THE ANNIVERSARY CELEBRATION RECAP

The celebration of Mt. Zion's 39th Church Anniversary and the Pastor's 5th Pastoral Anniversary was held last month.

On Saturday, May 14, 2016, over 130 Mt. Zion members, family and friends gathered at the Castle of Knights Meeting & Banquet House in Chicopee, MA for our Anniversary brunch. Those in attendance were treated to a play entitled "The History of Mt Zion." Act I covered the Church's first 34 years, while Act II was all about the last 5 years and the arrival, the activities and the accomplishments of our Pastor, Dr. Atu White. We'd like to give a big 'shout-out' to our amazing actors: Bro. Zahkari Caldwell (as Pastor White), Min. James Coppedge, Sis. Jean Frazier, Sis. Alonzetta Gabriel, Sis. Brenda Hogan, Sis. Deborah Jones, Dea. Jesse McKnight, & Dea. Steve Powell. General consensus from the audience was that the play was a huge success and was enjoyed by all.

In addition to the play, the brunch was a time to honor our Pastor. Several individual members as well as eight (8) Church Ministries presented gifts to the Pastor and First Lady. The Pastor also received a resolution from his fraternity, the Alpha Phi Alpha Fraternity, Inc., a proclamation from the Springfield City Council and a proclamation from the City of Springfield, signed by Mayor Dominic Samo, pronouncing the weekend of May 14 & 15, "Dr. Atu White Weekend."

On Sunday, May 15, the celebration continued. The guest preacher for the two morning services was Rev. Dr. Clifford A. Jones, Sr., Pastor of Friendship Missionary Baptist Church in Charlotte, North Carolina. Dr. Jones preached from James 5:19-20, on the subject, "People, Pastor, Purpose." At the end of both services, the Church presented the Pastor a love gift, while the Anniversary Committee presented the Church a portrait of Pastor White to be hung on the wall with the previous Mt. Zion pastors.

The Anniversary Committee--Sis. Wanda Powell (Chair), Sis. Earlean Caldwell, Sis. Faye Caldwell, Min. James Coppedge, Sis. Lakisha Coppedge, Sis. Jean Frazier, Sis. Arlene Garner, Sis. Tina Garner, Sis. Brenda Hogan, Sis. Shirley Jackson, Sis. Deborah Jones, Dea. Steve Powell, Sis., Shirley Walker, and Sis. Kimberly Weir--thanks everyone who contributed in some way to make our 39th Church Anniversary and 5th Pastoral Anniversary so successful.

A Note from the Pastor

Thank You!

My wife and I are overjoyed by the LOVE and KINDNESS you demonstrated toward us. We are grateful to call Mt. Zion our church family, and in many respects, our family. The 34 plus 5 anniversary committee did an extraordinary job in planning and executing this season of giving and celebration. The gifts given to us were thoughtful and much appreciated. The Emmy nominated performances at the banquet facilitated laughter and created memories. From the big piece of chicken to the red cups, We are Mt. Zion. From the jigsaw puzzle of our second church bbq to the hand painted work of art, We are Mt. Zion. We are: Christians, comedians, artists, and God-loving people. The Lord has blessed us and the Lord has more blessings for us.
**June Birthdays**

June 3--------Bro. Justin Nicholas  
June 4--------Sis. Melanie Maziarz  
June 5--------Sis. Gracie Graham  
June 6--------Sis. Tangie Jackson  
June 6--------Sis. Tracey Lewis-Hall  
June 7--------Sis. Lola Caldwell  
June 7--------Sis. Machelle Carter  
June 8--------Bro. Tavis Scott  
June 9--------Sis. Cynthia Daley  
June 10------Sis. Sheree Ramsey  
June 11------Bro. Gregory Lee  
June 11------Sis. Emma Perkins  
June 13------Sis. Pamela Medlock  
June 14------Sis. Charlotte Scott  
June 14------Sis. Wanda Hogan  
June 16------Sis. Vivian Hines  
June 17------Bro. Kevin Jackson  
June 18------Bro. Ryan Jones  
June 19------Bro. Robert Hansen  
June 19------Dea. Scott Jenkins  
June 19------Sis. Zamani King  
June 21------Bro. Elliott Best  
June 21------Bro. William Barnett  
June 22------Bro. Noah Borders, Sr.  
June 22------Sis. Angela Spalding  
June 22------Sis. Destiny Ware  
June 23------Sis. Marcia Borders  
June 24------Sis. Debra Collins  
June 24------Sis. Johnsie Gibson  
June 25------Bro. Gregory Dillard  
June 25------Sis. Jade Green  
June 26------Sis. Patti Albano  
June 27------Sis. Tiffany Jacobs  
June 28------Sis. Lisa Haygood  
June 28------Sis. Rita Mitchell  
June 29------Bro. Jaylen Graham  
June 30------Sis. Gwendolyn Godbolt  
June 30------Sis. Brenda Hogan  
June 30------Sis. Jolene Snowden

