

The Rising Mount Zion Voice

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Children's Church is Growing

By Kimberly Robinson

Under direction and leadership of our Pastor, Dr. Roscoe D. Cooper III, the Christian Education Ministry began a new endeavor, Children's Church. It is designed to provide opportunities for children ages 3-12 to learn about the Word of God and experience and become accustomed to the structure and culture of a regular worship service. In Children's Church, registration begins at 10:50 a.m., ensuring all children and youth in attendance are properly counted for security purposes. During this process, the children are given a button or sticker to determine the age group. After registration, the children are escorted to the fellowship hall where a healthy snack is provided and a biblically based short video is shown. Promptly at 11:15, the entire group heads to the old sanctuary where the service begins with the Call to Worship, after which the Invocation and Prayer are offered with emphasis on the children learning The Lord's Prayer. Following a brief introduction of the day's lesson taken from the Urban Ministries curriculum, the youth are divided by age and dispersed to various locations in the church where the lesson and activity portion of Children's Church take place. Activities include arts and crafts, games, and skits related to the lesson theme. At the

(Continued on page 2)

The best way to have
the last word is to
apologize.

If you have been trapped by
what you said, ensnared by
the words of your mouth,
then do this my son, to free
yourself, since you have
fallen into your neighbor's
hands: Go and humble
yourself; press your plea
with your neighbor!

Proverbs
6:2,3
(NIV)

(Continued from page 1)

conclusion of the lesson and activity portion, everyone reconvenes in the old sanctuary for presentations by each age group and the Invitation to Discipleship extended. At this time, leaders explain the significance and importance of joining the Rising Mount Zion church family as a member and along with the child, inform the parents of this crucial decision to be made. As a result, several young people are taking the necessary steps to join church, complete new-member class requirements, be baptized, and ultimately receive the Right Hand of Fellowship, becoming a bonafide member of the church family. The older youth leads the offertory and gives the Benediction. Our aim is to complete our service simultaneously with the main worship service. However, in the event there is spare time, it is filled with songs of praise and worship.

As with all new/novel ministries, the Children's Church which meets every 1st and 3rd Sunday needs and is soliciting additional volunteers who are willing to serve in this capacity, helping to grow and develop our children into good servants and leaders of the church and society! The ministry meets in the multi-purpose room every 4th Thursday at 6:30 p.m. to plan and develop lessons and strategies to improve the ministry. The only requirement is to have a sincere desire to use your talents to work toward the mission: *To share 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 challenge their growth through serving others and honoring God.*



From the Pastor's Desk...



Dear Zion Family!

I count it all joy to greet you, my church 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. This summer has been a season filled with an abundance of welcomed and unwelcomed challenges and events that no doubt, will come as long as life exists. It is a certainty that we cannot escape or elude our past and past struggles which can sometimes leave us with a limp. But GOD---through it all has blessed us daily with His presence, grace and mercy, kept us in His safety, and given us hope, peace, strength and empowerment to face our tomorrows. With faith in God we must continue our life's journey, believing that He will deliver and enable us to endure every situation that inhabits, frustrates and tests our being. Therefore, we 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 lift us up, and the availability of an uninterrupted direct prayer line. Zion, I tell you, "He is all we need!" The God we serve will provide a shield of protection from the anxieties and attacks of the world, and the arsenal accusations of the enemy. At all times, in every circumstance, bless the Lord, knowing that prayer should be our first response to any predicament and focus on the right standing with God so that our inner fortitude is constantly being strengthened. We are all disciples of God who have been redeemed by the precious blood of Jesus, given forgiveness of sins, commanded to love, and daily blessed by fresh grace and new mercies! Therefore, let us offer Him new praise, glorification and obedience to His Word that together, we are assured that they weave life on earth into a more meaningful and structured whole, the benefit of which is to allow us to live as a peaceful, healthy community under God. In other words, we must simplify our thought process, avoid being distracted by lesser things, and stay focused on what should matter most---our Savior Jesus Christ! Let us remember Paul's advice to the Philippians, "Forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus". Additionally, we must consistently pray, study the Word of God, set good example, be humble and unleash our faith so that others may see God in our talk and our walk.

Going forward, our children have already begun and/or returned to their studies, while others are entering into various venues of life, all embarking on new educational, social and personal challenges. As parents and adults, we know that often times, their peers, societal opportunities and temptations have a direct impact on their decisions and choices. We are mindful that in addition to their educational knowledge and skills, our spiritual and moral values, examples, support and encouragement are essential ingredients to help them develop into their full potential. I believe no child is too young to be taught God's Way. Why not give them a solid foundation by making sure that one of their books is a Bible and enrolling them in the RMZ Children's Church where they are taught about the goodness of the Lord and the value of prayer, as well as the ability to resist worldly things and make sound choices. We do know that youth, teens, adults, people who make a difference for Christ guard what they say, avoid negative talk, and speak words that honor God. They practice discretion in their behavior, put their faith into action, and set the bar for others. *1 Timothy 4:12 reads: Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity (NIV).*

Zion, in brief, there is no greater encouragement for our journey than its reminder of God's merciful kindness—His covenant love---is great toward us! If we depend on Him for everything, we can endure anything! Praise the Lord and know that "Christ, the Rock, is all we need!"

Be Blessed...

Pastor C. J.

