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Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile, and kindness in your spirit.



*But you are a forgiving God, gracious and compassionate, slow to anger and abounding in love.*

*Nehemiah 9:17 NIV*



**BY DEBORAH S. ANDREWS**

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

This year, on Ash Wednesday, March 2, our beloved Pastor, Rev. Dr. Roscoe D. Cooper III, facilitated a spirit filled hour imparting his teachings on the Lenten Season, and its Christian principles and practices. During the introduction of the virtual service, Rev. Rosemary Morris, a Rising Mount Zion Associate Minister, graced the online audience with a stirring and powerful prayer as we prepared our hearts for the blessings of our evening. Pastor Cooper began Ash Wednesday service by stating his pivotal scripture, *Exodus 33:14-15*, and entitling the message, "The Journey Begins", justly declaring that Ash

*(Continued on Page 2)*

Wednesday is the beginning of our commemoration of the Lenten Season. The online listeners were asked to start the Lenten Season by remembering their need for reflection, repentance, renewal, and transformation through an intimacy with God involving fasting, prayer, and self-examination.

Pastor Cooper readily encouraged praying and fasting during the Lenten period because it allows believers the chance to seek God, by way of personal investment in an intense, focused, and restorative way. It also helps all of us to see God more clearly, love Him more dearly, and follow Him more nearly. Like the biblical character, Moses, the act of fasting gives us a special opportunity to present ourselves to God, worship Him, ask for forgiveness, and precipitate an occurrence with Him that will change our life. Additionally, Pastor Cooper raised our need for a spiritual covenant or a spiritual relationship with God, to listen to Him and align our will with His Will. Christian principles of Lent were ardently reiterated by Pastor, incorporating repentance, prayer, fasting, and focus. He advanced an insightful discourse of the application of these truths to the significance at hand and the unlocking of our spiritual authority, knowing that whatever God asks of us can be achieved through the power of prayer, trust, and faith.

Fasting gives us a special opportunity to present ourselves to God, put into practice to meet with Him daily, and be in covenant with Him. It puts us in position to surrender and submit to God, listen to Him, hear His voice, and be able to identify and recognize it, and renew our personal relationship with Him. Plus, it is a time to offer our whole heart to God, have self-denial, and get rid of the garbage in our life.

Global and domestic events and conditions precipitating this season of Lent are very much on the forefront. An enduring presence of COVID-19, waging world wars, and unfathomable sorrow have affected everyone. Apart from all the woes of the world, it's comforting that Lent can serve as a break from such experiences as it provides further opportunities to read and study the Bible more, be disciplined, remove whatever makes you not turn toward the Lord, turn cares over to Him, and contemplate matters that prohibit fully trusting God. There are some things that have caused us not to walk in our calling. This Lenten season it is incumbent upon us to bind and loose in accordance with the Will of God; honor the centrality of Christ in our lives; ask in the name of the Father; access God through the power of prayer.

This year our Ash Wednesday service was proclaimed online via computer and/or telephone. Therefore, the *Imposition of Ashes* which is the placing of ashes on the forehead of each parishioner in the symbol of a cross was virtually demonstrated by the Pastor who reminded us that **we are dust and to dust we shall return**. The custom reminds Christians that we are ultimately sinners and need to examine our faith and deepen our commitment to live a Christ-like lifestyle – by giving up any habit that hinders our relationship with God.

*Another Impactful Evening of Worship! May our teachings be ever etched on the tablets of our heart. We pray God's blessings upon us this Lenten season as we depart and go forth, binding and loosing under the authority of Heaven through Jesus Christ our Lord. Amen!*



*Dear Zion Family!*

Giving total honor and gratefulness to God gives me great joy to greet you, my Zion family and friends, in the name of my Savior Jesus Christ who daily orders my steps in His Will, His Way, and His Word. In spite of the circumstances of our existence, there's real proof that we are living in the end of times, yet, as believers, we realize the importance of knowing that our priorities matter! Undoubtedly, our highest priority should be God—our First Love, His Kingdom, and His righteousness. The signs of time indicate that the world of turmoil, chaos, confusion, anger, and destruction bears the onus. Although, there is stuff going on around us and in the world that is troubling, it is essential that we, the followers of Christ, are in a right relationship with our Sovereign God who is immutable, patient, calm and slow to anger. On the other hand, when your rights are violated, it's easy for the devil to defeat, depress, destroy, and make you get out-of-character so that you lose self-control, cause conflict, and become volatile. Nevertheless, as believers, when someone wrongs us, lies on us, angers us, or maliciously accuses us, we must be Christ-like in our response—pray, keep our cool, leave the vengeance to God, control our emotions, be slow to anger, avoid “tongue violence”, and do not be quickly provoked in our spirit. In other words, know what triggers you, rebuke the devil, and don't allow anger to control you. It is my prayer that regardless of the situation of our existence, know that our words matter and our spiritual maturity shouldn't ever be manipulated by the evil spirit of the world. If we pray daily to God and take time to listen to His voice, we experience unforgettable moments of His joy and peace no matter what confronts us. Learning to discern God's voice and following Him will help us avoid toxic entanglements that are often brought about by headline hysteria, the epitome of evil, or the anti-church, anti-Christ, and anti-Bible syndrome. Consequently, I believe God is constantly at work in our lives communicating words of love, instruction, encouragement, and caution. Through the Word of the Living God we are taught to consistently work toward ameliorating our physical, mental, social, and spiritual state of mind. Unfortunately, the mental state of worry can eat away the joy of life and it's dangerous because it allows the mind to develop false beliefs about the power and steadfastness of the Holy Spirit. However, if we seek God in every instance whether sad or celebratory, He's the antidote to worry because He has the power to deliver and give us victory in ways we can never imagine. Believe it or not Zion, our most important blessing is spiritual through which we have a plethora of benefits in the Triune. Although it is evident that we are living in troubling times, we must remain focused on the principles of our beliefs and allow nothing or no one prevent us from worshipping God, and keeping faith and hope alive. Our hope cannot be built on things that shift or are unstable but build all things on the ROCK of stability! So, let us not be dismayed, deceived, disappointed or side-tracked by those things that are not of God. Therefore, we should put on the whole armor of God, guard our “temple/body” and fully surrender our life, mind, will, and emotions to Jesus Christ as Lord who is our only Source of true peace. In that day, Jesus is coming back to restore and establish His Kingdom on earth, and a spirit of heaviness that hovers over us will be lifted! However, it is only when the saints fall away from the church and the evil beast is revealed that the Lord comes back. Then the insurmountable power of the Holy Spirit will consume with His breath and destroy the evil wickedness with the brightness of His coming. No longer will people feel helpless and hopeless for in that day, our singing of joy and peace will return and God will rebuild walls around us that no man, woman, or earthly power can tear down. He can open doors that no man can shut and deliver us from the penalty, power, and presence of sin. So Zion, get ready for better times, and expect your season to shift, knowing that God's presence keeps us in perfect peace and forever under His surveillance at all times!