**June Anniversary**

June 1--------Sis. Andra Cole  
& Bro. Maurice Cole  

June 12------Dea. Dan Jones  
& Deaconess Deborah Jones  

June 20------Bro Noah Borders  
& Sis. Marcia Borders

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**DAD**

Author Unknown

God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,  
The generous soul of nature,  
The comforting arm of night,  
The wisdom of the ages,  
The power of the eagle's flight,  
The joy of a morning in spring,  
The faith of a mustard seed,  
The patience of eternity,  
The depth of a family need,

Then God combined these qualities,  
When there was nothing more to add,  
He knew His masterpiece was complete,  
And so, He called it...  
Dad!

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**NEWSLETTER MINISTRY REACHES 17 YEARS**

On the first Sunday in June, 1999, Mt. Zion published its first newsletter. This month, marks the 17th Anniversary of the Newsletter Ministry!!

**THE MT. ZION MESSENGER: THE GOOD NEWSletter** was started with an idea that a monthly church publication would impart information *with*, *for* and *about* Mt. Zionites. Throughout its history, this Ministry's goal has been to *educate, inform, and entertain* its readers, which we still strive to do today.

The NEWSletter Staff thanks everyone who has supported us over the years by writing and/or submitting articles and by offering feedback and encouragement. We hope others will do the same. After all, **THE MT. ZION MESSENGER: THE GOOD NEWSletter** is only as good as each Mt. Zionite makes it.

THE NEWSletter Staff,  
Sis. Wanda Powell, Ministry Leader  
Sis. Theresa Bryant  
Sis. Vivian Hines  
Sis. Alice Koonce  
Sis. Awilda Oxios  
Sis. Pamela Moore  
Sis. Mary Moore  
Dea. Steve Powell

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**MEMBER RETIRES**

Bro. Richard Scroggins, a Mt. Zion Trustee, retired from Airgas, Inc. last month. He had been employed there for 30 years.

*Congratulations, Bro. Scroggins!!*
Young Joshuas

Young Joshuas is a new Mt. Zion Ministry that develops leadership and communication skills in young men. The Ministry fosters spiritual values, academic excellence, social development and community service. Young men are encouraged to strive for excellence in their daily lives. Furthermore, it provides emotional support, encourages self-esteem, and promotes competence. The Ministry consists of young men between the ages of 11-18 years old.

All participants are required to complete an application, submit a brief essay, and participate in a personal interview by committee members. Parent(s) participation is essential to ensure the success of this Ministry.

The Young Joshuas Ministry is led by Rev. Milton White, Jr., and Min. James Coppedge. If you are a young man between the ages of 11-18, sign-up now.

UBC Annual Session

The 94th Annual Session of the United Baptist Convention of MA, RI, & NH, Inc. will be held July 7, 8, 9, 2016, at the Radisson Hotel in Nashua, NH. The room rate per night is $98.10, and the deadline to book a room is June 16, 2016.

Anyone wanting more information regarding the Annual Session, including the schedule of events, should see Dea. Steve Powell.

This year's host church is New Fellowship Baptist Church, where Rev. Dr. Bertha Perkins is Pastor.

Summer Meal Site

Written by Sis. Andrea Dixon

Volunteers are Needed!
Volunteers are Needed!

On Monday, June 27, Mt. Zion will become part of the Springfield Summer Food Site Program. Through this program, we will provide lunches to the children in the area, EVERY weekday! What an exciting time this is for the Church--another avenue we are conquering! God is truly blessing us on this corner.