Spratley Allen Missionary Circle

By Sister Valorie McBee

“O Lord, hear my prayer, listen to my cry for mercy.” Psalm 143:1

The Baptist General Convention 116th Annual Session and Congress of Christian Education was held on June 28 – July 2, at the Hilton Alexandria Mark Center in Alexandria, VA. Rising Mt. Zion was well represented at the convention on Tuesday, June 30 which was Women’s Day with sixteen excited Spratley Allen Missionaries. Our own Deacon Renita Thornton was our representative for the week. What a blessed event! The theme for this year’s session was “Reimaging, Reinventing, Reinvesting in Our Future by the Grace of the Cross, the Church, and the Community”. Participants were empowered through prayer, praise and worship, fellowship, teaching and learning.

“Going and Growing Deeper in Prayer” was a phenomenal class facilitated by the Rev. Dr. Penni Sweetenburg-Lee, CEO of Triple “P” Enterprises. Dr. Sweetenburg-Lee placed great emphasis on the following:

1. There are a number of ways of defining prayer, notably:

- A lifting of our soul to God (Psalm 25:1, 143:8)
- A pouring out of our heart to God (Psalm 62:8)
- A crying out to God (Psalm 86:3)
- Coming before the throne of grace (Psalm 84:1-2)
- Communion and communication – an effort of man to reach God – drawing closer to God in friendship, fellowship and trust - straight talk with God
- Spiritual sacrifice and the fruit of our lips (Hebrews 13:15)
- The most powerful force accessible to man
- Contemplation or meditation, but in direct access to God
- A beseeching of the Lord (Exodus 38:11)

2. There are methods and manners of prayer such as oral or mental, formal and kneeling, standing or bowing. Types of prayer include secret, social, family, or public. Prayer is a belief in God and His ability as we trust and remain faithful. The belief that prayer can change “me” and “I” can change “things”, gives us a new perspective. Prayer brings us closer to God, with divine help and keeps us from being selfish. Prayer gives us strength, offers hope, relieves stress, and gives us a better understanding of self. And when we are in ministry and service, God will take care of us.

It was stressed that we should examine our prayer life – go deeper in prayer by ACTS –

Acknowledging, adoring, or admiring God for who He is

Confessing our faults and asking for forgiveness

Thanking God for his provisions

Supplication and beseeching God for self and others

Prayer is not about what we always want or even need for ourselves. We should intercede on behalf others by praying for our children and families, our communities, the sick, unbelievers, our leaders, and pray about the violence and crime in the world. While we are praying for others, God is already taking care of us.

Talking to God is highly important. We also need to **listen to God**, to **seek His presence** with a spirit of worship, praise and thanksgiving. To grow deeper in prayer means to listen more, speak less, to have a thankful heart, to allow stillness, quietness, and peace to overflow in us. Although confusion, chaos and sin are prevalent throughout this world, God has given us free will to serve and praise the Almighty – “Our Father, Who Art in Heaven...”

The Spratley Allen missionaries are constantly praying for and visiting the sick and shut-in, the bereaved and others. The Missions Ministry members are continuing to fellowship in worship and service with missionaries statewide. Several members are looking forward to attending the Baptist Foreign Mission Convention in North Carolina. Please keep us in prayer; for God is a good God and His mercy endures forever.

*“God recognizes every plea no matter what form it takes,
and He finds some way to give us as much help as we are willing to receive at that time.”*

Gerald Jampolsky (from Spiritual Moments)





Sick, Shut-in & Bereaved Families

Jesus is our hope for wholeness! We, the believers, know that most of us have experienced adverse circumstances that dramatically affect us, as well as those we love. Nevertheless, we are blessed to have the assurance of the love of our Almighty God. However despondent we may be about unexpected events and situations that cause us great anxiety, we must never lose sight that God cares about every detail of our life and knows every hurt in our heart. Therefore, let us remember that He will ease our burden, calm our fears and concerns, and give us His Holy Spirit to comfort and lead us if we turn to Him in prayer and faith.

Pastor Cooper, the Diaconate Ministry and the entire Zion family embrace the goodness of God's grace and mercy, humbly thank Him for His faithfulness, love and forgiveness, and encourage you to remember who holds your hand in all situations. Know that your Pastor, the Diaconate Ministry and church family constantly seek to nurture the emotional health and spiritual well-being of all our known sick, shut-in and bereaved families through our prayers, visits, calls and other deeds of kindness. We remain forever grateful that our God's peace and hope for a better day always abounds within us. Even during our difficult times, we must be resolved in our faith, move forward trusting in God our Father, remember His promises, and know that He will deliver us.

The Zion family extends its heartfelt support, love, acts of kindness and prayers to each of its family members who has been confined to home, hospitalized, undergone surgery, experienced a period of illness or suffered other afflictions. Sincere sympathy and condolences are extended to bereaved families whose loved ones have entered into eternal rest. It is our compassionate prayer that the abiding love of Jesus brings peace to your heart; and the Word of God resides in your spirit during this period of grief. God's sovereignty and goodness offer you hope for the future you face. Pastor Cooper and the entire Zion family love you and are in constant prayer, praying that you regain good health, be delivered from your dilemmas and adjust to the physical absence of your loved one.

