



# THE MT. ZION MESSENGER

## THE GOOD NEWSletter

**Mt. Zion Baptist Church, 33 Oak Street, Springfield, MA 01109**

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**Website: [wearemtzion.com](http://wearemtzion.com)**

**Volume 26; Issue 2**

**Rev. Dr. Atu White, Pastor**

**July 2024**

### **IN-SANCTUARY SERVICES**

In-Person worship services start at 10:00 a.m. each Sunday.

Masks are optional.

Those who are not attending services in the sanctuary, can continue to worship via live-streaming. (See article to the right.)

### **We Want to Hear from YOU!!**

The Newsletter Staff encourages you to share news and individual accomplishments with readers of "THE MT. ZION MESSENGER."

**The deadline for submitting articles to the Newsletter is the 3<sup>rd</sup> Sunday of each month.**

### **DEVOTIONAL CORNER**

*"Lord, You are the One who lifts me when I stumble. Thank You that I am never out of Your reach."*

The steps of man are established by the LORD, and He delights in his way. When he falls, he will not be hurled headlong, because the LORD is the One who holds his hand.

Psalm 37:23-24 [NASB]

*Submitted by Deaconess Deborah Jones*

### **WEEKLY SERVICES FOR JULY**

#### **Worship Service**

**Sundays at 10:00 a.m.**

*In Person in the Sanctuary,*

*Or Livestreamed on Facebook.com; YouTube.com; or our website, [wearemtzion.com](http://wearemtzion.com)*

If you desire special prayer or would like to join Mt. Zion, call the Church at 413-785-5664 following service until 12 noon.

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#### **There will be NO**

**12 noon Wednesday**

#### **Prayer & Meditation Calls**

**in July.**

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#### **Bible Study**

will be **in-person ONLY**,

**Wednesdays at 7:00 p.m.**

There will be **NO VIRTUAL** Bible Study in July.





# HAPPY JULY BIRTHDAYS

- July 1-----Sis. Barbara Stewart
- July 5-----Bro. Richard Scroggins
- July 6-----Bro. John Brice
- July 7-----Sis. Pamela Miller
- July 11-----Sis. Taylor Holmes
- July 11-----Sis. Shirley Walker
- July 14-----Sis. Sonya Williams
- July 23-----Sis. Kaitlin Holmes-Murphy
- July 28-----Sis. Elaine Clough
- July 29-----Dea. Steve Powell
- July 30-----Bro. Isaiah Garner
- July 30-----Sis. Judy Williams
- July 31-----Sis. Valerie Hinds



# HAPPY JULY ANNIVERSARIES

- July 9.....Bro. Kelvin Baldwin  
& Sis. Renee Baldwin
- July 12.....Bro. Bobby Hartsfield  
& Sis. Christine Hartsfield
- July 26.....Dea. Jesse McKnight  
& Sis. Linda Gail McKnight

Note: If your Birthday or Anniversary is not listed in the newsletter, please give your information to a Newsletter Staff member.

## TRUST THE LORD

Author Unknown

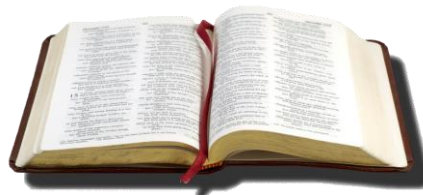
Until I learned  
to trust the Lord,  
I never learned to pray;  
And never learned  
to fully trust,  
Til sorrow came my way,

Until I felt  
my weakness,  
His strength I never knew,  
Nor dreamed,  
til I was stricken,  
That He could see me through.

He who drinks  
deepest sorrow  
Drinks deepest too of grace,  
God sends the storm  
so He, himself,  
Can be our resting place.

His heart, who seeks  
our deepest good,  
Knows well when things annoy;  
We would not yearn  
for Heaven  
If earth held only joy!

<http://www.friendsacrossamerica.com/gtpoems1.html>



## Pastor is on Vacation

Pastor White will be on vacation during the month of July. Anyone needing to speak to him can call the Church and leave a message or contact **Deacon Steve Powell** or **Deaconess Wanda Powell**.