Our 8-week summer Meal Site will be opened Monday through Friday between 12 noon and 1 p.m. (NOTE: The Soup Kitchen will remain open every Wednesday from 11 a.m. to 1 p.m.) Volunteers are needed any day your schedule permits--no one will be turned away. If you wish to volunteer, contact any member from the Soup Kitchen, or just show up. We appreciate any hand of help.

We thank Pastor Atu for yet another wonderful opportunity to serve.

Missionary Prayer Break Open This Month

The Mt. Zion Missionary Ministry is sponsoring a Community Prayer Breakfast this month. It will be held on Saturday, June 25, 2016, starting at 9:00 a.m. at the Mason-Wright Senior Living Center, 74 Walnut Street, Springfield. Breakfast is free. All are invited!

Pastor To Teach at NBCCC

For the fifth straight year, our Pastor, Rev. Dr. Atu White, will teach a class at the National Baptist Convention Congress of Christian Education (NBCCC). The 111th Annual Session of the NBCCC will be held in Tampa Florida, June 21-24, 2016.

Pastor White will again teach the course, "The Revelation."

New Members Orientation

There will be a New Members Orientation Class on Saturday, June 18, 2016, from 10 a.m. to 12 noon. If you have not attended an orientation, please plan to attend this one. Please sign-up in the conference room.
**The Women’s Ministry**  
Written by Sis. Angela Westbrook

**Titus 2**

**Our Mission**  
A Place of Healing, Help, & Hope

The Women’s Ministry is a new ministry that focuses on God and what He wants Mt. Zion Baptist Church women to do—not what we want to do. It’s not about us.

We’re praying that God will guide each of our efforts:

- Prayer and Meditation
-Spirit Led Actions
-Community
-Opportunities to Minister
-Reawakened Passion
-Experience Change
-Togetherness
-Encouragement
-Testimonies
-Women to Sharpen Women

**Our goal is:**

To show and share the love of Jesus that is within each of us. To be a bright light in this world of darkness. To embrace doing things differently than the norm.

**Who are we trying to reach?**

Women of Mt. Zion Baptist Church, and people of our community.

**How will we reach them?**

We will be God’s hands and feet outside the walls of the church—very grassroots style and not about the religion. Women’s ministry is no longer just about attending meetings, fancy lunches, retreats, or events, but going out to do the work, while sharing the gospel. It’s about making a real difference!

**Does this encompass what we do or what we believe God wants us to do?**

We are a place of Healing, Help, & Hope. Now, we as women can act on this.

Looking forward to getting to know the women of Mt Zion Baptist Church...

Thank you,

Sis. Angela Westbrook  
& Min. Beth Irving,  
Women’s Ministry Leaders

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**Sexton Position Available**

Mt. Zion is looking for a Sexton—someone to provide custodial services as it relates to maintaining the cleanliness and upkeep of the church. Specific responsibilities are listed in the job description found in the Sunday bulletin. Anyone interested should submit a resume to Sis. Phyllis Tolbert by Wednesday, June 29.

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**New Member**

One member joined Mt. Zion last month:

**BRO. ALFRED DIXON**

Date Joined: May 1, 2016  
Method: Christian Experience

**Welcome Bro. Dixon!**

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**Baptism**

**To All Baptism Candidates**

A meeting with the Pastor of all candidates for baptism will be held on **Wednesday, June 15, 2016**, here at the Church. If you are a baptism candidate, you will need to attend this very important meeting.

**Baptism This Month**

Baptism Service will take place on **the third Sunday of this month, Sunday, June 19, 2016, at 10:25 a.m.** Please be present to welcome our new converts and witness this wonderful event.

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**Thank You from the Soup Kitchen**

Written by Sis. Andrea Dixon

The Soup Kitchen would like to send thanks to a number of people this month...

First we send a Big Thank You to Sis. Mary Fields for the donation of three (3) boxes loaded with food items from grains to fruits! How beneficial will that be to our future meals? Very beneficial! We also would like to thank Sis. Yvonne Mitchell for being at the Church to accept the boxes.

Secondly, thank you to all who helped out cleaning the kitchen on Mt. Zion’s Pride Day 2016, Saturday, May 21. What a blessing you are!

Finally, thanks again to Bro. Tavis (Scott) for the treats. The Crew and the diners really enjoy everything you donate. Keep them coming! (smile)

Again, we, in the Soup Kitchen, appreciate any and everything that is given to us to help us continue to feed our people.

