

Spring 2018

# TRUMPET

M A G A Z I N E

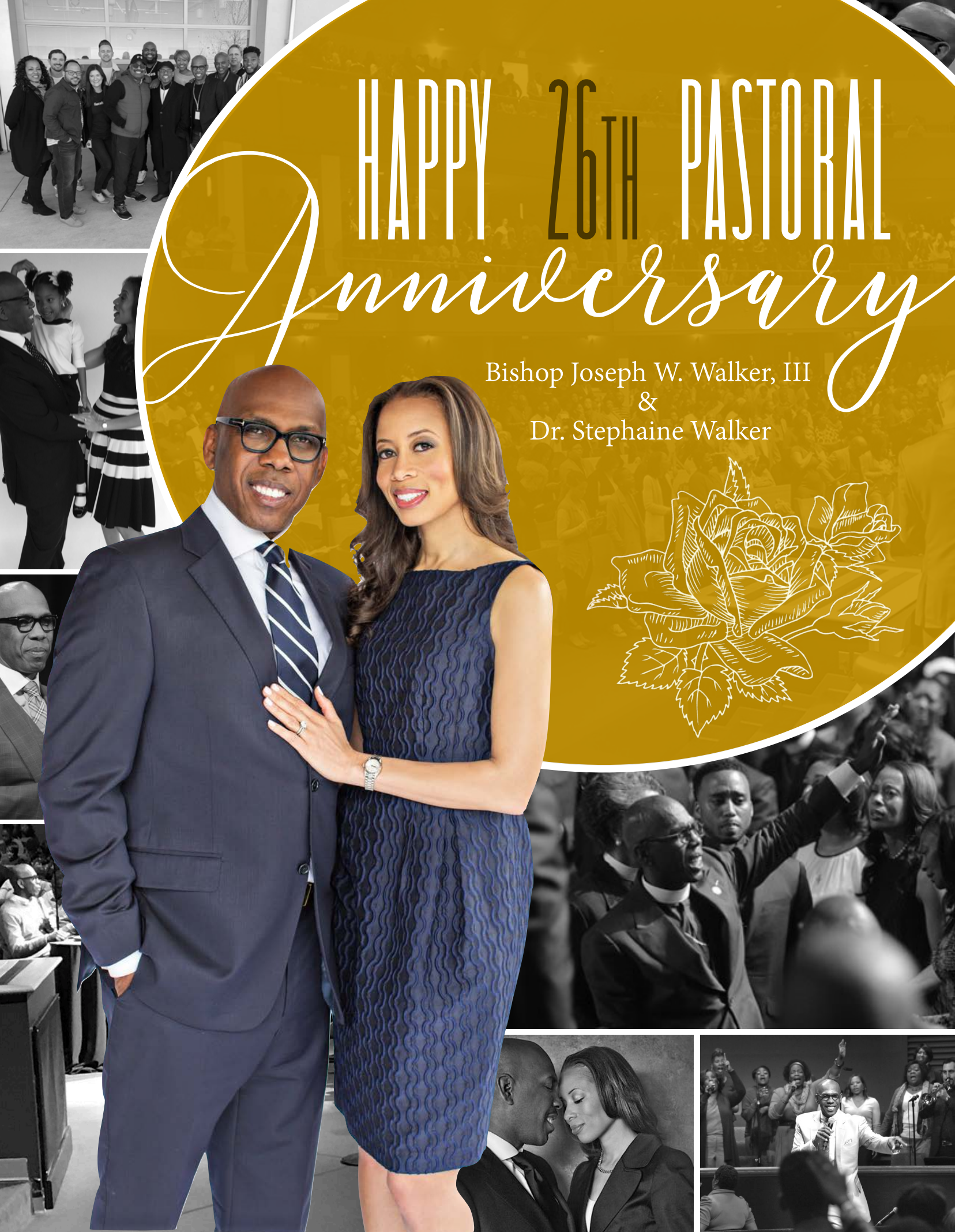
HAPPY 26TH  
*Anniversary*  
Bishop Joseph W. Walker, III  
&  
Dr. Stephaine Walker



# HAPPY 26<sup>TH</sup> PASTORAL

# *Anniversary*

Bishop Joseph W. Walker, III  
&  
Dr. Stephaine Walker





GET READY FOR THE  
**FULL  
GOSPEL**  
CONFERENCE  
**2018**

@ THE GREATER COLUMBUS CONVENTION CENTER

JUN**25**-JUN**29**

**LIVEFULL**



**PASTOR  
JOHN HANNAH**



**PASTOR  
SAMUEL RODRIGUEZ**



**OVERSEER  
DEBRA MORTON**



**DR. TODD HALL**



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TODAY!**



WITH PRESIDING BISHOP JOSEPH WALKER III  
[WWW.FULLGOSPELCONFERENCE.ORG](http://WWW.FULLGOSPELCONFERENCE.ORG)



# VISION OF THE HOUSE

BISHOP JOSEPH W. WALKER, III



# FROM THE DESK OF THE FIRST LADY

DR. STEPHAINE WALKER



# CONNECT

LEARN HOW AND WITH WHOM YOU CAN CONNECT TO BECOME INVOLVED IN MT. ZION MINISTRIES



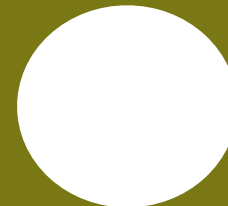
# COMMIT

DISCOVER HOW TO ELEVATE TO A NEW LEVEL OF CONSISTENT, KINGDOM COMMITMENT



# CHANGE

LEARN HOW TO TAKE THE NEXT STEP TO BECOMING A CHANGE-MAKER FOR THE KINGDOM



# SPOTLIGHTS

HEAR TESTIMONIES OF HOW FELLOW MEMBERS HAVE BEEN BLESSED THROUGH SERVICE





# CREDITS

## TRUMPET Magazine

**A PUBLICATION OF:**  
Mt. Zion Baptist Church

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## I AM THE VINE

*by Sommer Jade*

*I am the Vine*

*Whose branches must bear fruit.*

*Our Father is the Gardener,*

*and the branches, He prunes,*

*For the dead must be cut off of you.*

*Though unpleasant in the process,*

*you shall bear more fruit.*

*Apart from Me, you cannot produce.*

*Remain in the Vine,*

*And I'll live in you.*

*It is your connection to Me*

*That determines your fruit.*

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# Vision

“I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. You are already clean because of the word which I have spoken to you. Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw them into the fire, and they are burned. If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. By this My Father is glorified, that you bear much fruit; so you will be My disciples.”

