped at the American Girl Store and the largest toy store in NYC, FAO Schwarz.
- ◆ Believe it or not, their visit to Ripley's on 42nd Street was unbelievable!
 - ◆ Dinner at Junior's was fun and dinner at Sylvia's in Harlem was fabulous. Our girl scouts were embraced by the people of Harlem. They were ecstatic to see the girls in uniform. One Harlemer was so impressed that she donated forty dollars toward the cost of our scouts' meals.
- ◆ You can't go to 125th Street without stopping by the Apollo Theater. Oh yes, they went there too! Apollo was preparing for the Lady Gaga debut.
- ◆ Before leaving NYC, Troop 801 toured the World Trade Center, Ground Zero. It is now, the National September 11 Memorial and Museum, commemorating the September 11, 2001 attacks which killed 2,977 people, and the 1993 World Trade Center bombing that killed six. Troop 801 members and leaders offered prayer for the fallen and their families.



Our scouts were wonderful during their visit to NYC, a city that greeted them with smiling faces, and of course, the infamous question, **"Did you bring us cookies?"**

Girl Scout Troop 801 is looking to add to our family; if you are or know a girl that would be interested or an adult who would like to help lead our troop, please contact or text Sister Tiffany Lewis or Deaconess Stovall at 804 615-1405 or the church office at 804 643-0715.



The *RESOURCE* Page...Why **YOU** Should 

First and foremost, **VOTING** is a privileged expression or method of an individual's or group's choice to make a decision for or against some motion, ballot question, candidate or political party. The Voting Rights Act of 1965 guarantees the right to vote to all, including African-American citizens. This legislative act prevented states from enforcing discriminatory tactics aimed at preventing African-American citizens and all other people that emigrate to the United States fair opportunities to participate in the voting process.


Why You Should *Vote* **in EVERY Election**

- This is a privilege of our democracy and an honor to our forefathers, parents and grandparents who fought, struggled and died to preserve civil rights and freedom.
- It is a sacred responsibility to have your silent voice heard.
- You need to understand the issues in your area and what the candidate offers so that you can make an intelligent decision by voting with a sound mind.
- It's a way to set a good example for future generations.
- Each voter can promote a change to make a positive difference in a life or situation.
- This is a chance to influence the government that affects you.
- You vote to send a message that you are interested in what's going on in your area, state and country.
- This is a privilege that people in other parts of the world would love to have.
- As a participant, you don't allow others to totally make decisions that affect you.
- You don't allow a few voters to decide the fate of your municipality.
- Even if the issue and/or candidate you vote for doesn't win, you have still allowed your voice to speak.
- The wrong people elected might represent you and your municipality in a way you don't want to be represented.
- Voting is our society's great equalizer.
- You vote to honor those in our military who sacrifice their personal well-being in the name of our safety and security.
- If you don't vote, don't complain later.

The **RESOURCE** Page...

Voter Registration

You can **register** to vote **year-round** except during...

1. the **22** days prior to a General or Primary Election
2. **13** days prior to a Special Election
3. **7** days prior to election called by the Governor

Your **REGISTRATION** to vote may be done:

- ~ **ONLINE** - in person or by mail at government offices and local DMV office locations;
- ~ **NORMAL** – in person during business hours at Government Offices of Election;
- ~ **ABSENTEE BALLOT** – in person or online.

ELECTION DAY – NOVEMBER 5, 2019. Election Day is the **first Tuesday after the first Monday in November.**

You are **eligible to vote** if you are:

- A citizen of the United States
- At least 18 years of age by the next election
- A resident of Virginia and not registered or plan to register in another state
- Voter rights **restored** if convicted of a felony and have had capacity **restored** by court order **if declared** mentally incompetent.
- Virginia is an open Primary State which means that any registered voter in Virginia can vote in either a Democratic or Republican Primary. However, if both parties are holding a primary election, you will be asked which party. You can only vote in one primary.
- A notice of a change of name or address must include a signature to be valid. Changes must be made at a government office or a DMV location. You may send a letter detailing changes to your local registrar. Complete and mail the form on the back of your current voter card to Virginia Department of Elections

be the **VOICE**, not the **ECHO**...