- ◆ **Sister Paula M. Giles** mourns her brother, *Brother Michael Moore*.
- ◆ **Sister Kenecia Dandridge (Deacon Jaron)** and **their children** mourn her father, their grandfather, *Rev. Bennie Easley*.
- ◆ **Sister Valerie Staggars** mourns her mother, *Sister Aldeen Robinson*.
- ◆ **Sister Pralez McDonald-Lofton, Sister Wilma McDonald** and **Brother William McDonald**, and **Sister Gloria Cunningham** mourn her husband, their brother-in-law and her cousin, respectively, *Brother Derrick Lofton*
- ◆ **Sister LaCretia Rogers** mourns her nieces, *Sister Morgan Renée* and *Young Little Leah Rochelle Rogers*.
- ◆ **Deaconess Ruth Andrews (Deacon Willie)** mourns her sister-in-law, *Sister Lottie M. Andrews*.
- ◆ **Sister Marva White Harris** mourns her sister, *Sister Gloria White Smith*.
- ◆ **Rev. Blanche Faulk (Brother Randy)** mourns her mother, *Sister Blanche Webb*.
- ◆ **Deaconess Mary Hatcher (Deacon Richard)** mourns her sister, *Sister Shirley M. Archer*.
- ◆ **Sister Norbinette Crews'** daughters, **Sister Starshemah Jefferson** and **Sister Onekah Jefferson** mourn their father, *Brother Oscar Jefferson*.
- ◆ **Rev. Doris Batts** mourns her son-in-law, **Brother Brian DeBerry**.
- ◆ **Brother Wayne White** mourns his sister, *Sister Deborah Young*.
- ◆ **Sister Sherri Young** and **Brother Johnnie Young** mourn her son and his grandson, *Brother Davie Lee Young*.
- ◆ **Sister Lillie Dade (Banks)** mourns her mother, *Sister Dorothy Harper Culley*.
- ◆ **Brother William E. Kemp, Jr. (Deacon Mary)** mourns his brother, *Brother Lawrence P. Goodwin*.
- ◆ **Brother Timothy Slayton** mourns his sister, *Sister Barbara Boyd*.
- ◆ **Sister Edith Williams** mourns her sister, *Sister Elaine Morgan*.
- ◆ **Sister Evelyn Bell** and the **Zion Family** mourn her cousin and one of its dedicated Associate Ministers, **Rev. John Avery Miller**.





THUMBS-UP

By Deacon Mary Kemp



The Rising Mount Zion body of believers seeks to practice and radiate God's love and spirit through its living. We thank God for our anointed Shepherd, Pastor Roscoe D. Cooper III, who consistently preaches and teaches the good news gospel, blazes the trail of excellence and, without bias, encourages everyone to do his best and seize every positive opportunity. Thus, God's favor has yet again manifested blessings upon the Zion family as it rejoiced and recognized the accomplishments of its children, youth and high school graduates during its annual Youth Recognition Program. In addition, the church family acknowledges and congratulates the following identified individuals for their noteworthy achievements.

Delegate Lamont Bagby, a faithful member of Rising Mount Zion Baptist Church, was elected Delegate for the 74th House District Seat in the Virginia General Assembly in a special election on July 21. Prior to this landmark, Lamont, a Democrat, served diligently on the Henrico County School Board for eight years. Delegate Bagby invites constituents to visit him at the General Assembly, office number 715. His phone number is 698-1074. He sincerely thanks all who supported him and look forward to serving his District and the Assembly with dignity and honor. Congratulations Delegate Bagby!

LaTarshia Lynch recently graduated from James Madison University, earning a Bachelor of Science Degree in Communication Studies and is currently employed at JMU Center for Instructional Technology as its Office Coordinator. She loves being able to assist the faculty with various projects and resources that better help them in their classrooms. LaTarshia, who is a loyal Zion member since childhood, married LaMar Wooten on August 8 by Pastor Cooper. She and LaMar used to sing in the Youth Choir and attended/participated in church and its activities whenever they were home from college. One thing they always say is, "I got you; you got me and God got us!" This is important to them because they know that having God as their foundation is going to be the success of their relationship! May God forever bless the two of you and your every endeavor!

Karen Brown, a longtime educator, decided to retire after 40 rewarding and productive years as an Exceptional Education Teacher. She began her teaching career in the Louisa County Public School System where she taught for six years and at Patrick Henry High School in Hanover County for one year. Desiring to work closer to her home, Karen was elated to land a job with the Richmond Public School System, teaching in Mosby Middle School, currently named Martin Luther King, Jr. Middle School, for 17 years. Finally, in 1999, she was employed by the Henrico County Public School System, assigned to Lakeside Elementary School from where she retired at the end of the 2015 school year. Although Karen's daily schedule will be less rigorous, she looks forward to substituting, tutoring, volunteering and enjoying a busy, but obligation-free schedule! Karen, relish your well-deserved retirement!

Mamie Fisher, known as "Miss Mamie" and a rather recent member of Rising Mount Zion, is a very talented poet. In the last issue of the RMZ VOICE, one of her poems, "Can I Get An Amen", was featured. Miss Mamie enjoys penning poems that reflect her faith in God who inspires her in all her writings. The Zion family warmly embraces Miss Mamie and expects to read and enjoy more of her poetry in the future! God bless you "Miss Mamie"!

