

# The Rising Mount Zion Voice

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## Making History Every Day!

*I*n the culture of the Rising Mount Zion Baptist Church, the word is that every day you are on God's earth and black, you are making history! Consequently, we celebrate and rejoice our successes every day and realize there is no better time to call attention to these achievements than during the month of February! Therefore, we give worthy merit in recognizing the following known triumphs:

- **Dr. Roscoe D. Cooper III**, Rising Mount Zion Baptist Church Pastor of thirteen years, was bestowed another honor in the 2015 General Elections, having been elected the representative for the Henrico County School Board – Fairfield District. Henrico County officials, families and friends witnessed and congratulated the County School Board members, Board of Supervisors and Constitutional Officers in the formal Investiture Ceremony held in the Cultural Arts Center at Glen Allen on the sixteenth of December 2015. The residents of the Fairfield District are confident that Dr. Cooper will represent well the district with alertness, respect, fairness and constancy and will be instrumental in scholastic improvement by ameliorating a more balance in the availability of academic resources, programs and opportunities. In February 2016, **Pastor Roscoe D. Cooper III** had the occasion to participate in the Educational Seminar in Israel for Southeast African-American Leaders sponsored by the American Israel Foundation (AIEF). While there, he participated in intensive symposia for religious, political and community leaders about the U.S.—Israel relationship. He was also blessed to tour the Holy Grounds of Jerusalem, dip in the Dead Sea, visit the Tomb of Jesus, the Holocaust Museum, other religious sites and experience in reality a culture about which he had only read. The meaningful and insightful trip provided Pastor with a deeper understanding of Israeli politics, society and culture. The Zion family and friends prayed for a blessed and safe voyage for him. His first Sunday back in his pulpit was greeted with great gratitude and praise to God and a resounding heartfelt merriment of love from the Zion family and friends. Welcome back Pastor!

(Continued on page 2)

Man cannot discover new oceans unless he has the courage to lose sight of the shore.



And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water. And He said, "Come". And when Peter was come down out of the ship, he walked on the water to go to Jesus.

Matthew 14:28-29



- **Deaconess Ola R. Luck** is a leader and matriarch of her family, community and church, and a respected, admired and beloved woman of noble character! She has always been a beacon of honor in her personal, social, professional and spiritual life. Deaconess Luck has unselfishly offered her true service to God and His people through her commitment to her community, profession and church as an intellectual, a librarian, faithful, long-serving deaconess, church Sunday school teacher and superintendent, an able chairperson and cooperative member of many ministries. She has and continues to have a tremendous impact on the lives of children, students and adults. Miss Ola, as she is fondly called, is a loving, even-tempered, thoughtful, non-judgmental child of God who never does a half-way job in anything! The Rising Mount Zion VOICE staff is a better, stronger and a more learned ministry because of her participation and contribution as one of its founding editors, serving in this capacity for more than sixteen years! Thus, the entire church and especially the VOICE staff recognize, love and value Deaconess Ola R. Luck for her immeasurable dedication and longevity in making a difference in the lives of so many.
- **Michael Robinson**, son of Sister Rita and Deacon John Ross, a Zion member since his youth, a graduate of Varina High School and Penn State University, became an NFL professional football player and mentor, and earned a Super Bowl XXXXVIII championship ring when he was a member of the Seattle Sea Hawks Football Team in 2014. This stand-out athlete has also excelled in the media as an analyst on the NFL Network Total Access Channel. In February 2016 Michael was one of the Strong Men & Women in Virginia History honored by Dominion and the Library of Virginia for establishing the Excel to Excellence Foundation in his hometown, Richmond, Virginia. His foundation helps disadvantaged children excel socially and academically. Michael sets a good example for the youth, his peers and other adults, worships with his Zion family as often as he can and remains deep-rooted in his faith in spite of his celebrated success.
- **Ebony Medina Hightower Watson**, the only girl shielded by seven brothers and a first-generation college student, was born and reared in Long Island, New York and graduated from Roosevelt Senior High School, Roosevelt New York. Currently, she is a junior at Virginia Union University with a double major in Social Work and Criminal Justice and academically strong with a 3.7 grade point average. She is a member of Phi Alpha National Honor Society of Social Work, Alpha Phi Sigma Criminal Justice Honor Society, and the Virginia Union University Student Conduct Committee. This Virginia Union University scholar and blessed Rising Mount Zion Baptist Church member recently wed Jahi Watson, a very talented multi-instrument musician who also happens to be a devoted Zion member and its lead musician. Ebony matriculated at the University of Cape Town in South Africa in the 2015 spring semester. Her time there was spent in a service-learning program, taking classes and studying the Afrikaans language. Additionally, she designed and implemented a special capstone project, interned with a non-profit organization, facilitated workshops, worked with young female offenders, counseled young girls and boys, and provided information about services, benefits and resources available to enrich their daily living. She appreciated the diverse clientele that afforded her the chance to evaluate her personal values, develop a better understanding and appreciation for the culture and values of others, and nurture a healthy working relationship without being judgmental. Ebony's experiences will certainly prove to be assets in her future career goals. She thanks all for their support!

## *From the Pastor's Desk...*



Dear Zion Family!