REGISTER & VOTE!!!



2019 Youth Recognition Program

by Kimberly Robinson

As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving. Colossians 2:6-7 NKJV

The Youth Recognition Committee worked hard to plan a program recognizing the educational accomplishments of children, youth and young adults of Rising Mount Zion Baptist Church. On July 28, the program, using the theme, *Rooted, Built Up, Established and Abounding*, was presented to all in attendance during the 11:15 worship service. The Youth served as ushers; the Children and Teen Praise Ministries provided worship through dance, and Youth and Young Adult Choir filled the choir loft for worship through song. Also, *Shaquez Cosby* completed application for church membership during the Invitation to Discipleship period; and *Tyrell Howard, Jr.* made his intent known the following Sunday!

In addition to a pictorial presentation, each student's church ministry participation, community involvement, athletic awards, and educational achievements were listed in the bulletin. Our high school graduates had breakfast with Pastor Cooper during which they received spiritual guidance and encouragement. Two of our 2018 graduates, Javon Sayles and Zaya Anderson, also shared insightful information about living on campus, establishing good study habits, and prioritizing extra-curricular activities. In conclusion as each graduate's name was called, they walked to the front of the sanctuary draped in their high school graduation attire, received a college survival kit and other useful gifts. Before the Benediction, Pastor Cooper invited to the altar all children and youth present in the sanctuary and offered a community prayer soliciting God's guidance for their continued success.

CLASS OF 2019

* Indicates the Rodney Downey Scholarship recipients

Tiarra Banks		Varina High		James Madison University
Shaquez Cosby		Highland Springs High		Chowan University
*Jaron Dandridge, Jr.		Highland Springs High		Howard University
*Linwood Faulk III		Highland Springs High		Richard Bland College of William & Mary
Tyrell Howard, Jr.		Cosby High		Old Dominion University
Kendall Jones		Highland Springs High		Shenandoah University
*Andru Manning		Huguenot High		J. Sargeant Reynolds Community College
Clarence Reeders, Jr.		New Kent High		Christopher Newport University
Amber Townes		Varina High		Virginia Commonwealth University

OTHER ACHIEVEMENTS IN THE CLASS OF 2019

Benita Anderson	Diploma		Dream Academy
Raven Giles	Bachelor of Science		UNC Greensboro
Jasmine James	Associate Degree in Applied Science		Richard Bland College of William & Mary

CONGRATULATIONS TO ALL ACHIEVERS!

Vacation Bible School @ Zion

By Jaimie Robinson



The LORD is good, a refuge in times of trouble. Nahum 1:7NIV

The theme: *Roar! When Life is Wild, God is Good!*

The Rising Mount Zion Baptist Church Vacation Bible School was held July 29 through August 1 with a different twist. Being considerate of the Vacation Bible School clientele--working individuals and parents with children, a delicious meal was provided in the church fellowship hall each evening for all participants before the mass meeting was called to order. Following dinner, everyone assembled in the older sanctuary for the mass meeting during which greetings and the devotional period took place and this year's theme repeated. Afterwards participants were dispersed according to age to attend breakout sessions staffed by volunteer teachers. During the breakout sessions, the children and teens engaged in study and discussion activities relating to the theme, participated in arts and crafts, and closed each evening with a group activity. To further emphasize the goodness of the Lord, the adult classes participated in discussions relating to *Fear, Strength, Friendship, Faith, Spiritual Gifts* and *Talents*, defined each topic, as well as differentiated between "Spiritual Gifts and Talents", shared and discussed related scriptural texts such as *Ruth 1:1-22; Judges 6:1-16; Judges 7:1-24*, etc. and did role playing. Some poignant facts to be remembered are the following:

- FEAR is to be afraid of things/people that may harm you. However, God says, "Fear not". It is the world, not God, that teaches us to be fearful.
- When we are weak God is STRONG!
- Our FAITH in God and His love should always be present in all healthy FRIENDSHIPS and/or RELATIONSHIPS.
- SPIRITUAL GIFTS are given to us by the Holy Spirit; TALENTS are learned. The spiritual gifts may become dormant but you never lose them. However, if you aren't working within your spiritual gifts, you are not being effective. Some spiritual gifts are: *praying for others, caring and sharing, compassion, love, serving and encouraging*. Some examples of talents are *writing, speaking, cooking, dancing, etc.* Some spiritual gifts and talents may overlap.
- Being a Christian is a daily struggle.