*Be Blessed...*

*Pastor C. J. ...*



## The 40-Day Journey to Resurrection Day

by  
Deacon Mary Kemp

The 40-day journey began on **Ash Wednesday**, March 2, the holy day of prayer and fasting. The journey includes **Holy Week** which is the most sacred week in Christianity and starts on the eve of **Palm Sunday**, April 10. Pastor Cooper delivered a powerful message entitled, "Here Comes the King and utilized *Luke 19:38* as his fundamental text. He stated that a) *God wants to be "King" in our life.* b) *God needs us to listen, loose, and live.* c) *We must not be afraid to lift Jesus up wherever we may be.* d) *Jesus fulfilled prophesy by riding into Jerusalem on a donkey as the crowd shouted "Hosanna".* e) *Jesus needed the fullness of praise from people.* f) *We should love God for who He is and what He is to us.* Having been blessed with an inspiring and a powerful Word of God, the congregants received a Palm branch as they departed the sanctuary. **Maundy Thursday**, April 14, the **Washing of the Feet** (Maundy) and Jesus sharing the **Last Supper** with the Apostles; **Good Friday**, April 15, a Christian holiday commemorating the **Crucifixion of Jesus** and **His death**. Just because Resurrection Sunday marks the end of the Lenten season doesn't mean that those who fasted during this period can return to old habits. Hopefully your repentance, reflection, and remembrance of the sacrifice Jesus made for all of us, had a profound impact on your fasting that was intended to deepen your relationship with your God. Therefore, let your commitment legislate matching up your true spirit with the purpose of the Spiritual Discipline of the Lenten Season.

Consequently, on April 17 **Resurrection Sunday** was reveled in unshakeable joy and unrelenting gratefulness at Rising Mount Zion Baptist Church as the worshipers gathered to be blessed by the preached Word, glorifying the Risen Savior. Although the parishioners' attires varied from comfortable casual to fancy Easter outfits, we had all gathered to achieve the same goals to: 1) remember Christ's sacrificial death on the Cross, 2) praise God for the gift of Salvation, 3) look expectantly for the Lord's second coming, and 4) encourage the unbelievers to give their lives to Jesus Christ and accept Him in their life. So that they, too, can be covered with His blessings of grace and mercy, peace, love, forgiveness, and hopefulness.

The dramatic sound and visible effects, along with the verbal narrative of the video brought a hush to the shoulder-to-shoulder packed sanctuary. During planned pauses in the video, the online choir sang, "Don't cry, He's not dead" and "I know He lives", and a powerful narrative and prayer by Pastor Cooper awakened the quietness of the gigantic crowd with oral and physical accolades that were evidence of the parishioners receiving the intended breadth of the prologue to the sermon. As Pastor Cooper took center stage, the online choir led the congregants in singing, "Hosanna." The video, the singing, the prayers, and the dessert of the hour---the SERMON kept the audience on a spiritual high from start to finish. Pastor Cooper chose *Luke 24:6* as his basic scriptural text and entitled his sermon, "Believe It Or Not." His sermon was fervent, almighty, blessed, justifiable, and spoken with clarity that allowed the mature-minded as well as the children/youth to comprehend and rejoice in the sacrifice Jesus made for us. Just as Jesus would suffer, die and be raised at the end of the journey, Pastor Cooper reminded us that we will also suffer, die and rise. No matter what come our way, we must not be paralyzed by disbelief. In the midst of our disappointments, we must rise up in our heart, spirit, and belief and not develop spiritual amnesia. We must be mature enough in our faith that we believe without seeing. Pastor emphasized that we need to stop doubting and believe that when times get tough, Jesus does what He promises. Reciting several promises Jesus made to us, Pastor concluded his sermon by stressing---*Blessed are those who have not seen, but believe!* Five persons submitted applications for Zion membership. Must you SEE to BELIEVE?



The words listed below can be found in a straight line horizontally, vertically, or diagonally and may be read forward or backward.



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

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



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By  
and  
JEFF  
KEANIE

"My favorite mornings are Easter, Christmas, and the day after Halloween."

# Health Matters

By Cheryl Jordan-Sayles, MD



## The **SECOND** COVID-19 Booster



### **Who should get the second COVID-19 booster?**

In late March 2022, the FDA and CDC authorized the second COVID-19 booster of either Pfizer or Moderna to be given to persons age 50 and older and certain persons who are immune-comprised at least four months after their first booster. The second booster is recommended to increase protection against severe disease from COVID-19.

### **Do I need a second booster?**

The second booster is recommended for those persons who have a higher risk of getting seriously ill due to other underlying medical conditions. For right now, the decision to get the second booster is based on the benefits and risks of the vaccine and should be discussed with your healthcare provider.

### **Why is the second booster needed?**

The second booster is needed since new data finds that the initial booster is less effective after about four months of getting the booster.

### **Will the second booster prevent me from catching COVID-19?**

The second booster will not necessarily protect you from getting sick from COVID-19 but if you do get infected, it can reduce the severity of the illness.

### **What is the difference between the vaccine and booster for COVID-19?**

Pfizer booster dose is the same size dose as the primary series of the vaccine. Moderna booster dose is half the size of the vaccine given for the first 2 shots primary series.