It's always a great 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. As a family of God, we treasure the grace and presence of the Holy Spirit in our lives and are grateful to God for gifting us to be able to witness the close of one year and the first quarter of another. We are thankful that He did not put a period to end our life's journey, but rather a comma to allow it to continue for a while longer, reminding us that He has more work for us to do. Therefore, it is truly a blessing to enter into yet another year in His manifestation with expectancy and gratefulness in our hearts. Every day individually and collectively, we can attest to His presence, power and protection during our pain, suffering and good fortune, and His immeasurable force that removes obstacles and reveals new and challenging possibilities in our lives. Hopefully, through the ups and downs of life's circumstances, we invest in the character of our eternity, by continuously growing in our knowledge, self-control, perseverance, godliness, kindness, and love. Zion, I believe that this is our year to soar to an even greater growth of personal and spiritual fortitude. This goal can be achieved through studying God's Word, following His principles and guidance, leaving old baggage behind and being more steadfast in our faith, praise, thankfulness, forgiveness and prayer. We know that being a Christian is never easy, but let us move forward with fervor in our hands, the favor of God on our minds, our faith in the Lord's ever presence in our hearts, and anchoring all we do and say in the Word of God! Unceasingly, we must give His Word space to live in our heart, allowing it to firmly take root, passionately grow and abundantly produce a good harvest. It is my hope that as Christians we exhibit humility and gratitude in our daily walk, focusing not just on our own interests, but also on the interests of others while allowing the beauty of the Lord to be seen in us. As Pastor, I remind you that although we live in an increasingly chaotic world filled with troubles, trials and challenges that may bend us over, we are still blessed and must not allow the tribulations of life claim victory over us nor our troubles trouble us. Let us remember that God doesn't remove all our imperfections, but He makes us more pleasing by shining through them. Our religion is something that we don't have to advertise by wearing a fancy or designer label. We simply do it by living a life caring for one another, reaching out to the frail and vulnerable among us and to those in need of help. However, it is important that we are cognizant of the world around us, engage in and seek understanding of issues that affect our individual and collective daily well-being. Be able to intelligently participate in and courageously grasp every positive opportunity set before us and have the reassurance that we can make a difference. After all, excellence is a part of our individual character that radiates an undeniable residue into the fabric of our being that makes us who we are—a child of God working toward becoming a resident in His Kingdom!

I humbly thank you for your confidence and support in the 2015 General Elections helping to elect me the representative of the Henrico County School Board – Fairfield District. I continue to solicit your input realizing we are in this together with a goal of improving the district in every conceivable way. You can count on me to always serve to the best of my ability in this position. By the way, Zion, you made my heart smile and I thank you for welcoming me home from Israel with such joy, warmth and love! I love you back!!!

*Be Blessed...*

*Pastor C. J. Smith*



## SERVE

## SAVE

## SACRIFICE

*By Sally Collins*

*A Christmas Celebration*

*For unto us a child is born, unto us a son is given... and His name shall be called Wonderful, Counselor, the Mighty God, the Everlasting Father, the Prince of Peace. (Isaiah: 9:6)*

It was a cool, crisp Saturday afternoon, December 19, 2015, when the Fine Arts Ministry of the Rising Mt. Zion Baptist Church offered its annual Christmas extravaganza. Ushered in by the Handbell Choir of the Fifth Street Baptist Church the stage was set for a glorious celebration of the birth of our Lord focusing on the theme: SERVE, SAVE, SACRIFICE. Preceding the opening prayer, stepping in concert with the Handbell Choir the RMZ Steppers in perfect formation welcomed all with enthusiasm and jubilation.

Faithful to the theme of the hour the all-female choir elegantly adorned in formal black attire with an occasional spark of glitter opened the program with a medley of familiar Christmas songs as the Praise Dancers pivoted and twirled in adoration and praise. The audience was primed to be transported on a spiritual odyssey into a world of singing, praise dancing and dramatic expressions in celebration of the "Sweet Little Jesus Boy", our Lord and Savior, Jesus, the Christ.

Under the direction of Sister Amber Hughes the choir and members of the Drama Ministry alternately sent out the message of Christmas through word and song. With corresponding oral expressions and melodies they declared the true meaning of the birth of Jesus: *For unto you is born this day in the city of David a Savior, which is Christ the Lord. (Luke 2:11)*

Throughout the program the melodious voices of the choir wafted over the congregation in the words of "Mary Had A Baby", "Go Tell It on the Mountain", "Servant's Prayer", "Amazing Love", "He Has Come", and other songs of celebration. Interwoven with the music the dramatic expressions reflected the glory of His coming and depicted the character of His Lordship. Jesus came to SERVE. We must serve with a heart like Jesus, loving, courageous and forgiving. He also came to SAVE. The audience was reminded to look up. Jesus was born that we might live! Finally, He came to SACRIFICE. Mary's baby, born in Bethlehem, grew up to walk this earth preaching, teaching, serving and saving. He made the ultimate sacrifice by dying an excruciating death on the cross that we might have a right to eternal life. *"Greater love hath no man than this, that a man lay down His life for his friends." (John 15:13)*

This truly was an evening filled with joy, exaltation and gratitude. The harp strumming, handbells ringing, voices singing and praise dancers dancing all merged in a grand finale of celebration and praise!

*Joy to the world: The Lord is come. Let earth receive her King.*

## *Dawning the New Year with a Solid Foundation*

*By Deacon Mary Kemp*

The two Watch Night/Freedom's Eve Services on December 31 in Rising Mount Zion Baptist Church again drew hundreds of parishioners, causing traffic situations outside and additional chairs to be placed in every available space inside the sanctuary and the spacious church foyer. Soon after the doors opened before 7 p.m., the congregants streamed in, anticipating and receiving a blessed evening. Promptly at 8 p.m. and 10:30 p.m. Pastor Roscoe D. Cooper III and Rev. Harold Sayles entered into the sanctuary where the sanctuary lights were dimmed, all movement stopped and the crowd quieted. Immediately, a visual and sound video interrupted the calmness of the audience with a Satan monologue seeking to convince people that their past ungodly lifestyles do not merit forgiveness. But, the forceful voice of our faithful and sovereign God in all His wisdom answered in saying, "I am God, the only One who has the power to save, bless, forgive and provide renewed hope, joy, peace and love to all my children." It is never too late to repent and trade in wicked ways for Christ honoring ones, trusting God to build them into your character a lasting legacy to live for the Lord. The music rendered beautifully by the Zion Mass Choir, led by the directress of the Fine Arts Ministry, Amber Hughes, and accompanied by the Zion praise dancers and musicians continued the spiritual flow of the service, followed by the Call to Worship and the Invocation, led by Pastor Cooper and Rev. Sayles, respectively.