In today's world, where chaos and instability abound, this year's theme and the practical discussions proved particularly relevant. The purpose of RMZ Vacation Bible School was intended to be effective in challenging the participants to understand that Jesus is forever present with us, even when life is scary, frustrating, unfair and uncertain. Throughout the week the lessons revealed explicit examples of Jesus' miracles and resurrection, and biblical characters such as the Nazarenes, the Israelites, Sampson and John the Baptist.

VBS week concluded in a mass gathering of more than 80 participants during which each class showcased what they learned through the presentation of dramatic interpretation, singing, music, and dancing. It is hoped that RMZ VBS provided a great opportunity for each participant to learn, apply the Word of God in his daily living, and build a more loving relationship with family, friends, and members of the church and the community. It is evident that the week was truly a success, and the committee members and volunteers sincerely thank all those who supported and helped us to continue to grow and make each effort better than the last! ALL GLORY TO GOD FOR THE GREAT THINGS HE HAS DONE; IS DOING AND SHALL DO!



SPOTLIGHT on.....

Doris A. Hodges Batts

By Christil Blowe-Cates



Doris A. Hodges was born on August 3, 1946 in Richmond, Virginia to Rosalee and Fleetwood Hodges. She was the youngest girl of six children. After her birth her family relocated to Darlington, SC. Shortly thereafter the passing of her father, her mother relocated to Greensboro, NC where Doris studied in the North Carolina Public School System. After the passing of her mother, at age 12 she relocated to Richmond to live with her oldest sister. She continued her secondary education at Maggie L. Walker High School; however did not graduate. In 1960, Ms. Batts, joined the Second Baptist Church under the pastorate of Reverend Odie Brown. It is there that she confessed Christ as her Savior, was baptized and her Christian journey was sealed. She married Jodie Blowe, Jr. from Emporia, Virginia in 1963. From

this union were born four children, Christil, Monica, Jodie Lamont, and Demetrius. She was employed at Baughman Printing Company in 1969. After working in printing and production she continued her education at Virginia Randolph Educational Center in 1973 receiving her GED. In 1977, she moved to Henrico County and later joined Trinity Baptist Church under the pastorate of Reverend A. Lincoln James, Jr.

With much encouragement, she continued her education, taking night classes at J. Sergeant Reynolds Community College, from where she graduated in May, 1999 earning an Associate Degree in Office Systems Technology. She continued her studies at Saint Paul's College earning a Bachelor's Degree in Business Management in May 2000. Additionally, she attended Virginia Commonwealth University, Grace E. Harris Leadership Institute, in 2003. As a result of her call into the ministry she began studies at Virginia Union University, the Samuel Dewitt School of Theology, where she earned a Master's of Divinity Degree in May 2010.



After remarrying, Mrs. Batts joined the Holy Rosary Catholic Church where she served as a Eucharistic Minister, worked with the youth ministry, sang in several choirs, served on the Justice and Peace and the Richmond Involved in Strengthening Communities (RISC) Committees, and coordinated an Intercessory Prayer Ministry.

In 2007 Ms. Batts was led to Rising Mt. Zion Baptist Church, where she has fully dedicated her life to the service of God. At Zion she is an Associate Minister, working closely assisting her Pastor, Dr. Roscoe D. Cooper III, regularly attends church worship services, and is an active member of the Zion church school, the Spratley Allen Missionary Circle and the Seniors of Zion Ministries. Readily she serves diligently as an Adult Bible study teacher on Tuesday mornings and as an assistant church school teacher.

Rev. Batts is a retiree of the Henrico County Capital Area Training Consortium. She is a very loving and caring mother of four children, grandmother of six, and great grandmother of seven. In her calling, Rev. Batts intends to share the Good News of the Gospel empowering others in the ways of God's love, forgiveness and salvific power through Jesus Christ.