In his absence, guest preachers for Sunday services will be:

**July 7<sup>th</sup>** ~Rev. Trevor Beauford

**July 9<sup>th</sup>**~Min. James Coppedge

**July 16<sup>th</sup>**~Min. Matthew Rivera

**July 23<sup>rd</sup>**~Min. Matthew Rivera

## JULY CHOIR REHEARSALS

### MALE CHORUS

Thursday, July 18<sup>th</sup> at 6 p.m.

Saturday, July 20<sup>th</sup> at 11 a.m.

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### MASS CHOIR

Wednesday, July 24<sup>th</sup> at 6 p.m.

Wednesday, July 31<sup>st</sup> at 6 p.m.

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### CHILDREN'S CHOIR

Sunday, July 14<sup>th</sup>

## MEETINGS THIS MONTH

### Missionary Ministry

Saturday, July 20<sup>th</sup> at 11:00 a.m.

&

### Ushers Ministry

Saturday, July 20<sup>th</sup> at 11:00 a.m.

All members of both Ministries, or anyone wishing to join should attend.

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## MEETING CANCELLATIONS

### IN JULY

Joint Board

Deacon Ministry

Man Cave Fellowship

She Shed Fellowship

Saturday Morning Prayer Hour

## TAG SALE NEXT MONTH

A Community-Wide Tag Sale

will be held

Saturday, August 10, 2024

9 a.m. to 1 p.m.

in our

Union Street Parking Lot



Here is more information:

- **Volunteers are needed** to help plan this event. If you are interested in being on the Tag Sale Committee, please see **Sis. Kim Weir**.
- Donations (no clothing) to the Church's table are welcomed.
- If you would like to have your own space or know friends, relatives, or organizations that would, the cost for a table is...  
\$15 for Members  
\$20 for Non-Members

To volunteer, or purchase a table, please see **Sis. Kim Weir**, or call the Church at (413) 785-5664.

## MY STORY

Early in the year, each Sunday, we heard personal and powerful testimonies from members regarding their faith journey. Learning how each found their way to Christ (or in some cases, *back* to Christ) has been both interesting and inspirational, touching listeners in various and profound ways.

What is your story? If you have a story to share, please do so. You never know how your journey might help someone else. Please see **Min. James Coppedge** to get on the schedule.

## From The Missionary Ministry "Emergency Academy"

Written by *Sis. Anna Howell*

The Emergency Academy Program needs personal items for migrants in the Springfield, MA area. **Sis. Tonya Brice** is asking the Missionary Ministry to sponsor a Toiletry/Personal Items Drive to support this worthy cause. She is a strong supporter of this program in our area.

Some of the items needed are toothpaste, soap, deodorant, lotion, socks, female personal items, shampoo, etc. The drive will run for six (6) weeks—from now until Sunday, August 18<sup>th</sup>. Please help.

## New Member

Joining Mt. Zion in June was:

**SIS. JESSICA ESPINOZA**

Date Joined: June 2, 2024

Method: Candidate for Baptism

*Welcome, Sis. Espinoza!*

## MOBILE FOOD TRUCK

The Western Mass Food Bank Mobile Food truck will be at The Dunbar Center in the Union Street parking lot on **Friday, July 26<sup>th</sup>** from **1:00 p.m. to 2:00 p.m.** Free fresh produce is available to all on a first come, first served basis, regardless of income. Come out and bring family and friends.



## PASTOR'S

## JULY ENGAGEMENT

Please mark your calendars and plan to accompany our Pastor, **Dr. Atu White** to the National Baptist Deacons Convention of America, Inc. this month. Pastor White will be the guest preacher on **Monday, July 22, 2024, at 7:00 p.m.** This event will be held at the Sheraton Hotel, 1 Monarch Place, Springfield, MA. Admission is free.

## The Play: Grandma's Bible

The MT. Zion Players will meet for their 1<sup>st</sup> rehearsal on **Monday, July 29<sup>th</sup>** at **6:00 p.m.**

**ALL Cast Members are asked to please be present AND ON TIME!**

## NO, THEY ARE NOT SPEAKERS

On the walls in the sanctuary are 20 or more rectangular black panels that some have mistaken for speakers. They are not speakers, but rather, they are acoustical panels.

"Acoustical panels are wall panels that offer sound absorbing or sound diffusing properties to better the sound quality of a room. Acoustical panels typically target sound issues such as excessive reverberation, echo, and high levels of noise."

[Acoustic Panels | Muffle \(muffleacoustics.com\)](https://muffle.com)

These panels should help with sound quality and clarity.