The preached Word came on the heels of another song gracefully sang by the talented voices of the Mass Choir. Pastor Cooper chose *Isaiah 6:1* as his basic scriptural text and entitled his sermon, "Assignment 2016", a powerful, thought-provoking and meaningful sermon. Throughout his sermon, the audience was on its feet, praising, glorifying and worshiping God, the Problem- Solver and Promise-Keeper. Pastor's message enhanced by several other supportive scriptural texts was delivered with clarity and challenge. He emphatically stated the following poignant points:

- The church continues to evolve to become all it should and can be.
- Many afflictions come upon us, the believers, regardless to our level of spirituality.
- The enemy accosts us to take us out. Therefore, we must take up the whole armor of God- the sword of the spirit/ the Word of God, His Will, His Way, the weapon of faith, and salvation that will sustain us in all situations.
- There are defining moments of irritation, frustration, aggravation, personal tragedy, and depletion to our spirit that grip us. Nevertheless, in order to overcome, we must not try to deal with them alone or in solitude. Turn to God who has incomparable power!
- The temple/church is a place for transformation, a place to unload on God, move to the next level, get a glimpse of His Glory, and be mesmerized by His majesty.
- We must look at life thru internal lens rather than external lens, not allowing anything external or temporal to steal our joy.
- Every day is a gift of life. Take time to thank the One who gives you the gift.
- Our God who continuously rekindles our joy is omniscient, has all in control and is still seated on the high throne in spite of what's going on in our lives and around us.

Pastor concluded in telling the worshipers that God is high above the fray which makes everything beneath appear smaller. The closer you get to God, the more clearly you see yourself. Therefore, your assignment for 2016 is to know that we all have issues on which we need to work. Nevertheless, in all situations, trust and have faith in the power of God. Confess your concern to God through prayer, face it and believe that He can and will fix all and deliver you. Give God some "in-His-House" praise because there are things that take place in God's House that can't take place in your house.

During the period of invitational salvation and discipleship, the church was further blessed to receive 19 persons desiring to fulfill requirements for church membership. It was evident that the congregants left the service well-fed on the Word of God and hopefully unshackled with the understanding that the powers of evil around us are no match for the power of Jesus within us!

Thank the Lord for a providential and glorious dawning of the New Year!

## *Spratley Allen Missionary Circle*

*By Sister Valorie McBee*

*Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God. Psalm 146:5*

Truly, the Spratley Allen Missionaries were blessed with the help of God during the year of 2015. The past year was one of hope, trust and faith with good works and deeds. Members of the Missionary Circle participated in leadership conferences and workshops statewide and were equally blessed to participate in the Baptist Foreign Mission Convention in North Carolina. Throughout the year members assisted with Area A District A-1 programs and supported and donated to all its projects and causes. The missionaries continued to prayfully visit the sick and bereaved and to send get well and sympathy cards. The Spratley Allen Missionaries, with open hearts, assisted those in need in a mighty way as God so lovingly led them.

- Bags 4 Kids is a non-profit organization that serves the Hopetree Family Services, United Methodist Family Services, Henrico Department of Social Services, and Dominion Academy (a school for at-risk children). The missionaries collected under garments, toiletries and other items for the foster teen boys. Missionary Christal Brodie's social organization kindheartedly, donated shirts, hats and other items that are too numerous to list. Ms. Jody Floegel, an administrator with Bags 4 Kids sent a letter of gratitude to the Missions Ministry stating that their contact person was in tears when our President, Sister Pauline Holmes delivered the boxes of items to her. The Bags 4 Kids mission is to spread hope to foster children... one bag at a time. The Spratley Allen Missionaries were delighted to help spread hope where it was so much needed, to foster children within our society.
- Again this year, the missionaries distributed turkeys with all the trimmings to nearly 40 families in need.
- The Angel tree project was also a great success. Our own Rising Mt. Zion church family donated hundreds of gifts, including bicycles, toys and beautiful clothes. What a blessing that our Missionary Angel Tree Chair, Sister Beverly Johnson was so willing to oversee this tremendous undertaking. The Spratley Allen missionaries also donated, wrapped, and distributed the gifts. Thank God for all the persons who contributed in any way to ensure that children in need were not forgotten during the holiday season.
- The Caregivers Fellowship Dinner and Program, with the help of the good Lord was a true blessing. The caregivers program's purpose is to provide support, fellowship and love to those who take care of family members or loved ones. This year, with God's blessing through the assistance of our missionary, Deaconess Tammy Waddy, our presenters also included medical professionals. Dr. Marlene Jones shared information about caregiver burnout. Sister Vivian Bagby represented the Alzheimer's Association and shared information about their support services. Our own Dr. Cheryl Jordan-Sayles provided information on Caregiver Health and Wellness. Attorney Melanie Lee provided brochures on Wills, Trusts, Estate and Elder Law. Sister Rosa Allen and Rev. Ethel White shared their personal testimonies about their caregiving experiences. Rev. White also offered words of encouragement. Our dedicated missionary, Deacon Renita Thornton was the worship leader. The beautifully designed programs were provided by Sister Lisa Street. Trustee Sandra Jordan, as always, was so helpful in many ways. The missionaries decorated the fellowship hall in festive holiday colors, prepared a delicious meal, donated items and prepared the care bags for our sick and shut-in members. Thank God for our supportive Pastor, Dr. Roscoe Cooper, III, the Spratley Allen Missionaries, and the Rising Mt. Zion church family.

For further information about caregiving or the caregivers program, please contact Sister Valorie McBee at (804) 329-3766 or [vmcbee@verizon.net](mailto:vmcbee@verizon.net).