Rev. Batts' faithful walk with the Lord is one of steadfastness and perseverance. There is no doubt in her mind that God has brought her thus far by the goodness of His grace and His mercy. Her favorite scripture is Proverbs 3:5-6 NIV: *Trust in the Lord with all your heart and lean not to your own understanding, in all your ways acknowledge Him and He shall direct your paths.*

Congratulations to **REV. DORIS A. HODGES BATTIS** for having been chosen the spotlight person of the quarter in The Rising Mount Zion VOICE Newsletter.



By Dr. Cheryl Jordan-Sayles



“MY VOICE IS HOARSE”

Laryngitis is an inflammation of the voice box and vocal cords (larynx) that causes your voice to become raspy or hoarse. It can be short-lived or long-lasting. Most of the time, laryngitis comes on quickly and can last as long as 2 weeks. It can usually come on after an upper respiratory infection. It can also be caused by overuse of the voice such as singing or excessive talking or yelling, or irritation from irritants such as smoking or allergies or infection of the vocal cords inside the larynx. Stomach acid that backs up into the throat also can make you lose your voice.

Resting your voice and taking other steps at home can help you get your voice back.

How can you care for yourself at home?

- If your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.
- Cough and cold medicines can help to treat the inflammation associated with laryngitis. If antibiotics are prescribed, be sure to complete the full course of the medication to treat the infection.
- Try to keep stomach acid from backing up into your throat by avoiding eating just before bedtime. Reduce the amount of coffee and alcohol you drink. Taking an over-the-counter acid reducer can help also with the acid reflux that causes the irritation of the vocal cord area causing the laryngitis.
- Rest your voice. This does not mean that you cannot talk but use your voice as little as possible. Speak softly but do not whisper. Whispering can put even more strain on your larynx more than speaking softly. Avoid talking on the telephone or trying to speak loudly.
- Don't try to clear your throat. This could actually cause more irritation to the throat and vocal cords.
- Do not smoke or allow others to smoke around you.
- Use a humidifier or vaporizer to add moisture to the air especially in the bedroom area at night while sleeping. Humidity helps to thin the mucus in the nasal membranes that causes stuffiness or postnasal drip which can irritate the vocal cords.
- Use saline (saltwater) nasal spray or nasal washes to help keep your nasal passages open and wash out mucus and bacteria.
- Moisten the throat by sucking on lozenges or gargling with salt water.
- Avoid taking decongestants as they can dry out your throat making it more irritating to the vocal cords and larynx.

Laryngitis and hoarseness are usually not serious conditions. If the hoarseness does not improve after 2 weeks OR if the hoarseness starts to re-occur frequently, then referral to an Ear, Nose and Throat specialist is needed for further evaluation.



MELISSA ALLEN	ANDRE ANDERSON	BARKAR BEY	LONDYN BLIZZARD
SVONDA BROWN	ERICA BUTLER	FERAUD BUTLER SR	FERAUD BUTLER JR
KALIA CORPREW	SHAQUEZ COSBY	CAROL CRAWLEY	ANGEL GADSON
RODNEY GRANT	DARRYL GREEN	JESSICA HARRIS	KALAYA HASKELL
TRACELIA JETER	LISA JONES	JACENETTE MCCLARY	JANIYAH MCCLARY
SANAA MOORE	MARONA MORRIS	MARION PATE	BUSTER PEOPLES
JAIPEN PHEMPEN	OLIVIA POWELL	WARREN REID	LAKAIA SHELTON
DEXTER TAYLOR	VINCENT TIPTON	KAVON WINSTON, JR.	TYDREMA WINSTON

*God births in every child born EVERYTHING he needs to succeed!
Therefore, no one owes you anything, **YOU owe yourself!***