# PUZZLE PAGE

## LAST MONTH'S PUZZLE: "SO YOU THINK YOU'RE A THINKER"

For last month's puzzle, you had to answer the 13 questions below. How did you do? Answers are underlined.

1. How many four-cent stamps are in a dozen? Answer: 12
2. How many birthdays does the average person have? Answer: One. Your 'birth' day is the day you were born.
3. Some months have 30 days; some have 31; how many months have 28 days? Answer: All of them
4. I have in my hand two U.S. coins which total 55 cents in value. One is not a nickel. What are the two coins? Answer: A fifty-cent piece and a nickel.
5. Is it legal in the United States for a man to marry his widow's sister? Answer: No, if his wife is a widow, the man is dead.
6. Do they have a 4<sup>th</sup> of July in England? Answer: Yes.
7. How many animals of each species did Moses take into the ark with him? Answer: None, Noah had the ark.
8. If you had only one match, and entered a room with a kerosene lamp, an oil heater, and a candle, which would you light first? Answer: The Match.
9. A woman gave a beggar fifty cents. The woman is the beggar's sister, but the beggar is not the woman's brother. How can this be? Answer: The beggar is a woman.
10. Why can't a man living in Winston-Salem, NC, be buried west of the Mississippi? Answer: Because he's still living.
11. You take two apples from three apples and what would you have? Answer: You would have two apples.
12. How far can a dog run into the woods? Answer: Half way; all the way; first tree.
13. A rooster, facing the north lays an egg on a pointed roof. What side would it roll down? Answer: It wouldn't roll down any side. Roosters don't lay eggs.

## LAST MONTH'S BONUS PUZZLE: "NEWSLETTER"

Last month, in recognition of the NEWSletter's 25<sup>th</sup> Anniversary, we included a second puzzle to see how many words you can find in the word, 'NEWSLETTER.' The rules were: Words had to be 5 letters or longer, you could use up to 2 T's and 3 E's in a word, and you could not use hyphens or contractions. We told you that our expert found 38 words, but **Sis. JoAnn Lawson** (our *new* expert; we fired the other one) found 68. Thanks, JoAnn!! (See Sis. JoAnn for her list.)

## THIS MONTH'S PUZZLE: CONNECTIONS

*Submitted by Dea. Steve Powell*

*Have you seen the New York Times online game called "Connections?" Each day it gives you a series of 16 words that you have to group in sets of 4, and the 4 words in each group must have a connection—something in common. So for this month, we've modified the game, and we are giving you 25 words that you must group in sets of 5, and each set of 5 must have something in common. The commonality will always be more specific than just "5-letter-words, Names, or Verbs;" Each game has exactly one solution. **Watch out for words that seem to belong to multiple categories!** And finally, for today's puzzle, each set of 5 will relate to Mt. Zion or the Bible. Good Luck!! Answers will be in next month's newsletter.*

*Now, to help you get started, we've added a 6<sup>th</sup> category (which we **bolded & CAPITALIZED**) in order to give you an example. What do these 5 words have in common? Answer: They are all names of streets that border or have bordered our Church. Get it? Okay. Now see if you can figure out the remaining groups.*

Al	Verse	Life	Gratitude	Ronnie
Easter	Lucille	First	Kim	Study
God Is	Hope	School	<b>OAK</b>	Communion
<b>UNION</b>	Richard	Ugly Sweater	Betty	Shirley
Walker	Belt	Mimmie	Jesse	<b>ORLEANS</b>
Graduation	<b>PRINCETON</b>	Lesson	<b>BAY</b>	Focused

# 2024 YOUNG SCHOLARS & GRADUATES RECOGNITION

On Sunday, June 30, 2024, Mt. Zion recognized our Young Scholars and High School & College Graduates.

Young Scholars are students, in grades 1-12, who are active in Mt. Zion ministries and have earned 'A's' for the 4<sup>th</sup> marking period. These students were awarded \$5 for each 'A' they received up to a maximum of \$25.

High School and College Graduates are members of Mt. Zion, who have completed the academic requirements to graduate from their various high schools and colleges. They, too, received a monetary gift from the Church.