*A Simple Prayer*  
*By Valorie McBee © 2015*

*A simple prayer of gratitude will go a long way.  
It will get you through the night and certainly through the day.  
I thank you, Dear God for others that I meet along the way.  
I pray that you will bestow your many blessings upon them this day.*







## Sick, Shut-in & Bereaved Families

Jesus is our hope for wholeness as we, the believers, board and travel on the train of life. This train ride is full of joy, sorrow, illness, fantasy, expectations, hellos, and farewells. Since we know not when a change in the circumstances of life will occur, it is evident that we must live in the most excellent way, love, forgive and always offer the best of who we are! We do so because we don't know when we must step down and leave our seat empty on the train. It is important that our lifestyle reveals beautiful and cherished memories for those who will continue to travel life's path. However despondent, we may be about unexpected events and situations that cause us great anxiety, we must thank God for the journey, never lose sight that He cares about every detail of our life and knows every hurt in our heart. Our God will ease our burden, calm our fears and concerns, and give us His Holy Spirit to comfort and guide 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 and 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. We extend our heartfelt support, love, acts of kindness and prayers to each of our members who have been confined to home, hospitalized, undergone surgery, experienced a period of illness or suffered other afflictions. Furthermore, we express our sincere sympathy and condolences 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. Our Pastor and the entire church 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 that no doubt, leaves an irreplaceable void in the Zion and your circle of family and friends.

- **Sister Joan C. Macklin**, wife, and **Sister Narcissa A. Best**, sister, are joined by the **Zion Family** in mourning the passing of a beloved member, **Brother Warren Edward Macklin**.
- **Brother William Kemp, Jr. (Deacon Mary)** mourns the passing of his cousin, *Sister Peggy Goodwin Canada*.
- **The Zion Family** extends condolences to the *Family of Sister Beatrice Miller*, mother of the late **Rev. John Miller** and relative of **Sister Evelyn Bell**.
- **Sister Merina Wells** mourns her sister, *Sister Hellena Lloyd*.
- **Sister Geraldine Price**, **Sister Joyce Lynch** and other **relatives** are joined by the **Zion Family** mourning their sister, relative and faithful Zion member, **Sister Thelma Anthony**
- **Sister Pamela Bond** mourns her sister, *Sister Myrtle McWilliams*.
- **Brother Michael Jones** mourns his mother, *Sister Vernetta Ellis*.
- **Brother Randy Faulk (Rev. Blanche)** mourns their brother-in-law, *Brother Roy Johnson*.
- **Young Miss Eriel Waddy**, daughter of **Deaconess Tammy Waddy**, mourns her grandmother, *Sister Maple Waddy*.
- **Deacon James Carter** and the **Zion Family** mourn his wife and a devoted Zion member, **Deaconess Evelyn Hunt Carter**.
- **Sister Marcia Oliver** mourns her mother, *Sister Ceree Rainey*.
- **Brother Curvey Reid (Sister Lashawn)** and **their children** mourn his mother, their grandmother, *Sister Lila Reid*.





Ash Wednesday, the first day of the Lenten season and a 40 day countdown to Easter/

Ash Wednesday begins  
The Season of ...



Resurrection Sunday, is a penitential season observed by Christians. During this season, Christians behold a period of fasting, prayer, submission, repentance, moderation and spiritual discipline that examines our faith and deepens our commitment to live the Christian Life. The principle purpose of the Lenten season is to set aside time for reflection on Jesus Christ – His suffering and sacrifices, His life, death, burial and resurrection! While Ash Wednesday is a movable date and varies from year to year, it is always in the

month of February or March, depending on where Resurrection Sunday, the most sacred and spiritually powerful in the Christian calendar, falls in the Christian liturgical year.

This year in spite of the wind chill and cold weather on February 10, Ash Wednesday, a great crowd assembled in the Zion old sanctuary for the worship service, joyfully greeting one another and anticipating a teachable and meaningful sermon. Many were eager to see, hug, and welcome Pastor Cooper home from an exciting and rewarding 8-day trip to Israel! Thus, the ambiance of the sanctuary was extremely jovial, reverent and worshipful. Worship leader, Deacon Mary Kemp called the worshipers to order, signaling everyone to stand to sing, “Blessed Assurance”, to participate in the Call to Worship, and the Invocation offered by Rev. Doris Batts. Led by Trustee Phil Downey and accompanied by the Worship on Wednesday “come as you are” singers and our skilled musician, Jahi Watson, followed with two spirit-filled uplifting gospels, *Oh Magnify the Lord* and *This Is The Day The Lord Has Made*.

As Pastor Cooper promptly stood, gleefully greeted the congregation, he asked everyone to briefly greet one another. Honoring his word and keeping the service on task, Pastor offered a transitory prayer into his message for the evening. Utilizing several appropriate scriptural texts, *Joel 2:1,2 & 12-17*, *Psalms 51:10*, *Daniel 3:9* and others, Pastor captured the attention of the diverse age group audience who clung to every word of the powerful and understandable message. The crowd responded boisterously as Pastor delivered a most meaningful sermon and emphasized several poignant points: (1) Pray with a purpose. (2) Focus on and prepare for the coming of our Savior, Jesus Christ. (3) Live a God-centered life with your priorities straight. (4) Ask God to create in you a clean heart. (5) Point fingers at self instead of others. (6) Take the opportunity to see yourself as God sees you. (7) Evaluate self and know the areas in which you need to improve. (8) Serve our Lord and His people. (9) Be Christ-like in your way, walk, witness, word and worship. (10) Be humble in character, be obedient and about what God has called you to do. (11) Know that God blesses you to be a blessing to someone else. (12) Walk the walk you talk. Pastor Cooper closed by asking us to examine self, submit to the Will of God, repent, and allow God to use us, remembering always to give Him the glory! Rejoice in His greatness and let others see Christ in our daily living!