Caronda Shela Bond, a 2011 graduate of Radford University, earned a Bachelor of Arts Degree in English and a Master's in Human Services: Family and Marriage Counseling in 2015 from Liberty University. Caronda is employed at Greater of Richmond S.C.A.N. (Stop Child Abuse Now) as a Therapeutic Assistant for nearly four years. Her duties focus primarily on assisting delinquent and abused children overcome emotional problems. In addition, she counsels, motivates and teaches moral values, guards their safety and wellbeing, and helps them plan and prepare for their careers. She likes her job, but hopes to find a job in her chosen career field. For now, she gives her best and claims the victory that in due time, God will help her to prevail! Caronda, keep the faith, your breakthrough is on its way!

Seniors of Zion On The Move

By Deacon Larry Logan



Under the leadership of our senior ministry chairperson, Rev. Patsy Witcher, members of the Seniors of Zion Ministry have been very mobile for this fiscal year, especially during the seasonably warm months of spring and summer. One of our most memorable outings was to the Bow Tie Theater where we viewed a free screening of the vastly viewed and greatly discussed movie, "Selma". The movie content reveals many familiar personal experiences and in some cases, caused flashbacks.

Our senior ministry driver, Willie "Dan" Sibert, drove us to our next venture, the Kanawha Canal. At the Canal, we boarded a boat and floated back in time to George Washington who envisioned having a canal built that would facilitate shipments of passengers and freight by water, connecting Richmond to the western part of Virginia and the coast. We also learned that slaves constructed most of the partially built canal that has not been completed because of financial and other obstacles. The trip was both enlightening and intriguing.

Excitement and expectations flowed into our summer hiatus that began with a luncheon at the Golden Corral Restaurant that provided a private space for our group. After we ate, we were greeted and entertained by a speaker who came all the way from DC and delivered a very poignant and concise message. During our fellowship time, our former long-serving president, Rev. Mary Holmes, suggested taking a daytrip to Toby's Dinner Theater in Columbia, Maryland. A committee of five, consisting of Dorothy Alston, Mary Boyd, Geraldine Hall, Dorothy Tiller and yours truly, was formed to plan and coordinate the trip. On Wednesday, August 12, more than 50 people boarded a chartered bus to Toby's where we enjoyed a plentiful and delicious meal and the delightful play, "Into the Woods", a parody of nursery rhymes. We had a very attentive, safe and cordial bus driver which allowed the passengers to feel free to sleep, talk, admire the scenery and/or ponder the events of the day.



The Seniors of Zion Ministry meets at 11:00 a.m. every 2nd and 4th Wednesday in the Zion Chapel. We invite all persons 55 years of age and older to join us. You don't have to be a member of Zion to be a part of this on-the-move ministry! Come, you'll be glad you did!

The Difference Between Rich/Poor People

Author Unknown

Submitted by Evelyn R. Bowman

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live.

They spent a couple of days and nights on the farm of what would be considered a very poor family. On their return from their trip, the father asked his son, "How was the trip?"

"It was great, dad."

"Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

"So, tell me, what did you learn from the trip?" asked the father.

The son answered, "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us; they have friends to protect them."

The boy's father was speechless.

Then his son added, "Thanks, Dad, for showing me how poor we are."

Isn't perspective a wonderful thing? Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have.

Appreciate every single thing you have, especially your friends!

"Life is too short and friends are too few."

The *RESOURCE* Page...



VOTE

IN THE

2015

GENERAL

ELECTIONS!

It's your DUTY!!!

**if you don't
VOTE
then don't
COMPLAIN**

I vote because...
it's my right,
it's my responsibility,
& it's my children's future.

VOTE in *EVERY* Election!

Elections in the United States are being held throughout 2015, with the general **elections** scheduled for Tuesday, November 3, 2015. Too often, a high percentage of young people and minorities choose not to vote in mid-term elections, not realizing that every election is just as important as the other! Not voting in the mid-term elections could be problematic generally for Democratic candidates, who have benefited from a surge in the youth and minority turn-out, particularly during recent presidential campaigns. Remember that it is your governor, senators, federal, state and local representatives that have an immediate and profound impact on your daily being. Unfortunately, we now see the lowest level of interest in any election due to the erosion of trust, accountability and production in the individuals and institutions elected to make government work and be productive for all citizens.

Now that the Supreme Court has affirmed that President Obama's Health Care Act may provide nationwide tax/federal subsidies to help poor and middle-class people buy health insurance, the Affordable Care Act "is here to stay." After the ruling, an emboldened President Obama told opponents of the ACA that they should accept the fact that it is the law of the land. He expressed hope that his opponents would cease their efforts to repeal and replace the law and instead work to enhance it. Millions of Americans celebrated the news of the ruling and believe for future generations of Americans, it sets a really good precedent. Nevertheless, Republicans are disappointed and vow to continue the fight although their more than 50 attempts to repeal the law have been unsuccessful. In addition other social issues that are important and of deep concern to the majority of American people are the improvement and growth of the middle class, economy, citizen equality, housing, education, immigration, and minimal wages. If one of these concerns affects you or someone you know, you owe it to yourself and your fellow citizens to **VOTE!**

Voter Registration DEADLINE for general election is **OCTOBER 13, 2015!**
General Elections – TUESDAY, NOVEMBER 3, 2015

To vote in Virginia, you must meet the following requirements:

- Be a resident in Virginia. *A person who has come to Virginia for temporary purposes and intends to return to another state is not considered a resident for voting purposes*
- Be a United States citizen.
- Be 18 years old. *Any person who is 17 years old and will be eighteen years of age at the next general election shall be permitted to register in advance and also vote in any intervening primary or special election.*
- Not be registered and plan to vote in another state.
- Not currently declared incompetent by a court of law.
- If convicted of a felony, your right to vote must have been restored.