As a **STUDENT**, know your **JOB!**

- ◆ Nurture the “success” seed that God has planted within you.
- ◆ Develop a plan for your future.
- ◆ Be determined to be the best student you can be.
- ◆ Know that everyone does not need to go to college, but everyone does need to have a skill/trade in order to be competitive in the workforce, plan to go into the military, and/or attend college. Whatever your direction, plan for it.
- ◆ Go to bed early enough so that you can awaken alert, energetic and ready for the challenges of the day.
- ◆ Make a habit of getting up early! It is often said that the early bird gets the worm. That’s to say if you get up early, you don’t have to settle for leftovers.
- ◆ Take care of your daily hygienic needs! Cleanliness is next to godliness.
- ◆ Choose to eat more healthily by eliminating a lot of “junk” food.
- ◆ Lay your clothes out at night that you plan to wear the next day. Dress appropriately for the occasion. Clothes don’t have to be the most expensive, just clean and neat.
- ◆ Leave home early enough so you don’t have to rush to be on time to board the bus or arrive at school.
- ◆ Prepare for class by taking the right tools (notebook, paper, pencil, pen, etc.) and by having the right attitude.
- ◆ Respect adults, peers and yourself.
- ◆ Pay attention/listen, ask relevant questions, participate, and seek help when necessary.
- ◆ Obey the regulations/rules of the learning institution/school and classroom.
- ◆ Do not encourage or participate in any disruptive behavior.
- ◆ Have an uninterrupted study period.
- ◆ Learn to read! Being able to read improves test scores, vocabulary and communication.
- ◆ Turn off the TV, cell phone and other technological devices when in class and/or studying.
- ◆ Learn to friendly compete academically just like a good athlete does physically.
- ◆ Never settle for less than your best.
- ◆ Offer help to a fellow student who may not understand a procedure as well as you do.
- ◆ Set a good example for others.
- ◆ Evaluate your day/activities daily, making sure you are well pleased with your words, actions, and deeds.
- ◆ Seek to always improve.

EDUCATORS, your job is to:

- ◆ Make your expectations clear to all.
- ◆ Insist that students obey the rules.
- ◆ Be patient, fair and consistent in dealing with all students.
- ◆ Give respect and demand respect.
- ◆ Be a role model.
- ◆ Remember always that you are the adult in the room.
- ◆ Strategize classroom plans to benefit all students.
- ◆ Adopt the attitude that ALL students can learn.
- ◆ Prepare students for the next educational level.
- ◆ Offer additional help to students whom you deem need it.
- ◆ Keep the lines of communication approachable.

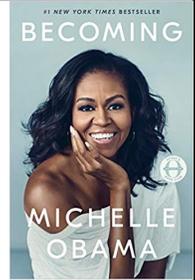
**EDUCATORS, PARENTS and STUDENTS working together
to create an educational system of which ALL can be proud!!!**

BOOK REVIEW

BECOMING

By Michelle Obama

Overview by Sheila Cunningham Price



Michelle Robinson Obama was born and reared in the South Shore neighborhood of Chicago. She was the youngest child of two to Marion and Fraser Robinson III. Her father was a hard working man who became afflicted by Multiple Sclerosis. He was a loving, dedicated family man, who worked earnestly tending boilers for the city of Chicago for more than twenty years, in spite of his illness, to support his family. Her mother was a stay-at-home mom for some time, although she would later accept work as an Executive Assistant when her children were older. Michelle's brother, Craig, has been (and still is) an instrumental big brother throughout her life.

Michelle was an intelligent, serious and deliberate student. Although her family was not particularly of means, Michelle and Craig were challenged to excel in their endeavors. Both were successful in doing so. Craig would emerge as a stellar basketball star who would matriculate to the esteemed Princeton University. It would prove to be Michelle's choice to attend there a couple of years later. She would pursue a law degree from Harvard Law School. She worked as an associate attorney and eventually became the mentor of a law student named Barack Obama. This is where their story began. They would one day become the formidable "us" team.

As a girl from the south side of Chicago, Michelle admits to questioning herself on whether she was good enough in some early life experiences. Always in her brother's footsteps as Craig's little sister, there were times when she had to convince herself that she was smart enough, capable enough to compete in the arenas she found herself in. She would prove herself to be quite enough, particularly as the beloved First lady of the United States.

Michelle would come to realize that practicing law was not her true passion. She sought other opportunities and ended up working as a successful hospital Administrator prior to her most prominent aforementioned role.