*Congratulations to All!*

## Mt. Zion Baptist Church Young Scholars 4th Term Marking Period-2023/24

Student's Name	Ministries	School	Grade	Number of A's	Comments
Zachary Caudle		Pope Francis Preparatory School	12 <sup>th</sup>	5	3.9 GPA
Kai Levi Motley	Children's Church	Springfield International Charter School	4 <sup>th</sup>	8	High Honors Certificate 91.6
Danielle Ware	Children's Church, Junior Ushers	Baystate Academy Charter School	8 <sup>th</sup>	7	Principal's Award, NWEA Assessment in Reading
Gnelle Dillard	Children's Church, Junior Ushers	Baystate Academy Charter School	7 <sup>th</sup>	4	
Khyree Broughton	Children's Church, Junior Ushers	Dryden Memorial Elementary School	4 <sup>th</sup>	3	
Giaire Dillard	Children's Church, Children's Choir	Springfield Public Day Elementary	3 <sup>rd</sup>	3	Certificate for NWEA Assessment in Math
Isaiah Garner	Media Ministry	High School of Commerce	11 <sup>th</sup>	3	
Madisyn Hickson	Children's Church, Children's Choir	Mary M. Lynch Elementary School	2 <sup>nd</sup>	4	
Brian Lawrence III		Springfield International Charter School	11 <sup>th</sup>	11	90.2 Grade Average
Dreya Gullart	Media Ministry	Alice B. Beal Elementary School	5 <sup>th</sup>	5	
Sterling Wilson	Children's Church	Whitinsville Christian Academy	4 <sup>th</sup>	5	
Marley Johnson	Children's Church	MLK, Jr. Charter School	2 <sup>nd</sup>	3	
Ka-Mar Johnson	Children's Church	MLK, Jr. Charter School	3 <sup>rd</sup>	5	

## Mt. Zion Baptist Church 2024 High School & College Graduates

Student's Name	Graduate	School	Comments
Zachary Caudle	High School Graduate	Pope Francis Preparatory School	3.86 GPA; Attending STCC; Majoring in Electrical Engineering
Taylor Holmes	High School Graduate	Springfield Honors Academy	Excelsior Award; Physical Education Award; Certificate of Achievement Award; Attending AIC; Majoring in Elementary Education
Cameron Scott	College Graduate	Keene State College. Keene, NH	Bachelor of Science in Business
Faye Caldwell	College Graduate	Elms College, Longmeadow, MA	Bachelor of Science in Social Work
Stephanie Fahey	Advanced Degree	Westfield State University, Westfield, MA	Master's in Social Work

# GRADUATING RELATIVES

Last month, members were invited to share their families' good news of high school and college graduates. We heard from one member, **Sis. Mary Moore**. Congratulations to all of her relatives! They are:

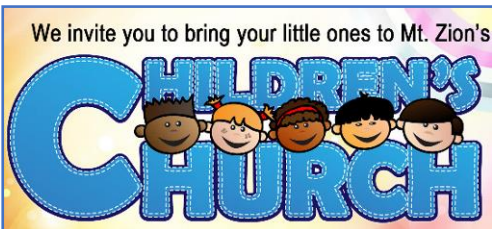
Mary's great, great nephew, Jy'Den Myles Christian Richardson, Arlington, VA. High School Graduate; Will be attending Baruch College, NYC. Awards: REEX Program at NYU for completion of business design; National Honor Society; Scholarships: Won competitive scholarships from Alpha Phi Alpha Fraternity, Inc., Delta Sigma Theta Sorority, Alpha Kappa Alpha Sorority, Alfred Baptist Church in Washington, DC, and Merit Scholarship from Temple University, NYU, DePaul University, and NAACP.

Mary's great, great niece, Charissa Richardson, Pembroke Pines, FL. Graduated from Keiser University, Pembroke Pines, FL.

Mary's great, great, great nephew, Roman Richardson, Pembroke Pines, FL. Preschool graduation, Semilitas de Vida Preschool.

Mary's great, great, great niece, Naomi Dyer, Worcester, MA; Graduated from Trinity College, Hartford, CT; BS in Psychology; Minor, Creative Writing. Honors: Suma Cum Laude, Phi Beta Kappa Honors Society, Honors in English, Honors in Psychology.

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Just a reminder...Children's Church is on the 2nd Sunday of each month. This month, which will be **Sunday, July 14<sup>th</sup>**. Children's Church is held at 10:00 a.m., simultaneously with our regular worship service.