REGISTRATION FORMS can be obtained at any of the following locations: local Voter Registration office, online, local and state government offices, armed forces recruitment offices, public libraries, State Board of Elections office, Department of Motor vehicles offices, and Voter Registration Drives.



SPOTLIGHT on.....

Willie McKinley Andrews

By Deborah S. Andrews

Willie **M**ckinley **A**ndrews

a native of Lunenburg County, Virginia is



one of four children born to the late Lanxton and Rosa Andrews. He was educated in the Lunenburg County Public School System. Willie accepted Christ as his Lord and Savior at nine years of age and was baptized at the New Grove Baptist Church where he was a dedicated member for many years.

Continuing in his commitment to serve God, after moving to Richmond in 1955, he joined and became an active member of Sharon Baptist Church. In 1978, he joined the Rising Mount Zion Baptist Church where he became and remains a member of the Deacon Ministry, and has served two extended terms as chairman of this ministry. Additionally, he was Superintendent of Church School and was presented a plaque in recognition of his "Three Years of Dedicated Service". In 1997, Willie was recognized by the RMZ Men's Ministry for his "Outstanding Fellowship Work". He has also been honorably acknowledged for his outreach service as past president of the Men's Fellowship Bible Class of Richmond and Vicinity.

Deacon Andrews nourishes his spiritual mind through prayer, meditation and regular attendance in worship and church school. His trademark comment is, "Lord, have mercy". His favorite scripture is found in *1 Corinthians 2:9—But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.*

Willie has been happily married to the former Ruth Andrews for fifty-nine blissful years! They are the proud parents of two attentive and precious children, Earl and Deborah. He was employed with the Westvaco Printing Company in Richmond, Virginia for twenty-eight years. He retired as a supervisor in 1994.

In addition, Willie is community-oriented and has a passionate commitment to promote all that is good in the life of his community. In 1961 he became involved with the Unity Civic League and has served as block captain, chairman of the community neighborhood clean-up campaign, vice-president and president of this great organization. The League honored him in 2001 for his "outstanding, committed and faithful service". Willie was recommended by Seventh District Councilwoman Delores L. McQuinn to the Commission of Architectural Review and was appointed to same by the Council of the City of Richmond on September 25, 2000. He served as Chairman of the Board of Directors and Project Committee for the Interfaith Housing Corporation that built the Robert L. Taylor Daycare and houses for low and middle income families. Willie was Past Master of King David Lodge, No. 28 Free & Accepted Masons, Prince Hall Affiliate. He currently serves on the Steering Committee for East End National Night Out.

Willie McKinley Andrews, whose family loves him dearly, is fondly known as "My Bill, Bill, Dad, Uncle Bill, Unc, Deacon Andrews, and Dig". He has touched the lives of many in so many positive ways and has a marked talent for handling problems. Deacon Andrews (Bill) is highly respected and loved by his church family who readily joins in congratulating him for being chosen, a well-deserved spotlight person of this quarter of the RMZ VOICE Newsletter!