Following the mighty Word of God, the worshipers participated in giving with the offertory prayer offered by Deacon Lorenzo Doswell, and were invited for the *Imposition of Ashes*. Each congregant received the ashes in the sign of the cross upon his forehead with the Ash Wednesday reminder, “You are dust; and to dust you shall return.” Pastor Cooper offered a fervent, blessed prayer and invited all to leave the sanctuary in quiet reflection.

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





# The Women's Ministry of Rising Mount Zion

By Alice Calhoun



*To equip His people for works of service, so that the body of Christ may be built up*

*Ephesians 4:12 NIV*



**Gracias, Merci Beaucoup & Thank You!!!** A few months ago, the Rising Mount Zion Baptist Church Women's Ministry embraced a special project for the "Help A Sista Campaign" which offers help to the needs of incarcerated women. Members of the ministry prayed and sought help from the Zion church family asking

persons to donate new personal hygiene toiletries such as soap, body wash, shampoo, hair conditioner, deodorant, lotion, tooth paste, as well as undergarments, Bibles and/or monetary donations. The church family responded overwhelmingly, giving bountifully to support the cause that helped the designated women as well as some men in need. Since this project was concluded near the Christmas season, it was decided to disperse the donations of items as Christmas gifts as a way to let the recipients know that though they may be "shut-in", they are not "shut-out" from compassion, prayers and love. The residents of the City of Richmond jail received the largest donation—144 pairs of undergarments, 195 bags of toiletries, reams of shampoo and conditioner, and Bibles. In addition, the Henrico County Jail Chaplin Services received 100 Bibles. Unfortunately, mouth wash and toothbrushes were items that could not be accepted at the jails because the inmates abuse such items to get drunk and/or transform them into weapons. Thus these surplus items were given to Healing Place, a homeless shelter and rehabilitative center for men. This facility houses, feeds, shelters, provides clothes and offers GED classes and substance abuse treatment to men who are down-in-their-luck and/or are in need of rehabilitation for substance abuse. Once they are in the program, they must remain for at least a year. All gift bags and Bibles were labeled with the church's information and Pastor's name as an outreach and evangelistic endeavor to promote awareness of the church family of Christ ministries. This project was both inspiring and informative to many. Again the members of the RMZ Women's Ministry sincerely thank our Pastor, members and friends for your generous support for this project and offer unto God our highest praise! Hallelujah! Glory to God!



How rewarding to help and give hope to someone along the way!

The *RESOURCE* Page...

# VOTE

***NOVEMBER 8, 2016***

***Vote your HEAD,  
not your Heart!!!***

***VOTE with a Purpose!!!***

“Decision 2016” is Election Day, Tuesday, November 8, 2016, and one of the most important rights of an American citizen, the right to VOTE! Therefore, every single eligible voter should VOTE! Simply put, it’s your duty! Already there’s a war among the Democratic and Republican presidential candidates as they fight to win votes in the primaries and caucuses. Too often, candidates use a lot of colorful, negative and untrue rhetoric in order to appeal to and win support of voters. Unfortunately, some of the presidential candidates have used such tactics as name-calling, offensive and disrespectful language and insinuations, insulting other candidates and certain individuals and groups of people of citizenry in this country. How disgraceful to witness such acts as reported by the media! How can we discipline and teach our children moral values when such despicable and dishonorable actions are allowed to continuously occur and be displayed in the media, on Facebook, Twitter, and Instagram.

The unexpected death of Justice Antonin Scalia has interrupted into yet another embarrassingly sad dilemma. The Republicans and republican presidential candidates immediately took the air waves insisting on denouncing and denying the ability, rights and responsibility of the sitting President, Barack Obama, to uphold the Constitution of the United States of America. The Democrats and the democratic candidates know that the Constitution supports the rights and responsibility of President Obama to nominate a Justice to replace Justice Scalia and the Senate should vote for or against the nominee

## The *RESOURCE* Page...

based on his qualities, not because he may favor the agenda of a specific political party. Politics should not be a factor in the decision! Everyone should do the job he has been elected to do! Serve the people!

As a voter, what are your top issues? Are they in line with the national ones – economy, income inequality, civil rights inequality, unfettered free trade, fair taxes, government spending, gun control, health care, immigration, and terrorism? It's essential that everyone understands the importance of voting! Don't wait until the last minute to check to see if all your credentials are in order. If you have moved, change your address and know where your new voting precinct is. Be aware of empty and unrealistic promises. No politician, alone, can write and pass a bill. How are the politicians' ideas and promises going to affect you and your lifestyle? How are these promises going to be paid for? Do your homework! Think and make mature decisions! Study past records and accomplishments made. Review the information below to make sure you are on task to be able to vote.

**Voter Registration DEADLINE** for general election is **OCTOBER 17, 2016!**  
**General Elections – TUESDAY, NOVEMBER 8, 2016**

**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.

*“My vote is my voice...and the voice of all who struggled,  
 so that I may have my voice.:  
 Lyida C. Obasi*

**Let us do what is right for America!!!**



## SPOTLIGHT on.....

*Algie Davis, Jr.*

*By Angela Davis*

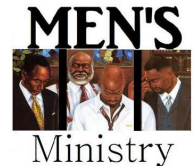


**A D J**

Algie Davis, Jr. was born September 1, 1948 in Charlotte County,

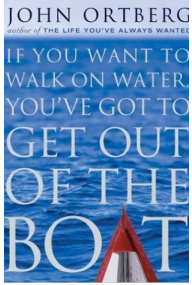
Virginia and is the son of the late Algie, Sr. and Alice Davis of Clover, Virginia. He graduated from Mary Bethume High School in Halifax, Virginia. At an early age he gave his life to Christ, was baptized and attended the Bethel Grove Baptist Church in Clover, Virginia. Since 2010 Mr. Davis has been a loyal member of the Rising Mount Zion Baptist Church under the pastorate of Dr. Roscoe D. Cooper III.