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**What Is A Dad?**

Author Unknown

A dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.

A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail...

http://boardevents.com/page/113306fminafrica/250333aq#1136a1740
Youth Ministry News
Written by Sis. Patrice Caudle

Bible Study Classes
Children & Tween Classes
Hello Parents, We have started a new unit on "Faith". We are using Hebrews 11 to teach the children the meaning of faith and to explore the stories of those listed in the 'Faith Hall of Fame.' There is a new bulletin board downstairs in the fellowship hall showcasing some of the people mentioned in the text. Please stop by and look at the board when you have a chance.

The children are also working on scripture memorization. We feel this is an important habit to have the children start to develop while they are young. Please take a few minutes each day to go over the verses with your child(ren). The verses we have gone over so far are: Hebrews 11:1, Hebrews 11:4, and Hebrews 11:6. Thank you for working with us on this.

Teen Class
We are excited to let you know that the teen room is up and running again. Thank you to everyone that helped clean out the room and put it back in order. We look forward to seeing all of the teens on Wednesday for Bible study.

Upcoming Events
Sonny's Place End of School Year Event
More information to come.

Graduation Sunday, June 26:
Youth Day/Graduation Sunday will be celebrated on Sunday, June 26, 2016, at both the 8:45 a.m. & 10:45 a.m. worship services. On this day, we will recognize youth and young adults who are transitioning from high school and college. This is a monumental event in their lives and we want to celebrate with them.

If you received your high school diploma or college degree (Associate's, Bachelor's, or Graduate) since our last Graduation Sunday in June 2015, please fill out the recognition form located in the conference room.

IMPORTANT: All the forms listed below must be placed in the box in the conference room or given to Youth Ministry Leader, Sis. Patrice Caudle or any other Youth Ministry Leader. The deadline to submit all forms is Wednesday, June 22.

Young Scholars Program:
Students may be eligible to receive $5 for each 'A' or 'A' equivalent grade received during the 4th marking period through our Young Scholars Program. To participate, Youth MUST meet ALL of the following criteria:

- Must be a member of Mt. Zion or a regular Mt. Zion attendee.
- Must be an ACTIVE member of at least one (1) Church Ministry.
- Must be in Grades 1 through 12.
- Must provide a copy of an official report card for the 4th term.

Note: Awards are limited to $25 per student per term; $50 per school year.

How to Apply: Pick up a form in the conference room, and attach a copy of your report card to the completed form.

College Scholars:
Students who are full-time undergraduates in a 2 or 4 year college or university should complete a College Scholars form, located in the conference room.

Promoted, but Non-graduating Students:
If you are a Mt. Zion member, and if...

- You were promoted from one grade to another, and/or
- You received any awards for which you are especially proud, or
- You have a relative that graduated from high school or college this year...

Please complete a Student Recognition form found in the conference room.

Calling all Volunteers
We are looking for new members to join the Youth Ministry team. Currently, we are seeking people in the following areas: teachers, events, media/newsletter contributions, and community outreach. If you would like to join the Ministry, please see a current Youth Ministry Leader. You are also welcome to join us on Wednesdays at 6:30 p.m. during our Ministry meeting at the church.
Introduction to "Pain Gain"
Written by Sis. Wanda Powell

Once a month, former Mt. Zion member (and my son), Ericc Powell, writes a "life update," which he sends to friends and family via e-mail. [A life-update is just what it sounds like--an update on anything he has experienced or observed from the mundane (i.e., making a vegan pie for Pi Day) to the spectacular (i.e., a review of one of his awesome trips). His latest life update reminded me how we sometime take blessings for granted. I share this one with you in the event you've ever been guilty of the same thing.

Pain Can Bring About Gain
Written by Ericc Powell

"It's day one of the rest of my life
It's day one of the best of my life
I'm marching on to the beat of a brand new drum
Yeah, here I come
The future has begun
Day one"

-Matthew West (retrieved from: http://www.klove.com/music/artists/matthew-west/songs/day-one-lyrics.aspx)

This song came on the radio as I began to type this e-mail, and it makes so much sense. Each day is a new beginning -- Day 1. What we do with our day is up to us. Whether we live the best life or something else is up to us. The future begins when you want it to begin. Time to start your engines.