(John 15:1-8, NKJV)

I greet each of you in the name of the living God and His precious Son, Jesus Christ. It is with great optimism about the future that I pen this vision. God has spoken to me as your pastor regarding the direction of this ministry in 2018. The year of No Opportunity Wasted was filled with manifestations of maturity, service, outreach, and growth. God continues to favor the Mount Zion family as we walk in obedience and demonstrate His heart to the world.

We are now called to a higher calling. The culture of our ministry has shifted to embrace greater diversity as well as a multitude of gifts among us. The Lord spoke to me regarding discipleship. We must do more than gather by the masses. We must now shift to total participation and productivity in the lives of those who encounter this ministry.

In John 15, Jesus speaks a word regarding connection, commitment, and change.

He is the True Vine, and we are the branches. Nothing is accomplished outside of Him. Our relationship to Him allows us to go through a necessary process of maturation and manifestation. We are held accountable to Him so that we ultimately experience change in our lives and are able to impact change in the world. Everything in Mount Zion must be focused on this process as we facilitate ministry in the lives of those whom God has entrusted to our care.

Connection to the True Vine is critical. This requires us to intensify our evangelism efforts. Every month, hundreds of people move to Nashville, and our city is experiencing unprecedented growth. We must seek the lost at any cost and continue to be creative in the ways people can connect with our ministry.

Mount Zion is a unique and amazing place where ministry touches lives every day. Our Saturday service gives us five weekend opportunities to connect people to Jesus and to the work of ministry. Our discipleship program will continue to be robust in an effort to assist persons in their Christian walk and maintain consistency. We will broaden the scope of our new member ministry to focus on assimilation and volunteer engagement. It is our aim to connect the gifts in the pew to the ministries of the church. Once people are connected to Christ, they inevitably will be connected to the ministries of the church.

We will be intentional about creating a culture of 7-star hospitality and customer service through training and the reallocation of resources. Because we represent Christ, we want people to have a positive experience when they encounter our ministry. Every leader and layperson should be plugged into the ministry and connected.

It is also our aim to place special attention on our Family Ministries. Our Marriage, Singles, Widows, Children, Middle School, Youth, College and Young Adults, and Men and Women's Ministries will aggressively recruit and encourage members to take advantage of the resources they make available. Because these ministries touch every person who connects with Mount Zion, we are committed to making the necessary investments to assure their viability and success. When the entire family is connected, success is inevitable.

Commitment is a vital part of this vision. What prevents any organization from reaching its full potential is when people are not committed. God's vision for this ministry requires a level of commitment comparable to where He is taking us. Wherever there is a commitment issue, there is a connection issue. 2018 is calling us to be more committed in our stewardship, attendance, participation, and our walk with Christ. Jesus says that if we do not bear fruit, He cuts us away. But if we do bear fruit, He prunes us so that we bare more fruit.

Our level of giving must go to another level. Everything we need to accomplish is in the house. Debt-free is in the house. I challenge every person who is connected to commit to being a tither. Our revenue would more than double if every person who attended church were a tither. As a ministry, we are committing to drastically limiting our events so that we can turn our attention to building disciples from within and cutting cost. This will not compromise the level of ministry we offer each of you. However, it will allow us to focus on building more participation and engagement within the life of the church. All of this would allow us to erase our debt in record time while freeing up needed capital to do ministry in the community.



# OF THE HOUSE

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CONNECT | COMMIT | CHANGE

I challenge each person who is connected to commit to attending Bible study weekly and weekend worship. Where God is taking us requires us to get serious about the Word of God being deposited into our lives. It takes faith to accomplish what God has put before us. Faith comes by hearing the Word of God. We must also be committed to prayer and intercession. What we witnessed in 2017 was the result of prayer. This church is a house of prayer, and I'm so thankful for the intercessors who labor each week in specific areas concerning this ministry. All of us can make a greater commitment to the weekly prayer call as well as pray regularly for the ministry. We will have a series of corporate prayer gatherings throughout the year that will undergird this ministry. When we are committed to the Word of God and prayer, it manifests in the way we live.

I challenge each person who is connected to commit to living the life Christ has called us to live. Commitment positions us to accomplish so much more for the Kingdom. No longer can 20 percent of the people do 80 percent of the work. We must be ALL IN in order for this vision to come to fruition.

*(Cont'd on page 51)*







*Introducing*

## JOSEPH WARREN WALKER, IV

Born February 12, 2018

7lbs, 11oz | 20.5 inches

Thank you for your prayers  
and support!





FROM THE DESK OF DR. STEPHAINE H. WALKER, MD OUR

**I** I greet each of you in the matchless name of Jesus Christ. I am convinced beyond measure that God has been and continues to be an amazing God. Since I've last written you, so many wonderful things have happened. As you know Bishop and I recently welcomed Joseph Warren Walker, IV into the world as God's gift to us. We are so thankful for your prayers and thoughts as many of you prayed for a successful pregnancy and birth. To God be the glory for the things He has done!! We are pleased to report that baby Walker is healthy and growing fast. We are also pleased to report that he has the proudest big sister he could ever imagined. We are watching with amazement how Jovanni is growing up before our eyes.

I want to take a moment and thank each of you for your continued support of the vision of ChurchFIT. This vision could not continue to thrive if it were not for the countless volunteers, participants, as well as dedicated staff of Mount Zion. It is a blessing to see health and wellness become a part of the culture of Mount Zion. As many of you know it has also expanded internationally to the Full Gospel Baptist Church Fellowship in which it is impacting churches across the world. I challenge each of you to do something every day that enhances your health. When you do so, we all are winners.

One of the many decisions I made recently was to retire from the clinical practice of medicine. Although I am no longer working in the hospital in the neonatal intensive care unit, I am still very engaged and committed to educating and empowering others every day. As you know, I educate on what we do TO our bodies and what we put IN our bodies. Some of you may be aware of my work with Beautycounter. This work affords me the opportunity to educate those in our community on the importance of using safer, healthy products ON our bodies. This also gives me the platform to empower women to become entrepreneurs. I'm incredibly grateful for the doors God has opened up for me in this new venture and I solicit your prayers as I continue to spread this message of healthy beauty across the globe. For more information or to email questions regarding my work with the Beautycounter movement visit: [www.beautycounter.com/stephwalker](http://www.beautycounter.com/stephwalker).