Al, as he is known around Rising Mount Zion, is currently a member of the Men's Ushers Ministry and a two-year past president of the Men's Ministry. Additionally, Brother Davis is the head cook for the Sunday Morning Breakfast Ministry and readily helps with the cooking for any ministry in the church that needs to prepare and serve food for any occasion. For the past few years he has also served as the evening custodian for the church. Mr. Davis works full-time for the Henrico County School System in the Arthur Ashe Elementary School where he is well-liked. The students and teachers really appreciate his thoughtfulness, his diligence in keeping the school clean and attractive, and his attitude taken to make sure he provides a very pleasant working atmosphere for all.



Al who often wears a smile and a pleasant facial expression helps feed the elderly in his community and often drives them to their doctor's appointments. He loves to cook and eat and finds great joy and satisfaction in caring for others. Mr. Davis has four daughters, Angela, Paula and Dawn of Baltimore Maryland and Shantee of Norfolk, Virginia, and nine grandchildren whom he adores and loves to spend time. This gentle giant in stature has been very active in the Masons since 1980. In his spare time, he enjoys taking care of things around his home.

Mr. Davis' model scripture is *John 15:12NIV — My command is this: Love each other as I have loved you.* Mr. Davis is loved by his family and definitely has the heart to make life better for someone else. The Zion church family joins his daughters and grandchildren in congratulating MR. ALGIE DAVIS, JR. for having been chosen the Rising Mount Zion VOICE Newsletter spotlight person of this quarter.



## BOOK REVIEW

# If You Want to Walk On Water, You've Got to Get Out of the Boat

*By John Ortberg*

Overview by Sheila Cunningham Price

The author begins with the example of Matthew 14:25-32 walking on water and asks us to do likewise and to step out on faith and experience more of the powers and presence of God. Water walking is the picture of doing with God's help what we could never do on our own. Through scripture, there are patterns where God uses ordinary people to engage them in acts of extraordinary trust—to use and improve them. He will ask us to do things that are scary for us that may exemplify an inadequacy in us, a fear of failure. But He promises to be with us always. “I will help you to speak and teach you what to say” he told a stuttering Moses.

God is calling us to walk with Him and to Him. The author is inviting us to do just that: to go for a walk on water. But first, we must get out of the boat. We all have a boat—whatever it happens to be—and if we choose to get out of it, we will still have problems. There will be risks; the possibility of failure. But even if we fail, Jesus will be there to pick us up. We will not be alone.

The Master affords us all gifts: talents, our minds, our abilities, our spiritual gifts, our bodies, our money, our will and Himself—the greatest gift of all. How we use our specific gifts and talents says so much about our willingness to get out of the boat (or not) in so many instances. We often allow our comfort or fears to be an excuse for not exercising a gift. We may fear that we have little to offer; little potential, but God can take what we have and make a big difference for all eternity. We should reveal our gifts; give all we can, for we serve the Lord of the Gift!

Water walking means to have first discerned the call—having the wisdom to do so; then walking the walk (on water). There is a difference between faith and foolishness, devotion and lack of impulse controlled risk taking. There are people who are drawn to high risk behaviors. They are easily bored and prefer novelty and consistent variety and stimulation. Therefore, it is important to determine the difference in an authentic call from the Master from one's own rash impulse reaction. We all have a calling. We are all a piece of work, made in God's image. We are called to use our endowed giftedness to serve the world to honor God. To fulfill the mission, we must discover our calling through careful listening, assessing our gifts, talents, passions and even our limitations. Our calling may prove to be painful and will likely require us to work for and with God. It is not a career, necessarily, which is what we do for pay and upward mobility. Through our calling, God wants to do great things of lasting value with us by His power and grace if we are willing to let our feet get wet.

So we must face our fears and storms and not just passively resign. We must remain committed to our values even when tempted to compromise. Try to find meaning and purpose in the storms as they have a way of teaching what nothing else can. Fear is the number one reason people won't get out of the boat (comfort zone). Fear disrupts faith and can be the biggest obstacle to trusting God completely. It obstructs the potential that God has placed in each of us. Fear suggests that God is not really big enough to take care of us and our troubles; that we are not safe in His hands.

Remember “trying and failing, learning from failure and trying and trying again works a lot better than waiting for perfection.” Hope is the fuel to get us out of the boat. Trust will hold us up. Fear will sink us. We must continually focus on our Savior with hope, trust and confidence. We must not look down. If we do, we will be lost.

Jesus gives us the power to walk on water when He calls us to do so. Although we may sometimes fail, He never sets us up to and it is never His intent. Never-the-less, we must keep our minds focused on Him before, during and after the storms of life and if we want to walk on water, we must be willing to take a chance and GET OUT OF THE BOAT!





# Cub Scout Pack & Boy Scout Troop 525

*By Cheryl Thurston*



In December 2015 a Troop Eagle Scout Board of Review for Life Scout, **Ryan Lamont Edmonds** was held. This review is required for all Life Scouts upon the earning of the required twenty-one merit badges and other criteria, and the completion of a chosen and approved service project. Ryan, serving as the Project Manager, did his service project at Laburnum Elementary School in Henrico County, Virginia. The project entitled, "Laburnum Elementary School Let Your Garden Grow" provided the school with a raised garden and planter box, two benches and a rain barrel stand with a catcher purposed to conserve water for the garden. The raised bed garden will give all students access to the garden. This project provides an opportunity for the school to teach the students the importance of healthy eating and allows them to also have hands-on experience. They will be able to observe the food chain process of planting, growing and harvesting food, and the preservation and value of recycling water. The building started at Assistant Scoutmaster Anthony Jones' home and was transported to the school. Ryan supervised 16 scouts in building the benches, garden planter and barrel stand and had the assistance of five leaders who operated the power tools. Ryan's Eagle Scout Ceremony will take place later this spring. Congratulations!!!