### **Can you wait to get the second booster”?**

Persons eligible to get the second booster may decide to wait to get the second booster if you have had COVID-19 illness in the past 3 months or you may consider delaying the second booster until it is closer to the time of fall of 2022 at the start of the usual cold and flu season. Additionally, there is work on a new vaccine which may be available later this year that would better protect against the new variants of the COVID-19 virus.

### **Can you mix the COVID-19 vaccine for the second booster?**

The CDC has authorized mixing of the different vaccines for the second booster. Studies also suggests that taking a different booster than the primary series or even first booster vaccine may enhance the immune system response in protection against the COVID-19 virus.

### **If you got Johnson and Johnson vaccine initially, is the second booster recommended?**

Persons who received 2 doses of the J and J vaccine are eligible to receive the second booster with either Pfizer or Moderna vaccine four months after the last shot.

*The guidelines for the COVID-19 vaccines are continuously being studied as data is evolving and as we forge forward to control COVID-19 in our day to day lifestyle.*

**STAY TUNE FOR MORE UPDATES...**





# March is... Women's History Month

by Deacon Mary Kemp

MARCH is Women's History Month that highlights the contributions of women and provides an opportunity to honor the generations of trailblazing women and girls who have built our nation, shaped our progress, and strengthened our character as a people. They have continued to lead the fight for climate change, to end slavery, advocate civil rights, pass the Voting Rights Act, ensure daughters have the same opportunities as sons, and receive equal pay, benefits, and safety as men and boys. Therefore, a gigantic THUMBS-UP is awarded to a few recent heroines in our society:

The United States Women's Soccer Team – The U.S. Women's National Soccer Team will finally receive equal pay with the men's team, reaching a multi-million dollar (\$25,000,000.00) settlement with the United States Soccer Federation after a lengthy equal pay lawsuit. No doubt, the settlement will have a profound effect for equal pay and benefits for other professional women's teams.



**Judge Ketanji Brown Jackson** was chosen from a list of several highly qualified Black female judges to become the first Black candidate to the United States Supreme Court. President Joe Biden conducted a rigorous process to identify a replacement for retiring Supreme Court Justice Stephen Breyer, seeking a candidate with exceptional credentials, unimpeachable character, an unwavering dedication to the rule of law, and who understands the profound impact that the Supreme Court's decisions have on the lives of the American people. History

was made on April 7, 2022 when Judge Ketanji Brown Jackson was confirmed to become the first Black female Associate Justice on the United States Supreme Court!



Vice-President of the United States, **Kamala Harris**, and the Speaker of the U.S. House of Representatives, **Nancy Pelosi**, made history on Tuesday, March 1. They are the first women to ever flank the President of the United States as he delivered his first State of the Union Address to the joint session of the United States Congress.



The Smithsonian Institute in Washington DC celebrated Women's History Month with 120 eye-catching, life-size orange sculptures that represent **contemporary women, including women of color to champion the ingenuity that transformed America and beyond**. The statues depict women who have defied gender and racial stereotypes, overcome structural barriers, and excelled in science, technology, engineering, and math, the STEM fields. Each statue features a QR Code that's linked to the personal story of each woman. The statues were on display the weekend of March 5 in the Smithsonian Gardens, and then dispersed to different Smithsonian museums, across the National Mall through March 27. The initiative is the largest collection of statues depicting women ever assembled.



Finally, but not least, each RMZ woman and girl are asked to replace the silhouette with her picture because YOU ARE...



**Beautiful**  
*Eccl. 3:1*

**Chosen**  
*1 Thess. 1:4*

**Strong**  
*Phil. 4:10*

**Created**  
*1 Thess. 1:4*

**Never Alone**  
*Matt. 28:20*

**Enough**  
*2 Cor. 12:9*

**Capable**  
*Mark 10:27*

**Victorious**  
*Rom. 8:37*

**Always Loved**  
*Rom. 8:38*

**Amazing**  
*Ps. 119:14*





# Bible Pathway Adventures

## MOTHERS IN THE BIBLE

### Mother and Child Match

Read the scriptures below.  
Put the correct letter next to the mother.

1. \_\_\_\_ Eve
2. \_\_\_\_ Sarah
3. \_\_\_\_ Rebekah
4. \_\_\_\_ Zipporah
5. \_\_\_\_ Ruth
6. \_\_\_\_ Bathsheba
7. \_\_\_\_ Naomi
8. \_\_\_\_ Hannah
9. \_\_\_\_ Elizabeth
10. \_\_\_\_ Mary
11. \_\_\_\_ Eunice
12. \_\_\_\_ Salome

- A. Solomon (2 Sam 12:24)
  - B. Mahlon & Chilion (Ruth 1:2)
  - C. Samuel (1 Sam 1:20)
  - D. John the Baptist (Luke 1:57)
  - E. Isaac (Gen 17:19)
  - F. Timothy (2 Tim 1)
  - G. Obed (Ruth 4: 16-17)
  - H. Abel (Gen 4: 1-2)
  - I. Yeshua (Mat 1:16)
  - J. Gershom (Ex 2: 21-22)
  - K. Jacob (Gen 25:28)
  - L. James and John



## ***Eight Attributes of God's Total Woman***

*Shared by Vivian Minor*

*"The true worth of a race must be measured by the character of its womanhood..." Mary McLeod Bethune*