Allow me to close by thanking each of you for praying for our family. Bishop and I don't take your prayers lightly. I know first-hand how hard my husband works and the demands that are constantly upon him. There is no way he nor I could walk in this assignment if it were not for a loving and supportive congregation as you. Please continue to keep us lifted and know that we value and appreciate of you. May God continue to bless each of you individually as He blesses us collectively.

In Love,

Dr. Stephaine H. Walker, MD, MPH



@drstephwalker

*Photo by Joy Marie Photography*

# FIRST LADY

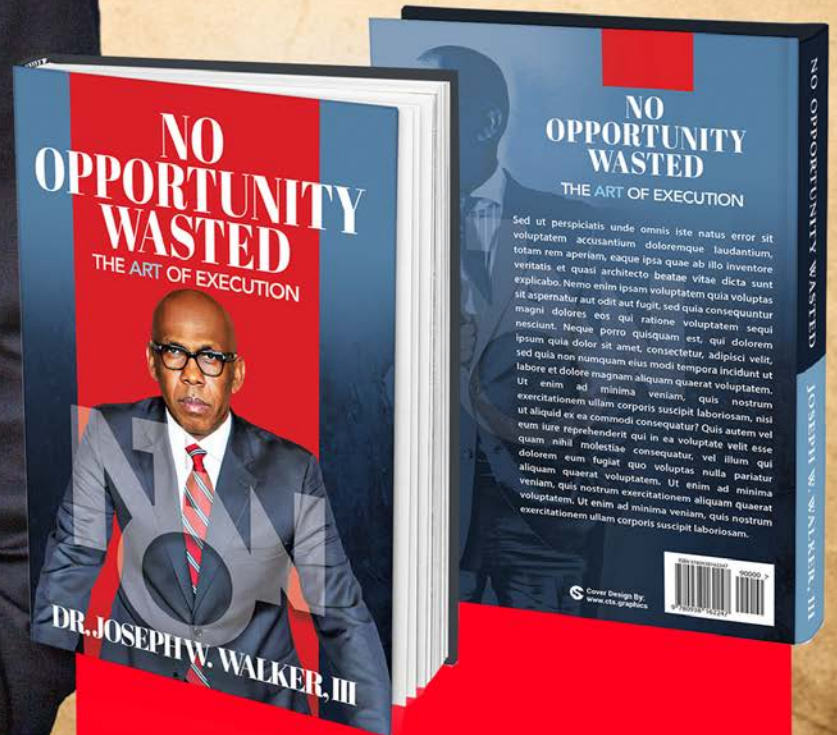


GET YOUR COPY OF

# NO OPPORTUNITY WASTED

by Dr. Joseph W. Walker, III

AVAILABLE NOW



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## TESTIMONIALS

*This book has reinvigorated dormant ideas to become dominant realities. If you need to be reignited, read this book!*

**Doug Williams**  
Mt. Zion Elder

*Clear communication on how to get it done.*

**Kendall Davis**  
Mt. Zion Member

*No Opportunity Wasted is an engrossing and methodical approach that gives the blueprint on how to effectively execute and win in every area of life.*

**Brian Bradshaw**  
Mt. Zion Elder





# RE-INTRODUCING THE MT. ZION APP

Connecting Members to Ministries for Kingdom

by Nicole Gilbert



Several years ago, a shipping company asked in a marketing campaign, "What can brown do for you?" The slogan was meant to convey the capabilities of the company. Let's adjust the slogan for Mt. Zion to ask, "What can the app do for you?" Think of the Mt. Zion app as a tool to better connect you to the true vine, Jesus Christ.

"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in

you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples." (John 15: 1-8, NIV)

#### With the app, you can:

- Read the Bible – A daily reading plan is outlined to build your faith or choose a specific passage to connect with God's word!

Also, the app is a great way to easily access the many resources available to you at Mt. Zion!

- Join a Ministry – There are many needs to be met in the church, community, and world. Check out the many opportunities to serve!
- Receive Notifications – Receive alerts about events, activities, and more!
- Access Member Services – Register for the pre-marital class or new member's

orientation, schedule a baby dedication, connect with your flock leader, and more!

- Use Fill-In-Notes – Follow along with Bishop Walker's teaching points, complete the fields, and email them to yourself.
- Invite a Friend to Church – Extend a warm welcome to someone inviting them to visit your church and connect with Christ.
- Video Stream – Enjoy LIVE streaming of worship services, events, and on-demand video while you're ANYWHERE in the world!
- But wait! There's more! The app is updated weekly; be sure to visit the app often to stay connected.

#### How to Connect

- Download the "MTZIONNASHVILLE" app from your favorite app store. Please add icons for Apple Store and Android Store.



# MINISTRY LISTING

## CONNECT

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**Adoration Liturgical Dance Ministry (College)**  
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**Audio & Video Production**  
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**Bookstore**  
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**Christian Education Ministry**  
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**College Ministry**  
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**Covenant in Motion Marriage Dance Ministry**  
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**Covenant Matters Marriage Ministry**  
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**Daughters of the Promise Women's Ministry**  
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**Daughters of the Promise Women's Choir**  
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**Divorce Care Ministry**  
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**Evangelism Ministry**  
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**Financial Peace University**  
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**Food Pantry Ministry**  
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**Foreign Missions Ministry**  
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**GriefShare Ministry**  
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**Guest Services Ministry**  
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**Health & Wellness Ministry**  
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**Judah Generation Youth Liturgical Dance Ministry**  
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**Kingdom Kids Children Ministry**  
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**Marketing, Graphic Design & Social Media**  
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**Men of Valor College Mentoring**  
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**Momentum Men's Choir**  
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**New Members Ministry**  
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**Nursery Ministry**  
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**Pace Matrons Ministry**  
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**Praise and Worship Liturgical Dance Ministry**  
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**Prayer Ministry**  
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**Prison Ministry**  
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**Project Purpose**  
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**P.S.A.L.M. Political & Social Action Leadership Ministry**  
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**Room in the Inn**  
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**Sanctuary Choir**  
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**Single's Ministry**  
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**Technical Arts**  
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**The Lord's Kitchen**  
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**Training Ground Middle School Ministry**  
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**Usher Ministry**  
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**Young Adult Ministry**  
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**Young Adult & College Choir**  
yacc@mtzionnashville.org







# MINISTRY DIRECTORY

## **A-I Mime Ministry**

The A-I Mime Ministry glorifies God through lifestyle, serving others, and creating an atmosphere for God's presence to reside. The vision of the A-I Mime Ministry is to minister to the needs of the whole man through dance, service, and worship. Rehearsals are Thursdays at 7 PM at OHB and Saturdays at 10:45 AM at Antioch.