The Pack and Troop ended the year earning Gold status for the Journey to Excellence Scoreboard. Journey to Excellence is a BSA council performance program designed to encourage and reward success and measure the performance of units, district and council. It is meant to encourage excellence in providing a quality program at all levels of scouting.



Scouts and scouters all over the country celebrated the birthday of Scouting in the United States of American by worshipping together at their desired religious edifice and chartered organization on Sunday, February 7. Members of Pack and Troop 525, leaders, parents and families worshiped together at the 11:15 morning worship service at Rising Mount Zion. A special financial furtherance was rendered and offered to the Zion scouting program to be used to enhance its scouting program. Continuing the birthday celebration of scouting, the Pack held its annual Blue and Gold Banquet. Cubs and family members came together to fellowship, enjoy a delicious meal and present awards and certificates. It was a well-attended and a very inspiring program that encouraged the Cubs to strive for higher levels in scouting.

The Troop will attend spring camp this year, marking the beginning of its camping season and the continuation of wholesome activities.

Again we, the leaders, committee members, Cub and Troop 525 members, families and friends, thank the Rising Mount Zion church family and friends for your generous support and interest in the scouting program.



## ***Come Join Us!***

Pack and Troop 525 have year-round registration and welcome fathers/men and sons/boys to come join us. Cub Scout age is 7 years old (1<sup>st</sup> grade) to 10 years old (5<sup>th</sup> grade) and Boy Scouts 11 years old (6<sup>th</sup> grade) to 18 years old. We also welcome adults to serve on our Scout Committee. Please contact the church administration office 804-643-0715, Cub Master Rev. Harold Sayles or Scoutmaster Frank Thurston 804-321-5423.







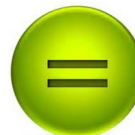
## RMZ Girl Scout Troop 801

The leaders of Girl Scout Troop 801 are dedicated to engaging the members of the troop in wholesome activities and encourage your continued support.

- Girl Scout Troop 801 thanks the Zion family and friends for our successful 2015 peanut season. We couldn't have done it without you.
- The Troop attended a holiday celebration with Service Unit 017 at the Newbridge Baptist Church. Each scout and/or child was asked to bring a book to donate to the children's Hospital.
- Troop 801 joined the Girl Scout Council and Girl Scouts from all areas for the cookie rally training. This training prepares Girl Scouts for the upcoming cookie season and helps them develop the following skills that are used throughout their lives: goal setting, decision making, money management, people skills, and business ethics. Girl Scout cookies went on sale February 21.
- We attended and enjoyed skating at the Roller Dome and had fun on the way to the facility. Everyone thanks Deacon Hatcher for inviting us to Laburnum Recreation Center to attend PALS movie night to view Big Hero 6 with Henrico County police. A police officer led a discussion about BULLYING in school and how important it is to let someone know if you believe you are being or have been bullied.
- Members of our Troop toured the Girl Scout Commonwealth Store, located at 4900 Augusta Avenue in Richmond with Miss Jamie, hoping that all may have uniforms and dress accordingly for Girl Scout Sunday.



It continues to be our goal to develop good citizens who exhibit courage, self-confidence and honorable character while having fun on the way. We continue to recruit leaders and girls to join our troop. If you are interested please contact Deaconess Carol Stovall Johnson (804 615-1405) or our church office (804 643-0715)





# Children's Church Celebrates Black History Month

By Karen S. Brown

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

The adult leaders of the RMZ Children's Church celebrated Black History Month by engaging the children in meaningful activities designed to foster interest and help them to understand and appreciate their heritage. During the Call to Worship, everyone sang the Black National Anthem,



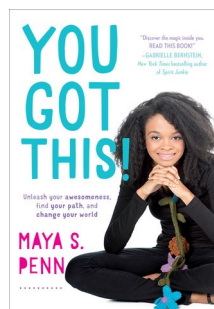
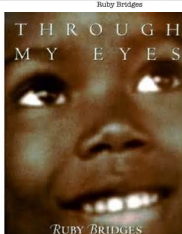
"*Lift Every Voice and Sing*", a song written as a poem, created by James Weldon Johnson and set to music by his brother, John Rosamond Johnson. The Children's Church assembles on the first and third Sundays of each month. On first Sunday's breakout sessions, the preschool class, ages 3-5, created their own traffic lights to celebrate its inventor, Garrett A. Morgan. The older groups, ages 6-12, combined to view portions of the movie "Ruby Bridges", the first black child to attend an all-white elementary school (William Frantz School) in New Orleans, Louisiana during the 20<sup>th</sup> century and discussed how one girl's bravery in the face of adversity could have lasting impacts in our community. The children were also given booklets about African American inventors.



On the third Sunday, the preschool's breakout session recited parts of Martin Luther King's "I Have a Dream" legendary speech. They also created artistic black and white hands clasped together to illustrate Dr. King's Christian beliefs. The older groups finished viewing and discussing the movie, "Ruby Bridges." Many of the children were unaware of the numerous African-Americans who have contributed greatly to Virginia's heritage and culture. The teachers provided booklets about influential African-Americans from Virginia to all participants as well as discussed several. As quoted by the Civil Rights activist Marcus Garvey, "A people without the knowledge of their past history, origin, and culture is like a tree without roots."

*As with all new ministries, we need additional volunteers. We meet every fourth Thursday for planning and lesson development.*

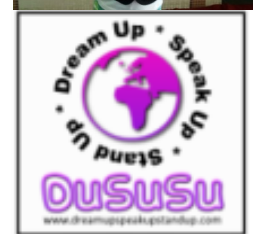
**COME JOIN US----HELP A CHILD!**



<http://mayasideas.com/>



12-Yr Old CEO, Mozhiah Bridges  
<https://www.mosbowsmemphis.com/>





**Vonetta Flowers**, the 1st person of African descent from any country to win a Gold Medal in the Winter Olympics



**Nadja West**, the Army's Surgeon General, Rises In Ranks to Become the First Ever Black Female Three-Star General



**Maritza Correia**, began swimming at age 7 to help alleviate the issues of scoliosis, a curvature of the spine and went on to become the first black woman to earn a place on the U.S. Olympic swim team.