- 1) ***A total woman is a woman of faithfulness.*** No one can be whole or live a successful life without faith. The Bible says that without faith, it is impossible to please God. Faith is essential to wholeness. THE TOTAL WOMAN-chooses daily to walk by faith.
- 2) ***A total woman is a woman of wisdom.*** In the biblical sense, she has the ability to judge correctly and to follow the best course of action, based on knowledge and understanding *Proverbs 31:26*
- 3) ***A total woman is a woman of diligence.*** People need to know that they can rely on us to complete a given task to the absolute best of our ability. We should make every effort to follow through on everything we start, which requires self-discipline. God prizes diligence highly. *Proverbs 12:27* states: "Diligence is a (woman's precious possession." *Proverbs 21:5* states: "The plans of the diligent – lead surely to plenty."
- 4) ***A total woman is a woman of kindness.*** Kindness is humbly giving of ourselves in love and mercy to others who may not be able to give anything back, who sometimes don't deserve it, and who frequently don't thank us for it. Basically, kindness means a way of thinking that leads to doing thoughtful deeds for others. *Proverbs 19:22* states: "What is desired in a wo(man) is kindness."
- 5) ***A total woman is a woman of strength.*** Strength in a woman is a good thing in God's eyes. In scripture, we are encouraged and directed to be strong. God is in the business of making us strong, if we allow Him. Being a strong woman is not a bad thing. Strength is essential if we are going to be and do all God has called us to be and do in a spiritually dark work world. And strength is not a gender issue. "Be strong in the Lord and in His mighty power." *Ephesians 6:10*
- 6) ***A total woman is a woman of generosity.*** Generosity is seeking first the kingdom of God. It is accepting and adopting a new mind with which we evaluate what makes sense and what is a good financial decision. It is the desire to love God and others – even when others can't understand those choices. Biblical generosity means acknowledging the blessings of God in our lives and giving Him full ownership over everything we have. *Luke 6:38*
- 7) ***A total woman is a woman of integrity.*** A person of integrity is living rightly, not divided, nor being a different in different circumstances. A person of integrity is the same person in private that she is in public. The book of *Proverbs* provides an abundance of verses on integrity.
- 8) ***A total woman is a woman of abiding anointing*** --- given to preach---(that is to teach) the gospel to the poor, to heal and restore people, to proclaim freedom to the captives (that is to someone who is gripped by a strong emotion such as love or anger), to open blind eyes, to set people free who are oppressed, and to proclaim the time of the Lord's favor (His approval).

In conclusion, **THE TOTAL WOMAN** is one who has developed herself in all areas of life. A woman, who has empowered herself, is able to influence the lives of others. She has a positive attitude and sets goals. She is strong-minded, soft-hearted, driven by cause, ambitious, skillful, hard-working, intelligent, empowered and well-skilled, focused on the next steps, motherly and so much more... And above all, **A TOTAL WOMAN** puts her trust in God!!!

## *Eight Attributes of a Godly Man*

*"A lie doesn't become truth, wrong doesn't become right and evil doesn't become good just because it's accepted by a majority." Booker T. Washington*

- 1) ***A godly man keeps his mind sharp.*** A godly man desires to be wise so he can make good choices. He studies his Bible, and he works hard to make himself a smarter, more disciplined person. He wants to know what is going on in the world to see how he can do God's work. He wants to know God's answer to any situation he may face. This means spending time in Bible study, doing his homework, taking his schooling seriously, and spending time in prayer and church. *2 Timothy 2:15*
- 2) ***A godly man keeps his heart pure.*** A godly man strives to have purity of heart. He strives to avoid lust and other temptations and works hard to overcome them. Is a godly man a perfect man? Well, not unless he's Jesus. So, there are going to be times a godly man makes a mistake. Yet he works hard to make sure those mistakes are minimized. *"Blessed are the pure in heart, for they shall see God." Matthew 5:8* (the Beatitudes...)
- 3) ***A godly man has integrity.*** A godly man is one who puts an emphasis on his own integrity. He strives to be honest and just. He works to develop a strong ethical foundation. He has an understanding of godly behavior and wants to live to please God. a godly man has a good character and a clean conscience. *Proverbs 20:7*
- 4) ***A godly man uses his words wisely.*** A godly man puts an emphasis on speaking well to others. This doesn't mean a godly man skirts the truth or avoids confrontation. He actually works on telling the truth in a loving manner and in a way that people respect him for his honesty. *"For by thy words thou shall be justified..." Matthew 12:37*
- 5) ***A godly man devotes himself to God.*** God is always a priority to a godly man. The man looks to God to guide him and direct his movements. He relies on God to provide him with an understanding of situations. He devotes his time doing to doing godly work. A godly man regularly attends church and spends time in prayer, developing a relationship with God. He reads devotionals and does outreach to the community. *Proverbs 31:3*
- 6) ***A godly man works hard.*** A godly man knows that God wants us to work hard and do our jobs well. He wants us to be an example to the world of what good hard work can bring. *"Whatever you do, work at it with all your heart." Colossians 3:23*
- 7) ***A godly man never gives up.*** A godly man knows the difference between God's plan and his own. He knows never to give up when it's God's plan and to persevere through a situation, and when to change direction when he allows his own mind to get in the way of God's plan. Developing the tenacity to keep going is not easy in high school, but start small. *The Lord will fight for you: you need only to be still. Exodus 14:14*
- 8) ***A godly man gives without complaint.*** A godly man knows that God is #1. When he looks out for god, He gives people a heart for giving. When a godly man does God's work, he gives to others, and god gives him a heart that soars when he does it. it never feels like a burden.do something, and give something back. It's all for God's glory, and it helps others in the meantime. *Ezekiel 36:26*

In conclusion, A **GODLY MAN** is one who has developed himself in all areas of life. He has been empowered by God, and is able to influence the lives of others. He has a positive attitude, integrity, the Spirit of the Lord, and has been anointed to proclaim good news to the poor, the captives, the broken hearted, etc. he is strong-minded, driven by cause, intelligent and kind, hard-working, skillful, and so much more... Above all, A **GODLY MAN** puts his trust in God!

## ***CAPTAIN MALLORY???***

Captain Mallory is not a television or comic book super star, and not even a well-known entertainer but, in the Hanover County Sheriff's Office, Captain Mallory is a young man who started at the beginning level and has soared to an unimaginable level in a little more than two decades. He joined the Office in 2001 as a **deputy** and was assigned to the Court Services Unit where he worked in Civil Process and Courtroom Security. Captain Mallory quickly distinguished himself and was selected to be a field training officer and general instructor in the Hanover basic academy teaching civil process, courtroom security, ethics, and defensive tactics. In 2011 he was promoted to the rank of **Sergeant** within the Court Service Unit and attended the Institute for Leadership in Changing Times through the Virginia Association of Chiefs of Police. The instructors were so impressed with Captain Mallory's natural leadership abilities that he was asked to be an instructor, something he does to this day. Remaining in the Court Services Unit, Captain Mallory was appointed to the rank of **Lieutenant** in 2015 and was selected to serve on the Research and Design Initiative Committee for the new Hanover County Courthouse. Additionally, he was instrumental in the design of the new camera systems within the courthouse facilities, selected to attend, and graduated from the Professional Executive Leadership School (PELS) through the University of Richmond. Post-graduation, he was selected to be a member of the Selection Committee for PELS applicants, and in 2017, he also began teaching an ethics course in First Line Supervisor School through the Virginia Association of Chiefs of Police. In 2020, Mallory became **Captain** and currently oversees the day-to-day operations of the Court Services Unit. As Captain, he is the officer-in-charge of security in all courtrooms and civil processing throughout Hanover County. He is a member of the National Organization of Black Law Enforcement Executives (NOBLE), Past-Master of the Pride of Hanover #264 Masonic Lodge, and has earned numerous awards, citations and commendations over the course of his 21-year career.