*By a 16 year-old SCHOOL KID who got an A+ for this entry
(TOTALLY AWESOME)!*

*The Lord's Prayer is not allowed in most
US public schools any more.*

A kid in Minnesota, wrote the following



New School Prayer:

~~~~~

**Now I sit me down in school  
Where praying is against the rule  
For this great nation under God  
Finds mention of Him very odd.**

**If scripture now the class recites,  
It violates the Bill of Rights.  
And anytime my head I bow  
Becomes a Federal matter now.**



**Our hair can be purple, orange or green,  
That's no offense; it's a freedom scene...  
The law is specific; the law is precise.  
Prayers spoken aloud are a serious vice.**



**For praying in a public hall  
Might offend someone with no faith at all.  
In silence alone we must meditate,  
God's name is prohibited by the state.**

**We're allowed to cuss and dress like freaks,  
And pierce our noses, tongues and cheeks...  
They've outlawed guns, but FIRST the Bible.  
To quote the Good Book makes me liable.**



**We can select a pregnant Senior Queen,  
And the 'unwed daddy', our Senior King,  
It's 'inappropriate' to teach right from wrong.  
We're taught that such 'judgments' do not belong.**

**We can get our condoms and birth controls,  
Study witchcraft, vampires and totem poles...  
But the Ten Commandments are not allowed,  
No word of God must reach this crowd.**



**It's scary here I must confess,  
When chaos reigns the school's a mess.  
So, Lord, this silent plea I make;  
Should I be shot; My soul please take!  
Amen**

*(a shared email)*



## Spring and Summer in Cub Scouting Bring on Outdoor Activities

*By Cheryl Thurston*

Our Tigers and Cubs were busy completing achievement and activities to earn their rank badges. We are thankful for the parents of the Tigers that carried on the activities in the absence of the Tiger Den Leader, Cynthia Anderson. They went on to earn their Tiger Badge. The Wolf and Bear Dens worked through to earn their twelve Achievements needed to receive their rank badges as well.

This year for our Belt Loop Fair we focused on outdoor activities after cold winter months. The weather was great. The Cub had a great time earning 33 Belt Loops. Thank you to the parents and Boy Scouts who volunteered to man the Basketball, Kickball, Slingshot (Ultimate), and Skateboarding and Soccer stations. After this outside activities were in full swing.

The Cubs have been busy learning different skills and earning Activity Pins and Belt Loops and advancing in rank. The Webelos were excited to finally get a hammer and nail to earn their Craftsman Activity Pin. With Engineering they built an Electric Circuit Board and Catapult. Building a volcano and making it erupt earned them their Geologist Pin. By this time they were ready to get outside to earn their Athlete Pin.

This is also time for the Webelos to crossover to the Boy Scout Troop. There were 9 that crossed over 7 joined the Boy Scouts: *Ajon Orange, Terell Simons Melique Manning, Demariae Mason, Dayman Parrish, Jahem Brown, and Joseph Logan*. The younger Cubs graduation came with all moving up to the next rank.

This year Cub camp was held later in July. Nevertheless, we had 7 Cubs and their leaders with several parent chaperones attending five evenings at Twilight Cub Camp at Fairfield Presbyterian Church in Mechanicsville, learning First Aid, Astronomy, built Bottle Rockets and Kites from recycled materials and built a Bat House as well. The Cubs participated in talks about camping and hiking, and the most anticipated stations were the Archery and BB Gun Shooting stations. The Cubs had a great time despite the rain at times. A Flag Retirement Ceremony was conducted by Scouts and staff where veterans assisted in placing the Flags in fire. To end the year (August) the Cubs had their Rain Gutter Regatta Boat Race.

The Boy Scouts continue to sharpen such skills as fire building, handling and caring for knives, first aid, pitching tents and learning how to identify trees, leaves and animal prints. Boys are still enthused about using a hammer and nails as they built and painted Patrol boxes for each of the four Patrols.

Again this year Cub Scouts and Boy Scouts removed and place American Flags on the gravesite of Veterans (men and women). On Memorial Day the Cub Scout Pack and Boy and Girl Scout Troops participated in the VFW Memorial Day ceremony at Forest Lawn Memorial Gardens. The keynote speaker this year was a veteran, a Captain of the Chesterfield Sheriff Department and one of our Troop's Assistant Scoutmasters, Eric K. Jones.

This year we had 14 scouts with 4 being new scouts to attend Summer Camp at Camp T. Brady Saunders in Goochland, Virginia. They earned a total of 55 merit badges; some earned the Totin Chip Fireman's Chip cards. *Joshua Johnson* and *Kendall Jones* earned the World Conservation Award after earning the Environmental Science, Soil Conservation or Fish Wildlife Manager and Citizenship in the World Merit Badges. *Once again the Troop won Honor Troop, Honor Patrols, Retreat and Clean Camp Award*. Congratulations to another successful camp year! At the closing ceremony on Friday our Troop had 3 scouts and 1 Assistant Scoutmaster to be tapped out for the Order of Arrows, National Honor Society of Scouting.

Although we have open membership year round, Cub Scouts' Back to Scouting Drive is held in September and October at Glen Lea, Radcliffe, Harvie, Jacob Adams and Arthur Ashe Elementary Schools. Cub Scouts age is 7 years old (1<sup>st</sup> grade) to 10 years (5<sup>th</sup> grade) and Boy Scouts 11 years old (6<sup>th</sup> grade) to 18 years old. We welcome adults to serve in any capacity. There is room for you. Please contact the church administration office 804-643-0715, Cub Master Rev. Harold Sayles or Scoutmaster Frank Thurston, Sr. 804-321-5423 for participation.



## Zion's Shining Stars



Prayer, hard work, determination, perseverance and faith are the key components to paving the way to Greatness! Zion's youth understand this message all too well, and we saw it first hand on Sunday, June 28, 2015 as we celebrated the wonderful accomplishments of our youth.