## **Adoration Liturgical Dance Ministry**

The Adoration Liturgical Dance Ministry for college students glorifies God through lifestyle, serving others, and creating an atmosphere for God's presence to reside. The vision of the Adoration Liturgical Dance Ministry is to minister to the needs of the whole man through dance, service, and worship. Rehearsals are Thursdays at 6 PM at Antioch.

## **Athletics Ministry**

The Athletic Ministry reaches, motivates, and inspires individuals through athleticism to cultivate fun and exciting entertainment for the whole family in the areas of basketball, bowling, softball, and golf.

## **Audio & Video Production**

The Audio Production Ministry records, mixes, and masters audio in various formats for multiple platforms and purposes. The Video Production Ministry consists of a group of digital visionaries who offer their creative talents in script writing, story telling, and editing to visually communicate the message of each ministry effectively.

## **Bookstore**

The purpose of the Bookstore is to honor and serve Jesus Christ by providing holistic ministry through ministry materials and other spiritually uplifting materials. We provide products and services designed to equip believers to better worship, follow, and serve Christ as well as attract non-believers in the hope that they may accept the saving power of Jesus Christ.

## **Bridge Ministry**

The Bridge Ministry is a catalyst to servanthood by connecting members to ministry and providing support to ministries.

## **Café**

The Mt. Zion Café Ministry offers light refreshments for a pick-me-up before or after worship services.

## **Christian Education Ministry**

Discipleship Institute is a Christian Education Ministry that equips believers through the study of the Word of God. Disciples are trained with the tools needed to make other disciples in the world. Discipleship Institute meets Sundays at 8:30 AM at Antioch, 10 AM at OHB, and throughout the week during class semesters.

## **College Ministry**

The College Ministry provides spiritual, academic leadership, and professional development for college students within Nashville and surrounding cities. We provide opportunities for students to develop and exemplify their leadership skills through campus ministry, through church, and in the community.

## **Covenant In Motion Marriage Dance Ministry**

The Covenant In Motion Marriage Dance Ministry glorifies God through lifestyle, serving others, and creating an atmosphere for God's presence to reside. The vision of the Covenant In Motion Marriage Dance Ministry is to minister to the needs of the whole man through dance, service, and worship.

## **Covenant Matters Marriage Ministry**

The Covenant Matters Marriage Ministry provides biblically-based principles, holistic, Christian instruction, fellowship opportunities and a safe haven where the covenant union between a man and a woman is nurtured and supported by offering relevant, structured, and practical Godly solutions to the daily issues of life. Sunday School classes are held Sundays at 8:30 AM at Antioch in the Fellowship Hall and 10 AM at OHB in the Fellowship Hall. Pre-marital classes are offered on a 13-week rotation on Tuesdays at 6:30 PM at either the Antioch or OHB locations.





# MINISTRY DIRECTORY

## **Daughters of the Promise Women's Choir**

The Daughters of the Promise Women's Choir Ministry imparts ministry that glorifies God through music and ushers God's people beyond the veil into the presence of His magnificence. The Daughters of the Promise Choir Ministry ministers on the 2nd Sunday of each month. To join, simply attend a rehearsal on Tuesdays or Thursdays before the 2nd Sunday of any month at 7 PM. Locations alternate.

## **Daughters of the Promise Women's Ministry**

The Daughters of the Promise Women's Ministry operates as one body in the Kingdom to celebrate God and one another. We are committed to the work of the Lord as we engage in fellowship in an effort to empower, uplift, and embrace one another in accordance with God's vision to be our sister's keeper. Sunday School classes are held Sundays at 8:30 AM at Antioch in the sanctuary and 10 AM at OHB in the education wing.

## **Divorce Care**

Divorce Care is a 13-week program designed to help those dealing with the hurt and pain of a divorce move to a place of peace and wholeness. These weekly support groups are led by people who understand what you are going through and want to help. You will learn how to heal from the deep hurt of divorce and discover hope for your future.

## **Evangelism Ministry**

The Evangelism Ministry ministers to the needs of "the lost at any cost." Our goal is to make kingdom connections by ministering to all. We believe that the Holy Spirit empowers us to lead the unbeliever to repentance, salvation, and a relationship with the savior of Jesus Christ.

## **Financial Peace University**

Financial Peace University (FPU) assists people in transforming their lives from a financial perspective. The goal of FPU is to teach people how to get out of debt, stay out of debt, and build wealth. In addition to Financial Peace University, a separate finance class is taught every first Saturday of each month at 10 AM at OHB.

## **Food Pantry Ministry**

In a concentrated effort to alleviate hunger, the Food Pantry Ministry is a resource to the residents of the North Nashville community by providing nourishing food.

## **Foreign Missions Ministry**

The Foreign Missions Ministry adheres to the call to help the less fortunate. We are dedicated to delivering God's Word and working with families and communities to fight against poverty and injustice.

## **Graphic Design & Social Media**

The Marketing & Media Department has years of professional experience in graphic design, marketing, materials development, project management, public relations, and writing. The Team is responsible for working with church leaders to develop strategic campaigns and long-range plans that combine creativity and purpose to carry out ministry initiatives.

## **GriefShare**

GriefShare is a 13-week process designed to help you move from a place of hurt and brokenness to a place of healing and wholeness. Weekly meetings are led by people who understand what you are going through and want to help. Each GriefShare session has three distinct elements: Video seminar with experts, Support group discussion with focus, and Personal study and reflection. GriefShare meets twice per week at various locations on a 13-week rotation.

## **Health & Wellness Ministry**

The Health & Wellness Ministry provides services and programs to assist members and the community to live healthy lives.