**President Barack Obama** is the first sitting U.S. President to visit Cuba in 88 years



**Admiral Michelle J. Howard**  
First female Four-Star Admiral in the U.S. Navy.

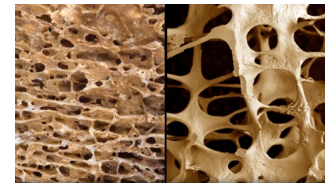


1st African-American U.S. Attorney General





By Dr. Cheryl Jordan-Sayles



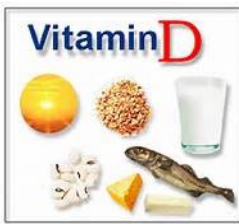
NORMAL OSTEOPOROSIS

## Know The Risk Factors For Osteoporosis

Osteoporosis usually occurs most often in post-menopausal women. This condition makes bones weaker and thinner putting you at risk for fracture. Post-menopausal osteoporosis can lead to fracture of the spine, hip and other bones sometime even without injury. In the 5 to 10 years after menopause, up to 20% of bone mass is lost. Over the age of 50 every 1 in 2 women will have a fracture related to osteoporosis. This condition is more common in women than in men. The stronger your bones are at a younger age, the lower the risk for having osteoporosis later on as you get older. The preteen and teen years are a key time for bone building.

Know your risk factor for developing osteoporosis:

- Age over 65
- Previous history of suffering a broken bone
- One of your parents had a hip fracture
- Low bone density score on the dexta scan that screens for osteoporosis
- Thin frame body
- Physically inactive
- Frequent falls
- Not getting in enough vitamin D or calcium
- Smoker
- Having more than 2 alcoholic drinks per day
- Taking medications such as steroids which cause bone loss



Bones need calcium, vitamin D and exercise to stay strong. Talk to your doctor about the right amount of the vitamin D and calcium that you need for your particular age. Other sources of Vitamin D include eggs, fatty fish, cereals and fortified milk. Foods rich in calcium include dairy products and dark green vegetables. Weight bearing exercises are also good for building bone. Weight bearing exercises include in addition to weight lifting, walking, jogging and stair climbing and dancing.

For the elderly fall prevention is important in helping to prevent a major fracture. Take a survey within the home and be sure that throw rugs and other objects are not on the floor that could cause a fall. Wear supportive shoes with low heels and nonslip soles. If needed use a cane or walker to help with balance. Keep stairs, porches and walkways well lit. Use night light in the hallways and bathroom also at night to make visual where you are walking. Lastly, avoid going out when it snows or is icy outside and avoid wet or slippery surfaces which increase your fall risk. And remember that women need to regularly have the bone density scan to assess their bone health and the need for medication which can help with thinning bone. Medications for osteoporosis help to increase the bone density and thereby strengthen the bones to resist fracture.





JEFFREY ADKINS	MARION ANDERSON	KAYLA AMBE	LAPAWAH AMBE
REINA AMBE	SHERITA BOOKER	LAJEANNE BOYD	ERVINE BROWN
JAMONE BROWN	SHENA BYNUM	TAQUAN BYNUM	BARBARA GORDON
LEROY GORDON	CASSANDRA HARRIS	MICHAEL JONES	MALEEK JONES
TONIKA KELLEY	BRANDON KING	CRYSTAL LESTER	VINCENT MACK
DENISE MASON	ROBERT MASON	ADRIAN NEWMAN	CRYSTAL NEWMAN
TACARA NEWKIRK	JOSEPH NORWOOD	EVYN PRESTON	VANEA PRESTON
CURVEY REID	DIONDRE REID	LASHAWN REID	ZAHRIA REID
DOMINIQUE RICHARDSON	KATINA RICHARDSON	ROSELLE TERRY	LAKEISHA TOLSON
SINIYAH TOWNS	SHEILA VINSON	EBONY WATKINS	JOSEPH WHITE
NICOLE WHITE			

# Activity Page



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Daphne Hill

## Famous African-American Virginians

Match the name with the statement:

\_\_\_\_ Arthur Ashe, Jr.  
\_\_\_\_ Ethel B. Furman  
\_\_\_\_ Samuel L. Gravelly, Sr.  
\_\_\_\_ Oliver W. Hill  
\_\_\_\_ Henry L. Marsh III  
\_\_\_\_ Maggie L. Walker  
\_\_\_\_ L. Douglas Wilder

- a. 1<sup>st</sup> elected African-American Governor
- b. 1<sup>st</sup> African-American Mayor of the City of Richmond
- c. 1<sup>st</sup> woman Bank President in America
- d. Wimbledon Tennis Champion in 1975
- e. member of Rising Mt. Zion 1<sup>st</sup> African-American to command a Navy warship, promoted to the rank of Admiral in 1971
- f. 1<sup>st</sup> African-American Richmond City Council member, lead Attorney with Davis vs. Prince Edward County School Board—consolidated with Brown vs. Board of Education
- g. earliest known African-American female architect in the state of Virginia, designed more than 200 residences and churches in Central Virginia, including the historical registered educational wing of Fourth Baptist Church in Church Hill

Find the words and phrases to the right in the puzzle below. They may be horizontal, vertical, or diagonal.

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



Early Images / Getty Images

Animals  
Birds  
Boundary  
Darkness  
Death  
Earth  
Formless  
Foundations  
Heavens  
Land and sea  
Life  
Light  
Mankind  
Mountains  
Plants  
Sea creatures  
Sky  
Spirit  
Sun and moon  
Thunder

## THE FAMILY CIRCUS®



By Bill Kean