Our annual Youth Recognition Day is always a blessing and this year was no different. The morning began with a scrumptious breakfast hosted by Pastor Cooper for our high school graduates. Included in this uplifting fellowship were Deacon Jaron Dandridge and Trustee Phillip Downey who were so on point offering words of wisdom and advice to our students. Our honorees, Kierstin Greenlee-Cooper, Navelle Watkins, and Kyra Watson, enthusiastically shared their dreams and goals for a busy, but bright future. They were excited about the plans they feel God has for them. Each of them will be furthering their education:



Kierstin Greenlee-Cooper ~ James Madison University

Navelle Watkins ~ Virginia Union University

Kyra Watson ~ Virginia Commonwealth University



Another high school graduate, Michael Turner, who was unable to attend the breakfast will be attending Virginia Polytechnic Institute and State University. This was a uniquely special breakfast for Pastor Cooper because he was celebrating his daughter, Kierstin.

As the breakfast came to a close, we began to prepare for the worship service. After an empowering message from Dr. LaKeisha Cook of St. Paul's Baptist Church, the church recognized and honored more than 60 students for their church, academic and community achievements. Students were recognized through a pictorial presentation depicting their grade promotion. During the presentation, the choir melodiously sang, *It's Working*. There was also a special altar prayer for our youth, parents/ caretakers and educators. It was an AMAZING BLESSING to see so many young people in a positive place surrounded by so much love.

As the service came to a close, the celebration of our youth did not. As the youth exited the Sanctuary, they were honored with a bag of gifts which included a wrapped candy bar personalized their picture; gift cards for McDonald's and Chick-fil-A; and a silicone bracelet imprinted with, *"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."* JEREMIAH 29:11

What a joy it is to always celebrate the Shining Stars of Zion!

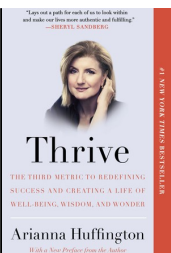
*Children are precious gifts from God.  
Let us remind ourselves that it takes a whole village to raise a child  
with compassion, competence, and character.  
We celebrate their gifts and strengths. We pray for them:  
Lord, help us to hear the dreams and concerns of our children,  
and to never give up on them.  
Our hope for the future resides in our children.  
We pray that they thrive according to Your purpose.  
Amen.*



|                    |                   |                  |                   |
|--------------------|-------------------|------------------|-------------------|
| CLAIRE AMADO       | CRYSTAL AMADO     | CANDICE ARMSTEAD | BRANDY BACOTE     |
| TRAMIL BROWN       | JARROD COLLIER    | JERMAINE CLARK   | SHARON CLARK      |
| JALESSA HOLMES     | KARIM JACKSON     | WESLEY JACKSON   | BERNARD JOHNSON   |
| HARVEY JOHNSON JR. | NATHANIEL JOHNSON | PATRICIA JONES   | MCKENZIE LAWRENCE |
| VIOLET MENSAH      | FATEMA NEWTON     | PEARLIE PEETE    | ALEXA ROUSE       |
| XAVIER ROUSE       | BARBARA SMITH     | AARRON STROUD    | KASHIF WADE       |
| KIYAH WINSTON      |                   |                  |                   |



# BOOK REVIEW



## Thrive

### *The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder*

By Arianna Huffington

Overview by Sheila Cunningham Price

This book is the by-product of a highly successful businesswoman who was given a personal wake-up call when an awful fall resulted from exhaustion and lack of sleep. Arianna is the cofounder and editor-in-chief of the Huffington Post Media Group and has been celebrated as one of the world's most influential women. Her medical scare led her to wonder about the high price she was paying for the dream of being successful by society's standard. She would come to recognize there is more to living a truly satisfying life than earning a bigger paycheck and living large.

Burnout, stress, and depression have become epidemic in our age. Arianna tells how we might become more mindful and focused in our pursuit for contentment. Through meditation, using a sacred word as an anchor, we can renew and recharge ourselves when we encounter stressful events. Success should not have to mean that we live in a state of "fight or flight." Because we are so hyper-connected through technology and suffer from "hurry sickness" due to our need to multi-task, we are becoming less well-rounded and unable to enjoy a balanced life. Many of us have problems sustaining restorative sleep, therefore, our creativity, ingenuity, confidence and leadership skills suffer as a result. Poor sleep can lead to many medical conditions such as stress, depression, heart disease and diabetes to name a few. We must learn to rejuvenate mental and emotional batteries to enhance performance with practices of mindfulness. We should engage in prayer, yoga or other meditation and contemplation tools. We should exercise regularly. Arianna says that walking is extremely good for feelings of depression; that we should "walk the talk" with a regular partner who is willing to be a good listener and sounding board, particularly when we are experiencing sadness.

More than anything, the author stresses that life is a classroom full of joy, surprises, slights, accidents, etc. Everyone is a teacher (as well as a student). She tells us to let go of resentment for it is a bit like drinking poison and expecting another person to die. We should listen to our inner voice of wisdom, the sixth sense to unlock our intuition. Struggle to garner grace and practice contentment. Engage in conscious breathing which will allow us to pause, center and be more aware. We must learn to take necessary breaks throughout the day to ward off exhaustion for the best interest of ourselves and the projects at hand.

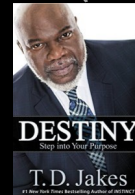
Stress is not necessarily due to external events or circumstances, but rather to judgments of what matters most to us, what affects our values. We should develop a sense of *stoicism*—freedom from excites and frights for increased tranquility. Stoicism is not indifference, but more of an effective way of dealing with adversity. The way we respond to difficulty can affect our overall health. The more resilient we are, the more likely we are to survive and thrive. The serenity prayer is an example of stoic wisdom to follow in that regard. Accept the things we cannot change...