# MINISTRY DIRECTORY

## **Judah Generation Youth Choir**

The Judah Generation Youth Choir glorifies God through music and ushers His people beyond the veil into the presence of His magnificence. Participation age range is seven years through completion of high school. Youth may join Judah Generation Choir anytime by simply attending a rehearsal held on Saturdays at noon at Antioch.

## **Judah Generation Liturgical Dance Ministry**

The Judah Generation Liturgical Dance Ministry for youth and teens glorifies God through lifestyle, serving others, and creating an atmosphere for God's presence to reside. The vision of the Judah Generation Liturgical Dance Ministry is to minister to the needs of the whole man through dance, service, and worship.

## **Kingdom Kids Children Ministry**

The Kingdom Kids Children Ministry provides biblical educational opportunities for independently walking children beginning at age 1 through 5th grade. We provide age appropriate biblical teaching for all students. Each age group is exposed to the love of God, displayed by caring volunteers who encourage and motivate students to develop a deeper relationship with Jesus Christ. Toddlers worship Sundays at 7 AM, 8:15 AM, 9:30 AM, and 11:15 AM. Preschool worships Sundays at 9:30 AM (closed 4th Sundays) and 11:15 AM and Wednesdays at 7 PM. Elementary worships Sundays at 9:30 AM (closed 4th Sundays) and 11:15 AM (closed 4th Sundays) and Wednesdays at 7 PM.

## **Ladies of Virtue**

Ladies of Virtue college mentorship program seeks to promote a positive and spiritual environment among college aged women by promoting insight, direction, motivation, support, and education through mentorship.

## **Meals on Wheels**

Meals on Wheels provides and delivers nutritional meals to seniors and disabled persons.

## **Men of Valor**

Men of Valor college mentorship program seeks to promote a positive and spiritual environment among college aged men by promoting insight, direction, motivation, support, and education through mentorship.

## **Momentum Men's Ministry**

The Momentum Men's Ministry equips and empowers men to be great leaders, husbands and fathers. Sunday School classes are held Sundays at 8:30 AM at Antioch in the sanctuary and 10 AM at OHB in the education wing.

## **Momentum Men's Choir**

The Momentum Men's Choir imparts ministry that glorifies God through music and ushers His people beyond the veil into the presence of His magnificence. The Momentum Men's Choir ministers the 2nd Sunday of each month. Persons may join Momentum Men's Choir anytime by simply attending a rehearsal on Tuesdays or Thursdays before the 2nd Sunday of the month at 7 PM. Locations alternate.

## **Network Ministry**

The Network Ministry provides opportunities for business owners, nonprofit organizations, and universities to display and sell their products and services to the community, while allowing career employers to connect with qualified job seekers with intent for recruitment.

## **New Members Ministry**

The New Members Ministry welcomes and assimilates new disciples into the Mt. Zion family by providing ongoing follow-up, membership orientation, and intentional guidance for their path of service.

## **Nursery Ministry**

The Nursery Ministry is provided for toddlers to Pre-K children. An interactive program is provided to teach children about God's love for them. Clean, safe and carefully staffed, the Nursery allows parents to fully engage in their worship experience knowing that their children are in the best of care. The Nursery is open Sundays at 7 AM and 9:30 AM at Antioch and 11:15 AM at OHB.





# MINISTRY DIRECTORY

## **Pace Matrons Ministry**

The Pace Matrons Ministry is a senior group that promotes missions based upon the fundamental principles of Christian living through soul winning, prayer, and Bible Study to minister to the needs of the sick, elderly, and less fortunate. Meetings are held 4th Saturdays at 11 AM at Jefferson Street.

## **Praise and Worship Liturgical Dance Ministry**

The Praise and Worship Liturgical Dance Ministry is a dance ministry for adults to glorify God through lifestyle, serving others, and creating an atmosphere for God's presence to reside. The vision of the Praise and Worship Liturgical Dance Ministry is to minister to the needs of the whole man through dance, service, and worship. Rehearsals are Tuesdays and Thursdays at 6:30 PM at Antioch.

## **Prayer Ministry**

The Prayer Ministry connects people to Christ through prayer and intercession. The Prayer Ministry aims to create a culture of prayer where people can connect, experience, and pursue God. We believe our role in Intercession is an extension of the work Christ Jesus has completed for us as He stands at the right hand of God as our Intercessor.

## **Prison Ministry**

The Prison Ministry assists and mentors offenders and ex-offenders seeking a state of being to bring them to place of positive and fruitful productivity within society. Training for volunteer opportunities are available every 4th Tuesday at 6 PM at various locations. Meetings occur every 3rd Thursday of the month at 6:30 PM at Jefferson Street.

## **Project Purpose**

Project Purpose is a program that prepares college students for life after college through professional mentorship. Students engage in exclusive learning sessions that teach subjects such as resume building, social media impact, leadership, personal finance, home ownership and more. Students have the opportunity to participate in a private job fair that prayerfully leads to internships, jobs and more.

## **Political and Social Action Leadership Ministry (P.S.A.L.M.)**

P.S.A. L. M. empowers and educates members about social and political issues on a local, state, and national level that affect them and their communities.

## **Room In the Inn**

The Room In The Inn provides shelter for homeless women who call the streets of Nashville home. This outreach provides hot meals, showers, personal necessities, shelter, and spiritual nourishment along with the Word of God. The Room In The Inn is offered Thursday evenings from November through March.

## **Sanctuary Choir**

The Sanctuary Choir glorifies God through music, drama, and technical arts to usher His people beyond the veil into the presence of His magnificence. To join, simply attend a rehearsal at on Tuesdays at 7 PM at OHB or Thursdays at 7 PM at Antioch.

## **Saving Our Daughters**

Saving Our Daughters is a unique mentorship program designed to assist young women between the ages of 8-18 with the ability to make spiritually-based decisions using Biblical principles. We seek to encourage leadership while promoting healthy lifestyles and environments. Meetings occur 2nd and 4th Mondays at 6:30 PM at OHB.

## **Saving Our Sons**

Saving Our Sons is a unique mentoring program designed to shape young men's ethical foundation through fun, challenging activities, and organized service projects. The program teaches practical life skills to deepen the young men's relationships with God, family, school, and community. Meetings occur 2nd and 4th Mondays at 6:30 PM at OHB.