Parents, Grandparents, Guardians, etc. are encouraged to bring their children between the ages of 5 and 11 to Children's Church where they can have their own worship experience, filled with learning activities, crafts, and snacks. (Please Note: Let a Youth Ministry Leader know if your child has any food allergies).

If you have questions or want to volunteer to help, see Youth Ministry Leader, **Sis. Pamela Medlock**.

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## Prayer

*Written by Sis. Andrea "Mimmie" Dixon*

**Pastor Atu** has been preaching and teaching on prayer, which has been very beneficial to me! And I pray it has been helpful to others! In addition to Pastor's teachings, Min. Matthew Rivera has had some powerful "fillers" to the teachings with his mini sermons! Just wonderful!!

I've included below a clip from a daily devotional book that I'm reading (New Beginnings), entitled, "*Talk Things Through with the Master*," dated June 9<sup>th</sup>—the same Sunday Pastor Atu asked us to hold the hands of our neighbors and pray for them and others. The noted scripture for that reading was 1 Thessalonians 5:12-28, the highlighted verses were 16 & 17. Please read when the opportunity permits; prayer is so essential for our daily lives!

*"As you talk things through with God you will discover that you become sensitive to His guidance and leadership. You will also become aware of a newly found strength that inwardly fortifies you. Eventually everything that you think or do will come under the influence of your conversation with God. And then your prayers become meaningful and significant."*

*Loving Master, I entreat You to grant me the gift of Your Holy Spirit so that I can pray meaningfully in any place and in all circumstances."*

The song we sing entitled, "*Be Blessed*," is by Bishop Paul Morton, which says in part: "*I'll pray for you, and you pray for me and watch God change things.*" Yes He Can and He Will! I've seen it done!! Stay safe & Be Blessed!

# Juneteenth Celebration at The Dunbar

On Tuesday, June 18<sup>th</sup> at 7:00 p.m., The Dunbar Center held an event called "For The Culture, A Juneteenth Celebration." In front of over 200 attendees, "For The Culture" celebrated African Americans' contributions to the world, starting with a live art demonstration by Kahli Hernandez, which took place while people were arriving. When the program began, **Dr. Atu White** welcomed the audience and introduced Host & Comedian, Gerald Kelly. Following the boisterous laughter brought about from Kelly's monologue, Bishop Talbert Swan gave a History of Juneteenth, Lynette Johnson and Tracy Caldwell each recited one of their original poems, and once again Gerald Kelly returned to the stage to bring even more laughs. The program ended with the crowd enjoying the voice and swaying to the songs of National Recording Artist, Kiki Sheard. Throughout the event, the music was provided by Brother Band. It was a fabulous evening!

## A RECIPE: "CELEBRATION MEATBALLS"

*Submitted by Sis. Andrea Dixon*

These meatballs are very good. Some tasters love the sauce just the way it was, but others found it a little bit too tangy. To control flavor, start with less chili sauce and add more to taste.

Ingredients	Directions
1 pound ground chuck (I use 80-20.) ½ cup breadcrumbs 1/3 cup minced onions ¼ cup milk 1 egg 1 teaspoon chopped fresh parsley 1 teaspoon salt 1/8 teaspoon freshly ground black pepper ½ teaspoon Worcestershire ¼ cup olive oil 1 jar (12 ounces) chili sauce 1 jar (10 ounces) grape jelly (I use a little more jelly.)	In a bowl, combine all ingredients <u>except</u> oil, chili sauce, and grape jelly. Mix thoroughly. Shape into 1-inch balls.  In a skillet over medium-high heat, warm the oil. Add meatballs and brown on all sides. Drain meatballs on paper towels.  Pour off fat from skillet. Add chili sauce and grape jelly and cook over medium heat, stirring until jelly is melted. Return meatballs to pan and <u>gently stir until thoroughly coated</u> . Simmer uncovered for 30 minutes.  Makes 20-24 meatballs.  ENJOY!!

## ~A NOTE~



**On the Front:** *Hello*

**Inside:** *Just a friendly hello.*

**Personal Note:** *We are sending all of our love to our beloved Mt. Zion Family! Charlotte (North Carolina) is lovely, but of course, we miss y'all. Can we join the monthly newsletter mailing list?*

*May God keep and bless Mt. Zion forever, Ayanna & Cole (Maddox)*