To the Rising Mount Zion Baptist church family Captain Mallory is **Bryant Mallory**, a young man who is very pleasant, warm-hearted, likeable, articulate, and godly! In every way, this gentle "giant" of a man is always willing to lend a helping hand whenever and wherever he's needed. Since joining Rising Mount Zion Baptist Church in 2011, he and his equally pleasant and charming wife, Sonya, are regular attendees and faithful supporters of the ministries of the church, such as the RMZ Recreation Fitness and Men Ministries in which he held leadership roles, and both are faithful members of the RMZ Pastor Aide Ministry. Perhaps you are wondering how this lovely couple became a part of our church family. Well, they met Pastor Cooper at an event sponsored by the Pride of Hanover #264 Masonic Lodge at which Bryant was the Worshipful Master and Pastor Cooper was the guest speaker. Pastor Cooper made such an indelible impression that Sonya decided to attend a Zion church service. The next time Bryant joined her and immediately they developed a real kinship to the church. The love and respect for the Pastor, the fellowship of the people, and especially the divine nourishment that overflows the spiritual hunger, soaks the soul with reverence, and creates a yearning and excitement for the gospel that begs for more, and more, and more! To them, Zion is their ideal spiritual home!



*The Rising Mount Zion Baptist church family, like the Hanover County Sheriff's Office and community, is blessed and honored to have an upright and a dedicated godly servant, true professional and capable leader, among our ranks who is definitely a wonderful role model for men, boys, and society as a whole!*

# JOYOUS HEAVENLY FATHER'S DAY

our PEACE. our PROTECTOR. our STRENGTH. our HEALER. our  
COMFORTER. our PROVIDER

Christians worship, praise, glorify, and honor our Heavenly Father every day. For the majority of Christian denominations, the Holy Spirit is believed to be the third person of the Trinity, a Triune God manifested as God the Father, God the Son, and God the Holy Spirit, each entity itself being God.

## 15 Characteristics of God

- ◆ GOD is **INFINITE**---self-existing...*Colossians 1:17; Psalm 147:5*
- ◆ GOD is **IMMUTABLE**---never changes...*Malachi 3:6*
- ◆ GOD is **SELF-SUFFICIENT**---has no needs...*John 5:26*
- ◆ GOD is **OMNIPOTENT**---all powerful...*Psalm 35:6; Job 11:7-11*
- ◆ GOD is **OMNISCIENT**---all knowing...*Isaiah 46:9-10*
- ◆ GOD is **OMNIPRESENT**---always everywhere...*Psalm 139:7-10*
- ◆ GOD is **FAITHFUL**---true...*Deuteronomy 7:9; Timothy 2:13*
- ◆ GOD is **GOOD**---kind, full of good will...*Psalm 34:8*
- ◆ GOD is **MERCIFUL**---compassionate...*Romans 9:15-16*
- ◆ GOD is **JUST**---perfect in all He does...*Deuteronomy 32:4*
- ◆ GOD is **LOVE**---loves us...*1 John 4:7-8*
- ◆ GOD is **GRACIOUS**---inclined to spare the guilty...*Psalm 145:9*
- ◆ GOD is **WISE**---perfect wisdom...*Romans 11:33*
- ◆ GOD is **GLORIOUS** ---beautiful, great...*Habakkuk 3:4*
- ◆ GOD is **HOLY**---sacred, set apart, and divine...*Revelation 4:8*

Give GOD your greatest **GIFT**--- **YOURSELF!!!**



# What Fathers and Sons Should Know About Being Black

Excerpts Taken From *EBONY MEN*

*The following advice is written expressly with much care, compassion and concern from today's much aligned Black American men. The message is directed to those who are growing up without a male figure in the household, or in academic settings. It also addresses the privileged that life has to offer, as well as to Black youth of every social and economic strata in between. Additionally, it is for the elite minority that society has embraced (referring to athletes or the performing artists), as well as those sons that are as yet unborn. Listed below are 10 important things to instill in our sons about becoming successful Black men:*

- ◆ **You come from greatness.** *Just because one is born into a disadvantaged household, neighborhood or upbringing doesn't mean that it therefore has to be born in him.*
- ◆ **Respect and protect the Black woman.** *Respect has to be earned. The Black woman of merit is the queen and precious jewel that God has so graciously seen fit with whom to bless us men. With a dignified, respectable sister behind and beside you, there is no limit to how far you can go in life for we are irrevocably bound together.*
- ◆ **Just being male doesn't make you a man.** *You don't automatically become a man at some magic age. Some of you presume that proof of manhood comes from fighting with your fists, a gun or weapon, instead of using your brain, or from wielding a weapon or fathering a child. Please understand that hiding behind these things is a weakness, and an excuse for not thinking. Learn to solve a problem with intelligence and reason.*
- ◆ **Knowledge is power.** *Learn and accept that you are not a "minority" when three-quarters of the people in the world look like you. Learn to discern truth by reading between the lines of what is offered to you as fact. The ability to do this will open up a whole new world and cultivate a heightened sense of dignity and pride within you.*
- ◆ **Whatever you become, you are Black first.** *Have no tolerance for mediocrity. Embrace your identity and resist the attempts of America and others to undermine, dilute, or discredit who you are.*
- ◆ **Racism isn't going anywhere, so don't use it as a crutch.** *Don't get into the habit of blaming "racism" every time something doesn't go the way you wanted or expected. Instead, take each incidence, learn from it and grow.*
- ◆ **Always project and carry yourself with dignity.** *Never characterize yourself as anything but great or reduce yourself to the behavior of an animal. Be true to your word when you give it to someone and make it mean something.*
- ◆ **Be fathers to your children.** *If you have a child or children, you must be a presence and a factor in every stage of their lives.*
- ◆ **The world/society owes you nothing.** *It has been said that "You may not get all you pay for in life, but you'll certainly pay, for all you get." If you want something ---anything at all---you have to go out and get/work for it. No more, and no less!*
- ◆ **No one is successful by accident.** *You must plan your work, and work your plan. Don't blindly buy into what someone else determines what success is. Define and decide what success would mean to you, and then achieve it on your own terms.*