## **Single Parent Ministry**

The Single Parent Ministry supports, strengthens, and empowers single parents in the areas of personal wellbeing, parenting, and progressive relationships. We support our single parents by group sharing, relationship building, and personal reconciliation through the Word of God and practical exercise.



# MINISTRY DIRECTORY

## **Single's Ministry**

The Single's Ministry provides support for all participants to embody what it means to be in relationship with God, others, and self while spreading the gospel through Christian living. Sunday School classes are held Sundays at 8:30 AM at Antioch in the education wing and 10 AM at OHB in the education wing.

## **Technical Arts Ministry**

The purpose of the Technical Arts Ministry is to deliver the uncompromising message of the Gospel of Jesus Christ to the eyes and ears of the Mt. Zion congregations across its three Nashville campuses and the Mt. Zion Anywhere Virtual Church. With one heart, the Technical Arts Ministry embraces serving God's people in the spirit of excellence through audio visual reinforcement and multimedia presentations.

## **The Lord's Kitchen Ministry**

The Lord's Kitchen Ministry prepares and serves food to families and individuals of the congregation and community.

## **The Xperience High School Ministry**

The Xperience High School Ministry is committed to the continual development and spiritual growth of youth. Empowered by the Holy Spirit, The Xperience uses our gifts and talents to develop and nurture a personal relationship with Jesus Christ for our youth. Our mission is to be a transforming influence to the youth in our community as well as the world. Teen Sunday school is held Sundays at 8:30 AM at Antioch and 10 AM at OHB. Teen Church is held Sundays at 9:30 AM at Antioch and 11:15 AM at OHB (closed 4th Sundays). Bible Study is held Wednesdays at 5 PM at Antioch and 7 PM at OHB.

## **Training Ground Youth Ministry**

The Training Ground Middle School Ministry guides pre-teens in 6th, 7th, and 8th grades through a biblical leadership model that prepares for them for life and service. Developing a relationship with Christ and inspiring to them "live their faith out" is achieved through structured bible studies, special designed worship services, fun-filled fellowship outings, cross-generational outreach efforts, and family engagement events. Teen Sunday school is held Sundays at 8:30 AM at Antioch and 10 AM at OHB. Teen Church is held Sundays at 9:30 AM at Antioch and 11:15 AM at OHB (closed 4th Sundays). Bible Study is held Wednesdays at 5 PM at Antioch and 7 PM at OHB.

## **Usher Ministry**

The Usher Ministry ushers worshippers into the sanctuary with a spirit of humility and love, while celebrating the opportunity to assist as abiding servants.

## **Wedding Ministry**

The Wedding Ministry guides couples and families through the entire wedding process and provides assistance the day of the wedding.

## **Welcome Ministry**

The Welcome Ministry extends a sincere, heart-felt welcome to those who grace our presence during worship services.

## **Young Adult & College Choir**

The Young Adult & College Choir imparts ministry that glorifies God through music and ushers His people beyond the veil into the presence of His magnificence. To join, simply attend a rehearsal Sundays immediately following the 11:15 service.

## **Young Adult Ministry**

The Young Adult Ministry (Y.A. M.) inspires young adults to pursue a life of sanctification and holiness through stimulating fellowship, events, resources, and spiritual education. Y.A. M. promotes self-empowerment and encourages a balanced lifestyle that does not compromise integrity.





# CHURCH CALENDAR

S M T W T F S

## MONDAY CONVERSATIONS

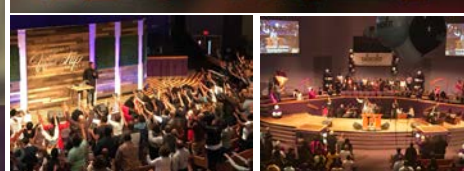
JOIN US EVERY MONDAY IN FEBRUARY AS WE DISCUSS THE HOTTEST TOPICS & LATEST ISSUES.

**MONDAY, FEBRUARY 19TH**  
TOPIC: "WE ARE BETTER TOGETHER"

**BISHOP JOSEPH W. WALKER, III**  
MT. ZION BAPTIST CHURCH  
NASHVILLE, TN

**PASTOR MIKE GLENN**  
BRENTWOOD BAPTIST CHURCH  
BRENTWOOD, TN

12:00 PM CST VIA @JOSEPHWALKER3



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## First Quarter 2018 At-A-Glance

May 9: Jovanni Walker's Birthday

May 27: Friends & Family Sunday

June 4 – July 27: Camp Zion Youth Summer Camp

June 26 – 28: Full Gospel Baptist Church Fellowship International Live Full Conference, Columbus, Ohio

July 28: Bishop Walker's Birthday

July 29: Unity Worship Service  
Guest Speaker: Pastor Mike Glenn of Brentwood Baptist Church  
OHB, 6 PM – 8 PM

August 4: "Better Together" Back to School Health Fair and Community Outreach

September 5-7: Churchwide Conference

September 8-9: PeriSquad Weekend

September 9: Church Picnic

September 17: Dr. Stephaine Walker's Birthday

November 11: College Sunday

November 21: Thanksgiving Dinner Outreach, Antioch & Jefferson Street locations, 12 PM – 2 PM

December 2: 152nd Church Anniversary

December 25: Jesus' Birthday!

**Check out the calendar from the app for up-to-the-minute information!**



# WORSHIP & TRANSPORTATION

## Saturday Live @ 5

5 PM – Jefferson Street

## Sunday School

8:30 AM – Antioch


10 AM – Old Hickory Boulevard

## Sunday Morning Worship

7 AM & 9:30 AM – Antioch

8:15 AM & 11:15 AM – Old Hickory Boulevard

## Wednesday Bible Study

12 PM – Jefferson Street (*Light lunch is served.*) 

5 PM – Antioch

7 PM – Old Hickory Boulevard

## Virtual Church

[www.mtzionanywhere.org](http://www.mtzionanywhere.org)

Live Stream

Sunday – 11:15 AM

Wednesday – 7 PM

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## Church Locations/Addresses

*Old Hickory Boulevard*  
7594 Old Hickory Boulevard  
Nashville, TN 37189

*Antioch*  
2261 Murfreesboro Pike  
Nashville, TN 37217

*Jefferson Street*  
1112 Jefferson Street  
Nashville, TN 37208

[WWW.MTZIONNASHVILLE.ORG](http://WWW.MTZIONNASHVILLE.ORG)