Michelle and Barack were unlikely suitors from the start. She was driven, motivated and meticulous; him, not so much. Barack was more laid back, easy going with a big mind, which was like a sponge. He had a self-possessed charisma embodying dreams of hope and tolerance. With time, she was drawn to this extraordinary man whom she later married and by whom she bore two beautiful daughters.

Michelle was a reluctant political wife. She was a career woman with a devotion to her family and the life of a politician would prove to be daunting. It was not what she would have chosen. However, there would come a time when she recognized she and their girls would have to share Barack with the world. Her husband was a political rock star and she was an invisible part of the stardom initially. Following his noteworthy 2004 DNC address and his bestselling book

Dreams of My Father and later **The Audacity of Hope**, Barack's trajectory was about to change. Their priorities and lifestyle would become hacked with his ambitions and the world wind his stardom brought. Michelle had fallen in love with a man with a vision. The drum beat had begun.

Following other local and later the Senate campaigns, she grudgingly said yes to his presidential run. She believed in her husband and trusted that he would be a good president who could help make life better for others. She supported him with half-hearted hope that he wouldn't make it all the way. She didn't really think he would win.

Fortunately (or perhaps not if you're Michelle), Barack would wage a fierce grassroots campaign that would stop the "Clinton Machine" in its tracks. He would win the democratic nomination and go on to become the first African American president. He would inherit the worst economy imaginable from his predecessor. Our country was on the brink of financial disaster. This brilliant man to whom she is married would fight hard to deliver us from that catastrophe. He and his First Lady would make the supporters especially proud and the naysayers extremely belligerent as they sought to make Obama a lame duck president. Michelle and Barack knew that the world was watching and they felt the pressure to not make missteps. They emerged from the White House relatively unscathed. Their girls grew into remarkable young women, largely due to the credit of the First Lady, the Mom-in-Chief, who was determined to give them the most normal life possible given the circumstances surrounding them. Michelle's own mother played a pivotal role in keeping the family grounded during the White House years. Michelle would prove to herself and to the world that she is indeed enough. She was a well loved, respected and successful First Lady. She embraced her role in an outstanding way, against numerous challenges.

Self-described as an ordinary person in an extraordinary position, Michelle has triumphed through an amazing journey with tremendous dignity and grace. Her humility is heartwarming and refreshing. Her power was in allowing herself to be known, to be heard and owning her story. Her strength becomes evident in her willingness to know and to hear others. For her, it is how you become. It is how she became.

Suggested Reading

**"The Time Is NOW:
A Call to Uncommon Courage"**
By
Joan Chittister



**THE
TIME
IS
NOW**
JOAN CHITTISTER

Activity Page



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Check TRUE or FALSE for each statement			
	TRUE	FALSE	
1			No driver should go around a stopped school bus with its red lights flashing and its stop sign out unless he's traveling in the opposite direction on a divided highway with the traffic lanes separated by a median strip.
2			All students should pay attention to moving traffic before crossing the street or road to board the school bus.
3			Parents want their children to lean out the open school bus window to wave bye-bye to them.
4			Students should eat a wholesome, nutritious breakfast every morning at home or at school.
5			It is okay for students to engage in horseplay on the school bus.
6			Everyone should wash his hands with soap or cleanse them with liquid sanitizer after using the restroom and/or before eating.
7			In order to develop well, children need at least eight hours of rest.



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"My math teacher told me I'm doing a lot better understanding my addition and distraction!"



Back To School!

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

BEFORE YOU SPEAK
T. H. I. N. K.

T IS IT **TRUE?**
H IS IT **HELPFUL?**
I IS IT **INSPIRING?**
N IS IT **NECESSARY?**
K IS IT **KIND?**



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"Billy says he doesn't hafta go to church anymore 'cause his phone has an app for that!"

ARITHMETIC	BOOKS	CRAYONS
DESK	ERASERS	GEOGRAPHY
GLUE	HISTORY	LANGUAGE
LITERATURE	NOTEBOOK	PAPER
PENCILS	PHYSICAL EDUCATION	READING
RULER	SCIENCE	SPELLING
TEACHER	WRITING	