**YOU MAY NOT HAVE BEEN RESPONSIBLE FOR YOUR HERITAGE,  
BUT YOU ARE RESPONSIBLE FOR YOUR FUTURE.**

# Spratley Allen Missionary Circle

By Sister Valorie McBee

*Praise the Lord, O my soul; all my inmost being, praise his holy name. Psalm 103:1 (NIV)*

All praises to our Almighty God for blessing the servants of God. The missionaries are continuing to reach out in service to the sick, the shut-in, the bereaved and those in need by providing get well and sympathy cards, donations and prayers of comfort. The Spratley Allen missionaries are affiliated with the Area A, District A-1 Women's Ministry of the Baptist General Convention of Virginia. Missionaries throughout the state are continuing to take part in Christian education classes, conferences, and virtual sessions.

TAB (Take A Break) sessions were held on Thursdays from 12-12:30 during Women's History month. This was an opportunity to listen to preaching, music, poetry or inspiring words. The speaker for the March 10<sup>th</sup> session was Rev. Dr. Cheryl Ivey Green, Executive Minister of First Baptist Church of South Richmond. Rev. Dr. Green spoke about *Courageous Faith*.

**Courageous Faith** is to follow God as we are called and led by God; it involves understanding and fulfilling the three P's:

1. **The Purpose of God** - To understand and be willing to be part of the larger plan. As stated in *Joshua 2:1-24*, Rahab understood to move quickly into action and to never lose sight of the purpose.
2. **The Plan of God** - Courageous Faith stands on the Divine plan of God, *Matthew 1:5*. Responding to God's call helps us to develop wisdom.
3. **The Power of God** - Courageous Faith is knowing and trusting in the power of the Almighty.

These short, but powerful sessions touched our hearts and minds to "take a break" from our daily routine and to honor a calling from God.

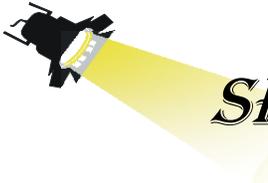
The Baptist General Convention, in its support of Virginia Union University co-sponsored an information session about VUU's partnership with the faith community in developing a *School of Social Justice and Community Activists*. Courses may include voter rights, district remapping, political organizing and training on "telling our story." Churches could serve as resource centers and may be the epicenter for community transformation to assist with economic development, health issues, social justice, employment, and education. Also, VUU is developing a Sacred Music Program in the name of the *Hezekiah Walker Center for Gospel Music*. African American churches, the Samuel DeWitt Proctor School of Theology, the Director of the Sacred Space Initiative, Rev. Dr. Eliza Burke, are uniting in support of "embracing our heritage" by teaching sacred gospel music, song writing, publishing and licensing. VUU is also looking forward to offering a PhD program in *Theology and Ethics* and plan to train more women to be pastors.

Missionaries throughout the state are looking forward to the Baptist General Convention Annual Session to be held at the Richmond Marriott, June 2022.

*Now faith is the assurance of things hoped for, the conviction of things not seen. Hebrews 11:1 (NRSV)*

"When an elder dies, a library burns to the ground." (African Proverb)





## SPOTLIGHT ON.....

### KENDRA D. JOHNSON, PH.D

*By Beverly B. Johnson*

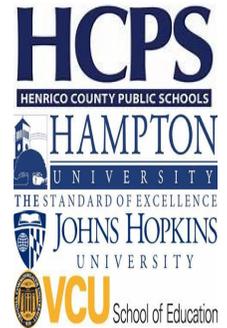
If asked the secret to her success, Dr. Kendra Johnson would reply, "It's no secret; it's God." Dr. Johnson recognized at an early age that if she lived by the words of her favorite scripture, Proverbs 3:5-6, and trusted in the Lord with her whole heart, He would direct her path. She also recognized the importance of being a servant leader and uplifting others along the way. Dr. Johnson is guided by the words of Rev. Dr. Martin Luther King Jr. that read, "Make a career of humanity for you will make a greater person of yourself, a greater nation of your country, and a finer world to live in."



**Dr. Kendra D. Johnson** is a graduate of Henrico County Public Schools. She obtained a Bachelor of Arts degree in Journalism and Communications from Hampton University and a Master of Science degree in Educational Studies from Johns Hopkins University. After completing her undergraduate studies at Hampton, Dr. Johnson moved to New Orleans, LA, and worked as an elementary school teacher as part of Teach for America.

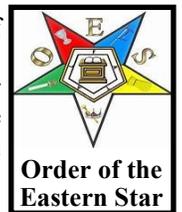
During this time, she committed herself to the noble cause of educational equity for historically underserved students, families, and communities. After a transformational tenure in New Orleans, Dr. Johnson moved to Washington, D.C., where she continued to work as an elementary teacher and leader.

However, her geographic proximity to her hometown of Richmond, VA and the realization that there was work to be done at home inspired Dr. Johnson to pursue teaching and leadership opportunities in the Henrico County Public Schools System. She began her doctoral studies at Virginia Commonwealth University (VCU) in 2018. On April 27, 2022, she successfully defended her dissertation titled *Race, Weight, Gender and the Embodied (odied, odied) Consciousness of Big-Bodied Black Women Educators*. She took her place among the 4% of Ph.D. holders that are Black women. Dr. Johnson graduated from VCU's School of Education with a concentration in Curriculum, Culture, & Change on May 14, 2022.