## College Ministry Bus Schedule

*Austin-Peay State University*

Arrive at the Ellington Building at 9:45 AM

Depart for MZBC at 10 AM

*Belmont University*

Arrive 10 AM

Depart 10:15 AM

*Fisk University*

Arrive at 17th & Jackson Street at 10:15 AM

Depart for MZBC at 10:30 AM

*Lipscomb University*

Arrive at Allen Arena Circle at 10:15 AM

Depart for MZBC at 10:30 AM

*Middle Tennessee State University*

Arrive at Blue Raider Boulevard & MTSU Boulevard at 9:15 AM

Depart for MZBC at 9:30 AM

*Tennessee State University*

Arrive at Kean Hall at 10:15 AM

Depart for MZBC at 10:30 AM

*Vanderbilt University*

1st stop

Arrive 10:20 AM | Depart 10:30 AM


2nd stop

Arrive 10:35 AM | Depart 10:45 AM

*Western Kentucky University*

Arrive 9:15 AM | Depart 9:30 AM

All students are served lunch following the 11:15 AM

Sunday service. 

[www.mtzioncollegeministry.org](http://www.mtzioncollegeministry.org)





# Staff



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**Dr. Stephaine Walker**  
General Overseer  
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*Photo by Joy Marie Photography.*



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*Photo by Allen Cooley.*



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*Photo by Nora Cranfield.*



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# SHAKEN, SIFTED,& Shifted

How can people tell if you have been transformed by the power of God?

"What I hear the most from people is that my spirit is different. There's something about me that doesn't fit anymore. I guess my light shines," says Larry Powell, facility manager with the Mt. Zion Vision Team.

A former drug dealer, Powell had a life-changing encounter with God while in prison nearly ten years ago. Today, he is a modern-day Moses leading people out of the hustling lifestyle. Whether visiting prisons, mentoring, or using a message set to a trap-style beat, he is determined to help others experience spiritual freedom in Jesus. He is also an advocate for nonviolent drug offenders serving lengthy sentences for possession charges.

"I want to walk with people and be that example that shows them that God is real. He can bring you out of that thing. If I can live off of what society calls an average income and stay home and feed my kids, you can, too. If I can redirect my living, you can do it, too."



Photo by A Sanders Company®.

## 5 Steps to Salvation

1. Recognize and admit that you are a sinner (Romans 5:12-14).
2. Repent of your sins (1 John 1:9).
3. Confess Jesus as Lord and Savior (Romans 10:9).
4. Be baptized in water (Matthew 3:6).
5. Obey the Word of God (1 John 5:3).

*Welcome to Jesus' family!*

## Next Steps

1. Build your faith.
  - Attend worship services and Bible study.
  - Read the Word every day.
  - Pray without ceasing.
2. Build your community.
  - Become a member.
  - Join a small group.
  - Serve in ministry.
  - Attend Discipleship Institute.

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ETERNAL LIFE



# TEEN BIBLE STUDY



FOOD



WEDNESDAY

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ANTIOCH

7PM  
OHB



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# WHOSE REPORT WILL YOU

In 2013, I had a nasty cough that lingered for over six weeks. The doctor ordered a chest x-ray to rule out pneumonia. When I went to the clinic to get the results, the nurse practitioner told me that the x-ray revealed a mass on my right lung, and she wanted to refer me to a team of specialists. I was in a hurry, so I didn't ask why. Then she asked if she could pray with me. I had never known her to be a praying woman. But it didn't matter to me, so we prayed. Then she hugged me, and I left the clinic suspicious and confused.

The specialists sent me for a biopsy. When I woke up from the anesthesia, a doctor appeared at the foot of my bed and wasted no time delivering her diagnosis.

"We have good news and bad news," she said. "The good news is your lungs didn't collapse as I thought they would. The bad news is that you have cancer."

"Will I be able to finish school?" I asked.

She told me to speak with my doctor and then left. Her diagnosis had come so fast and furious that it I didn't have time to react.

My first step was to meet with a pulmonologist, who told me the cancer was in the lower right lung. He explained the procedure he and his team would perform on me. Then I saw an oncologist, who told me that the cancer was Stage 2, non-small cell lung cancer. She drew me a picture of what it looked like and showed me how the mass was too big to cut out without permanent spinal or heart damage. She recommended that I take 28 radiation treatments, followed by chemotherapy to shrink the mass so the surgery would be safer.

At the mention of radiation and chemotherapy, I quit teaching Sunday school. I thought that my appearance would change, and I didn't want to have to explain that to kindergarten-aged children. But I never lost weight or my hair, and my looks didn't change. I learned that not everyone has the same changes in their physical appearance while they're undergoing radiation and chemotherapy. One thing that did change, though, was immune system. So I stopped going to church during my treatment because my immune system was compromised, and it wasn't healthy for me to be around crowds of people.

Some cancer patients have described their nightmare of horrible ordeals with radiation. However, the treatments weren't painful for me. But what did devastate me was when the radiologist told me that I would never be able to sing with my decreased lung capacity. That broke my heart. Singing was second nature to me. I even wrote a song that reflected how much I love to sing for the Lord.

After the radiation and chemotherapy treatments, the mass had shrunk enough to be surgically removed, and I went into surgery in October 2014. The surgeons removed the two lower lobes of my right lung, and a few weeks later, I was told I was cancer free! Equally amazing, despite all the treatments and the surgery, my appearance didn't change at all. What a mighty God!

# BELIEVE?

## THE SURVIVOR STORY OF BEVERLY NORRIS

But then came another blow several months later. After getting a cat scan to make sure that all the cancer was gone, I was told that the cancer had returned and was now in my adrenal glands and lymph nodes. After four months of living cancer free, I was once again facing surgery.

The doctors said that there wasn't anything they could do. Chemo might keep me comfortable, but in about a year, my organs would begin to shut down. I could try experimental study drugs, but they couldn't give me any guarantees that the medication would work. The doctors suggested that I might qualify for research drugs, but it would take more than a month to apply for the drugs, have the tests run, and begin treatment—and that's only if I qualified. At that point, I was willing to try just about anything, so I began the application process.

One year to live! I tried to stay calm, but once my husband and I turned the corner to go home, I let it all out.