How many of you have fallen? (I'm not talking about falling for someone, or falling in love, though that may be a story for another day because I would love to hear those stories!) I'm talking about falling down the stairs, falling out of your chair, falling because you tripped over the sidewalk. I'm talking about wiping out, biting the dust, and all those phrases that do not make literal sense. Well, among those of you who raised your hand, you'll see mine raised as well.

Of course it has happened more than once, but recently it really made an impact. When you fall in such a way that pain immediately surfaces and you can't tell if it is actual pain, or just insane shock that is inhibiting your mobility, you may need some assistance. You may need to rely on someone else to help you up, or pick you up. You may realize that your ego is hurt more than your body, but later that your body actually hurts where you fell. It may come to your surprise that you will still try to "walk it off", but that becomes difficult because it hurts quite a bit to walk, especially now that you are limping. And to complicate matters more, bending your leg really hurts, so it takes longer to ascend or descend the stairs, even though nothing is broken.

What do you do? Do you curse / cuss? Do you start screaming because the pain hurts and start complaining? Do you ask why this happened to you? Do you start blaming others or the organization for this happening? Or do you look on the positive side of things?

Let me tell you...it is challenging to look on the positive side of things, but it is essential. Sure, a small part of you says that you are upset that it happened to you and frustrated that your mobility is limited. But think about how much the situation changes when you immediately begin to thank God that nothing is broken, that you can still move your leg (though it is in pain), that this incident happened to you and no one else. Think about how the situation changes when you stop complaining and start moving and exercising to try to make the leg stronger, you refrain from thinking about what you can't do and get your mind to focus on being able to still be able to do everything but at a slower pace (which is a blessing because so many things in life are rushed).

I was in pain, but shifting my thoughts to God and the blessings I still had made me gain so much in terms of my mental and physical strength. I gained insight into my own being that I could take a negative situation and really think about why it was actually a positive. So what if the incident could have been avoided and should have been avoided. I cannot change the past, but I can affect the present and have a blast in Christ.

Thanks to an incredible friend of mine, I was blessed with an amazing sermon in church today. One of the questions the pastor asked was, "How do you measure your life?" I thought about that and at first said, "well, maybe with a tape measure" (hehe). That may be true and that may work for you. On a deeper level, how do you measure your life in terms of being alive, being happy, being strong, being a rock, and more? The pastor said "Jesus calls us to live!" So live your life! Remember that just because you are breathing does not mean that you are really living. What are your dreams, what are your goals, what do you really want to do in life and what is stopping you from doing it? As Jason Alexander once said, "The only thing between me and my goals, is me...and my goals. EXACTLY! There may be other obstacles to overcome, but the only thing stopping you is you. Don't be a barrier to your own success. Be a carrier (catalyst) to your own success.
Keep Your Hips Strong and Flexible to Function at Your best

Many people are aware that hip fractures are serious, often resulting in long-term disability. Yet, weak hips are also vulnerable to less serious, but still debilitating problems, including pain and reduced mobility. Strong hips are a must for the most basic activity in life, such as walking. By strengthening and maintaining the flexibility of the muscles around the hips, you can get to the point where you are moving effortlessly and enjoying a better quality of life.---Women's Health Reporter, March 2016

Firm Up Your Butt to Reduce Back Pain and Improve Function

Weakness in the gluteus medius—one of three "butt" muscles, along with the gluteus maximus and gluteus minimus—is linked to non specific, chronic low-back pain. Your glute muscles work with the muscle in your lower back to help you maintain an upright posture. Strong glutes will make it easier for you to do daily activities.--- Women's Health Reporter, April 2016

Here are some exercises to strengthen muscles around the hips and increase mobility, and some exercises to strengthen your gluteal muscles.

Submitted by Sis. Earlean Caldwell, Nurses Ministry Leader
An Anniversary Card
Mt. Zion received the following card last month...


INSIDE:  What else do you need, except a special day to celebrate it all?
          Happy Anniversary!

PERSONAL NOTE:  Congratulations to all of you "Mt. Zionites."  God is good, is
                 graceful, is merciful; 39 years of blessings.  Sing praises unto the Lord.  He is worthy.
                 Happy 5th to Pastor White.

                           Much Love, Deacon Arthur Kitt & Deaconess Helen Kitt

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Happy Fasther's Day to all
the Men of Mt. Zion!!