Dr. Johnson believes that positive radical change for students begins with a radical shift in teacher education and preparation. Her research interrogates questions related to race, gender, and class dynamics in teaching and learning in urban contexts and critical consciousness and cultural humility in teacher preparation. She also maintains an active research agenda centered on the experiences of Black girls and women in education. She currently works as the Anti-Racist Teaching & Transformation Specialist for VCU's Center for Teacher Leadership.

The daughter of RMZ members Ronald and Beverly B. Johnson, Dr. Johnson knows the value of community and "the village". She and her parents joined Rising Mt. Zion in 2008 under the pastorate of Dr. Roscoe D. Cooper III. Since then, Dr. Johnson has been a dedicated member, serving as the first junior editor of the RMZ VOICE Newsletter, co-teacher for Vacation Bible School, and RMZ Angel Tree volunteer. Dr. Johnson is also an active member of the Hatcher Sheepfold. In addition to her involvement in RMZ ministries and programs, she is an active member of Henrico Chapter 78 Order of the Eastern Star, PHA, a volunteer with FeedMore Meals-on-Wheels program, and a dance fitness instructor.



Dr. Johnson is a published journalist and author. She is inspired by the works of Maya Angelou, Nikki Giovanni, Audre Lorde, Ntzoike Shange, and Gloria Jean Watkins (pen name bell hooks). When she is not writing or trying to change the state of public education, Dr. Johnson enjoys attending plays and outdoor music festivals, traveling, shopping (a lot!), and spending time with her family, close friends, and dog, *His Royal Highness King Cheechabod Jovanté Lamont Johnson!*

The Zion family, including the VOICE staff, is so proud of **Dr. Kendra D. Johnson**, for her outstanding achievements, and for having been chosen the spotlight person of the quarter. Therefore, we join her family in extending heartfelt congratulations for a job well-done.

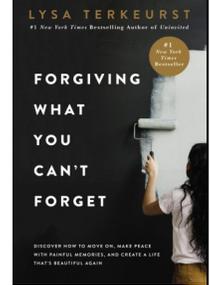
***The BEST is yet to come!!!***

# BOOK REVIEW

## Forgiving What You Can't Forget

By Lysa Terkeurst

Overview by Sheila Cunningham Price



Most of us have experienced a moment in time that has shaped us in ways that affect our over-all world view. It may have been a time of deep hurt and pain resulting from a debilitating illness, a death of a loved one, a bad break up or divorce, a fire, a firing, financial devastation or other life events. It may signify a marked period in our lives that we find very difficult to overcome; the time when everything changed. The pain associated with the event is real and is not to be diminished. However, Lysa tells us that staying mired in the misery is unhealthy and that we should not allow the pain to cause more damage than was already done. We must move forward, by not allowing the person or thing that hurt us to eradicate the reality of what once was; the beauty of our memories. We must learn to release the things that bring sorrow, so they don't ruin our future and to hold on to the memories we cherish. The more our pain consumes us, the more it will control us.

**Cynicism, bitterness, resentment, delay** (in processing our pain) and **trust issues** will impede our ability to forgive and move forward from a past hurt or indignity. Forgiveness takes time, so it requires us to invoke our own individual coping mechanisms. It will take time, introspection, openness to healing and even divine intervention, so that we are not dependent on our own strength.

The act of forgiveness can come when we realize the damage will not be undone, the relationship may never be restored completely. Forgiveness is really about redemption, which is just between us and God. He can redeem our lives, even if the situation remains the same, the relationship is not re-united, even if the one who caused us pain is unaffected or indifferent. Redemptive forgiveness will allow us to press on beyond the place of suffering and allows us to see the beauty in living again. "What we look for is what we will see. What we see determines our perspective. And our perspective becomes our reality."

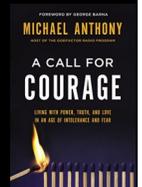
Loss is never the end of the story. The vicissitudes and trials of life are what shape us for tomorrow. We should always learn from past events. Although we cannot change what we have experienced, we can determine if and how we allow the experiences to change us. We can decide how we want to be in our relationships with others, despite the past grievances. Acts of retaliation are not the same as simply setting proper and necessary boundaries with others. We must be intent on staying as humble and compassionate as our spiritual capacity will allow. As we grow with Christ, that capacity will expand and the exhaustion we once felt may begin to dissipate. As we mature more fully in Him, we may be able to reassess and even relax some of the boundaries we had previously set. We can begin to have more hope for God's promise of resurrection and the beauty from the ashes of turmoil.

We must not allow bitterness to enter our souls, as it clouds our judgement and disguises other chaotic emotions. Those other emotions may be more difficult to attribute to the initial point of pain. Bitterness is corrosive and eats into our peace. Spiritual maturity can lead to healing and a softening of the heart. Only then can we gain better perspective, which will increase the chances for us to thrive in a more positive way. If we begin to confess our feelings, we can break the cycle of chaos within us. If we can forgive, which we should adopt as a daily practice, we can break the cycle of chaos in relationships. We now know that forgiveness (which is a process) is the secret to healing and internal peace.

*"Living in the comfort of PEACE is so much better than living in the constraints of UNFORGIVENESS."*

### Suggested Reading

*"A Call For Courage: Living With Power, Truth, and Love"*  
By  
Michael Anthony





## Sick, Shut-in & Bereaved Families

*The humble will see their God at work and be glad.  
Let all who seek God's help be encouraged. Psalm 69:32 NLT*

*A word of encouragement can make the difference between giving up or going on!* When unexpected events and circumstances such as serious illness, death, failure, or other disasters cause great anxiety, believers ask God to bind us in Him, humble us to accept encouragement, and give us His Holy Spirit to comfort and guide us through the situation. The blessed assurance of God's love, His loving presence, His amazing grace and mercy, and His unfailing promises remind us to trust in Him, keep the faith and never lose hope! Pastor Cooper and the Zion family love, support, embrace, and pray for you as you come to grip with your happenstance.