There are times when our journey in life will lead us to our goals, to successes, to dead ends and to wrong places. Being more deliberate, more mindful will allow us to travel through our journey with more purpose, enjoying more of the world we live in, appreciating more of life's wonders and beauty and being more loving towards others. Arianna tells us that, with peace and wisdom, we are to define our own measure of success. And if we do, we can find more joy, more compassion, more gratitude and charity. We can soar, being more connected to our own essence, living less frazzled and less stressed. It is important to be kind, to make a personal connection with others and to use whatever talents we have in a meaningful way. We should appreciate and reconnect to the abundance in our lives.

#### Suggested Reading



*"Destiny: Step Into Your Purpose"*  
By  
T. D. Jakes





By Dr. Cheryl Jordan-Sayles

## Do Your Breast Exam!

Examining your breasts can save your life. Most breast lumps are discovered by women themselves and not by a doctor or a mammogram. Most breast lumps can be benign. However when detected and treated early, breast cancer is curable. For women who are having a regular menstrual cycle, it is best to examine your breasts within the week following the cycle. The breasts will be less tender and easier to examine at that time. For post-menopausal women, pick a date that is easy to remember each month to do the breast exam. By getting to know how your breasts normally look and feel, it becomes easier to detect when something new occurs. The breast exam then can be an added tool for detecting a potential breast cancer. Eight of 10 breast lumps are found by women themselves.

Here is how to do the breast exam:

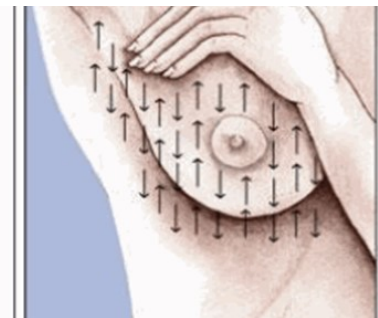
- Stand in front of a mirror and clasped hands overhead. Look in the mirror at the breasts for changes in size, color, texture, and swelling or skin dimpling.
- Look for scaliness around the nipples or changes in the appearance of the nipples. Check to see if the nipple has changed position or if nipple is inverted (pushed inward instead of sticking out). Gently squeeze the nipple and the darkened area surrounding the nipple. Note any discharge.
- Then press hands on the hips and push elbows forward to tighten chest muscles. Lean forward slightly. Then look for puckering or redness.
- Lie down. Raise the left arm and place your left hand under the head. Place a small pillow under the left shoulder. Use the pads of the three middle fingers of the right hand to examine the breast.
- Begin to examine the right breast in the arm pit area and then move to pressing at the top outer part of the breast and using a circular motion, move in an up and down pattern to examine the entire breast. You may also move in a clockwise direction from the outer breast to the center at the nipple. Cover the entire breast from the collarbone to the top of the abdomen, and from the armpit to the cleavage. There is some evidence to suggest that the up-and-down pattern (sometimes called the *vertical pattern*) is the most effective pattern for covering the entire breast without missing any breast tissue. (American Cancer Society)
- Feel for a hard knot or lump or area of thickening.
- Check above and below the collar bone for lumps.
- Next examine the right breast repeating the above instructions.

You may find the breast exam easier to do while in the shower while the hands and breasts are slippery with water and soap.

The Susan G. Komen Breast Cancer Foundation recommends the following concerning the breast exam:

- Monthly breast self-examination starting by age 20
- Clinical breast examination by a trained medical professional at least every 3 years starting at age 20 and annually after 40
- Annual screening mammography for women starting at age 40.

Women under 40 with either a family history of breast cancer or other concerns about personal risk should consult with their physician about risk assessment and when to begin mammography



### Breast Self Examination

Examine up to the collarbone, out to armpit, in to middle of chest, and down to bottom of rib cage.

- American Cancer Society



# Activity Page

## Summer Fun

Find the words in this grid. Words can go horizontal, vertical and diagonal.

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

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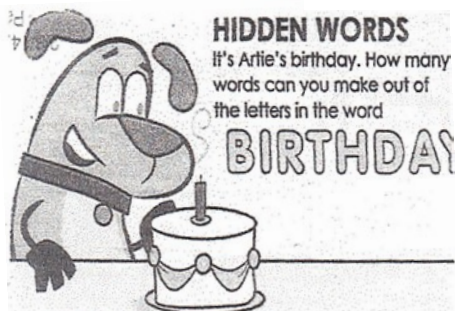
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Daphne Hill



### BIRTHDAY WORD FIND

Find the following words in the grid below. Words can be found vertically, horizontally and even diagonally.

|          |       |         |        |
|----------|-------|---------|--------|
| BIRTHDAY | GAMES | GIFTS   | LOIS   |
| CANDLES  | SODA  | GROW    | MAX    |
| CAKE     | FUN   | FRIENDS | ZACK   |
| PARTY    | CARDS | ARTIE   | ROLAND |
| PRESENTS | OLDER | MABEL   | CANDY  |

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

|                 |             |           |             |              |
|-----------------|-------------|-----------|-------------|--------------|
| Air Conditioner | Bonfires    | Fishing   | Mowing      | Storms       |
| Amusement Parks | Bugs        | Flies     | No School   | Sunbathing   |
| Ball Games      | Cold Drinks | Flowers   | Picnic      | Sunburn      |
| Beach Vacation  | Cookout     | Hot Dogs  | Play Ball   | Swimming     |
| Boating         | Fans        | Mosquitos | Ride Horses | Water Skiing |

- As a nation, family, church or individual, so much depends on the direction we take. Start here – “As for me and my house, we will serve the Lord.”  
~ Bible Digest Treasures
- When we realize that God is in the future as well as in the present, we worry less and smile more.  
~ William Arthur Ward
- You can't plant a seed and pick the fruit the next morning.  
~ Jesse Jackson
- The great rule of moral conduct, next to God, is to respect time.  
~ J. K. Lavater
- God will renew our strength so that we can soar again.  
~ Mary A. Magers
- There is plenty of heavenly music for those who are tuned in.  
~ E.C. McKenzie