- ◆ **Sister Joyce Thompson**, her daughters, **Sister Monica Barnette** and **Sister Kamesha Barnette** mourn their cousin, *Brother Curtis Baten* of Morristown, New Jersey, and her step-son and their brother, *Brother Kavon Brown-Howard*.
- ◆ **Brother Bernard Jackson (Sister Veronica)**, and **Sister Quiana Jackson**, **Young Brother Kijhon Jackson-Bonner**, and **Young Miss Dominiek Jackson-Bonner** mourn his sister and their aunt, *Sister Cheryl Hines* and their uncle, *Brother Claude Hill*.
- ◆ **Sister Michelle Gray** mourns her aunt, *Sister Marian Frazier Gregory*.
- ◆ **Sister Pearl Langhorne**, and **Sister Taneka Langhorne**, **Sister Teresa Langhorne**, **Brother Terrell Hill** and **Young Miss Amiyah Roland** mourn her brother and their uncle, *Brother William L. Diggs*.
- ◆ **Sister Hildegarde Thurman** mourns her father, *Brother James Thurman*.
- ◆ **Sister Joyce Johnson**, **Sister Barbara Battle**, and **Sister LaVerne Williams**, and **Sister Endya Boshier** mourn their mother and her grandmother, *Sister Ruth B. Jackson*.
- ◆ **Sister Karen Scott** mourns her cousin who is like a brother, *Brother Keith Faison*.
- ◆ **Sister Bridget Cosby (Brother George)** mourns her sister, *Sister Edith Crigger*.
- ◆ **Brother Willie "Dan" Sibert** mourns his daughter, *Sister Danette Valentine*.
- ◆ **The Zion family** joins *Sister Desiree McElroy* and *Little Miss Charity* in mourning a devoted member, her mother and her granddaughter, **Sister LaVonne Dees**.
- ◆ **Sister Gloria Cunningham** and her son, *Brother Travis Ellis*, mourn their cousin, *Brother Todd Cousins*.
- ◆ **Sister Veronica S. Jackson (Brother Bernard)** mourns her sister-in-law, *Sister Sharon Spears*.
- ◆ **Sister Tachelle Haskins** and her daughter, **Sister Trinity Haskins** mourn their aunt, *Sister Evelyn Jones*.
- ◆ **Sister Lisa Jones Simms (Brother James)** mourns her nephew, *Brother Chauncey Walker, Jr.* who was killed in a car accident.
- ◆ **Sister Dorothy Tiller** mourns her sister, *Sister Ellen Wiggins*.
- ◆ **Sister Doris Taylor** mourns her husband, **Brother (Deacon) James Lee Taylor**
- ◆ **Sister Frances Robinson**, **Sister Mae Dean Miller**, **Brother William Robinson (Sister Carolyn)**, **Sister Maxine Robinson**, **Brother John Robinson**, and **Sister Deborah Murray** mourn their sister and her aunt, *Sister Mary Elizabeth Pollard*.
- ◆ **Sister Lillie Dade (Brother Banks)** mourns her brother-in-law, *Brother Major Taylor, Sr.*
- ◆ **Sister June Hatch (Deacon Joseph)** mourns her son, *Brother Floyd Allen Johnson III*.
- ◆ **Sister Pauline Holmes (Brother Reginald)** mourns her brother, *Brother James Nathan Robinson*.



# Bible Find It

This is a word search with an added twist. Instead of giving you a list of words to find, we've provided a list of categories. Your challenge is to find 3 items for each category within the group of letters. Words can be found in a straight line horizontally, vertically, or diagonally, and either backward or forward.

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

## 3 "Z" Names

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## 3 Old Testament Books

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## 3 Prophets

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## 3 Saints

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## 3 Godly Women

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**The Staff**

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Blanche Faulk  
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**Graphics**  
Daphne Hill

# Activity Page

## Bible Pathway Adventures

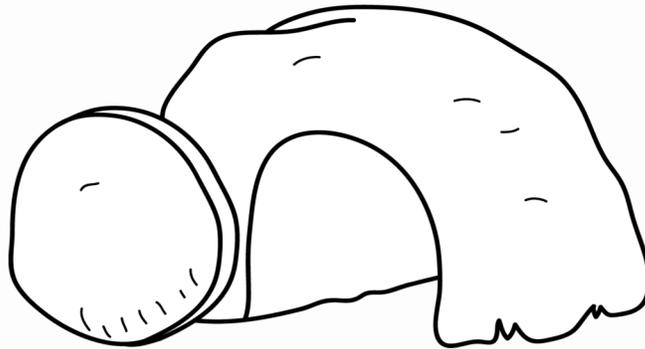
RESURRECTION WORKSHEET

### HE IS RISEN!



Open your Bibles and read Matthew 28:1-7 (ESV).  
Fill in the Blanks. Color the picture.

"After the \_\_\_\_\_, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb. Behold, there was a great \_\_\_\_\_, for an angel of the Lord descended from \_\_\_\_\_ and came and rolled back the stone and sat on it. His appearance was like \_\_\_\_\_, and his clothing white as snow. And for fear of him the guards \_\_\_\_\_ and became like dead men. The \_\_\_\_\_ said to the women, "Do not be afraid, for I know that you seek \_\_\_\_\_ who was crucified. He is not here, for He has \_\_\_\_\_, as He said."



**THE FAMILY CIRCUS**

By Bil Keane

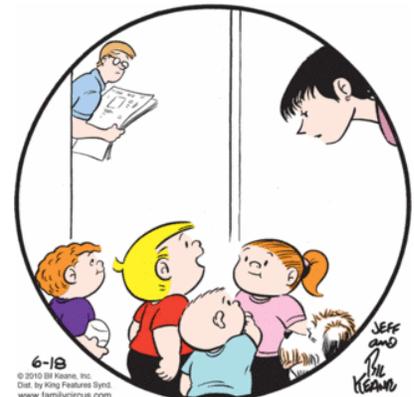


10-21  
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"How do you divide your love among four children?"

"I don't divide it. I multiply it."

For more free Bible resources including coloring pages, worksheets, quizzes and Activity Books visit our website: [biblepathwayadventures.com](http://biblepathwayadventures.com)



6-18

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"We voted and on Father's Day Daddy gets to play with us ALL DAY!"