"What do you do with news like that?" I asked.

"I wouldn't be chasing after a career anymore!" he said.

I couldn't believe my ears. I had come too far to give up, no matter what the doctors had said.

"I'm not ready to die! I am not about to sit down and die! No, I'm going to be like the prophet in the Bible who asked, 'Whose report do you believe?' The Word of God tells me to ask and it shall be given! I'm going to ask the Lord to add years to my life, like the other prophet did."

I recalled the story of how Hezekiah was given a death sentence. But he turned his face to the wall and pleaded with God, and God added years to his life. That's what I was going to do. And the Word says that by His stripes we are healed. Jesus came to heal the sick and to set the captives free. I explained to my husband that I had more books to write. I had to publish my music. I wanted to finish grad school and teach. I wanted to travel more. So I wasn't claiming death. I did not accept that report! Soon after the diagnosis, the Lord blessed me with the song, "Whose Report Do You Believe?"

Though my faith was strong and my resolve was renewed, my life became a roller coaster during the research drug testing. I qualified for three research options, but I was later disqualified from the first option because of the date of the radiation treatment.

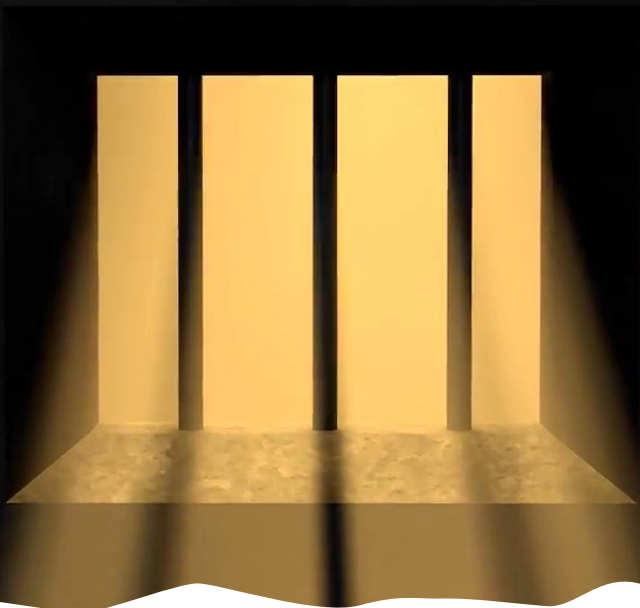
I did qualify for the second research treatment. Before beginning the chemotherapy, I was told that my hair would come out, and I would have to take six pills along with the treatment. The neuropathy was so bad in my fingers and surgical area, along with other complications, that they had to stop the treatments.

A few days later, I lost my hair. Incidentally, I was planning to dye my hair so that when as it fell out, it wouldn't look so gray. But as I pulled on the braid to take my hair down, the entire braid came off in my hand! I was devastated. As a cancer patient, I had already accepted

(Cont'd on page 50)







# LIGHT IN DARK PLACES

by Melody Johnson

God has commissioned us to meet the needs of people from all walks of life. But sometimes carrying out this commission can be difficult because peoples' issues are often complex. The Prison Ministry at Mt. Zion Baptist Church is a good example of people helping others, no matter how difficult or complicated the issues are. This ministry is a light that shines in dark places, bringing joy, hope, and inspiration where it's most needed, such as the state penitentiary. I spent time with the Prison Ministry to see how they walk out their commitment to those on the margins.

Often, several ministry teams collaborate with the Prison Ministry on their visits to the Tennessee Prison for Women. On the night that I joined them, the Ministry of Dance and Mime, Prayer Ministry, Judah Generation Youth Choir, and Ministers in Training (MIT) were present, and they were powerful in ushering in God's presence. Elder Opal Scales, who started at the Metro Sheriff's Department in 1982, said that she gets such joy out of ministering to those who have been overlooked and forgotten. She said that we can't be fearful when doing the work of the Lord, but we should be strong and courageous.



At the prison, Elder Scales reminded the teams of their mission for the night, which was to **Connect, Commit, and Change**. She said that one must be committed to connect with others to promote change because the task is not for the faint of heart.

The ministry teams went to the chapel. Members of the Prison Ministry sat with the women, and together they encouraged one

another. The women shared many touching stories before asking for prayer, and the members of the Prison Ministry were more than willing to pray for their needs. They weren't there long before the chapel filled up and they had to move to the gymnasium for more room.

Judah Generation started the service with praise and worship songs, sharing the message, "Your situation is not bigger than your God." Many people were jumping up and down or standing with their hands up in worship and receiving that encouraging message. Then a representative of the Prison Ministry spoke to the women about getting to know themselves and being true to who they are and how that will connect them with God.



Your situation is not bigger than your God...

After a call for prayer, the gym floor was flooded with women whose hearts were touched by the message. Though prayer lasted for about an hour, the members of the Prayer Ministry did not leave before they made sure each woman received personal prayer and support.

During my time with the Prison Ministry, I saw how they walked out the concept of connecting, committing, and changing the community as they took light into what can seem like four tight walls. This ministry provides hope and inspiration to people who need it. I was pleased to have been part of that experience, and I recommend others volunteering for the Prison Ministry.

The Prison Ministry meets every third Sunday of the month and would be happy to receive more volunteers. If interested, contact Elder Opal Scales or Yolanda Chaplin at [prisonministry@mtzionnashville.org](mailto:prisonministry@mtzionnashville.org) or [prison2palace@mtzionnashville.org](mailto:prison2palace@mtzionnashville.org).

# PURPOSE



Communication is the essence of our relational existence. By nature, we were all created to commune with one another to produce purpose. It is our individualistic responsibility to speak in such a way that we create and impact those we encounter. It is only through purposeful effort and self-discovery that we develop divine intentions in relationships.

Our cultural influences teach us to pursue relationships based on personal interests alone. However, in order to thrive in a godly relationship, it is imperative to connect to the right source: the true vine, Christ. Being connected to the vine is where one finds purpose and learns to discern those who should have access in intimate spaces. Proper connections bring alignment with another person in order to produce much fruit.

We must be intentional about all relational connections. People who connect must be in purpose or in pursuit of purpose to add value to the relationship, which is why it is important for individuals to heal from past circumstances, to recognize who they are in God, and to develop a lasting commitment to Christ. Once identity and wholeness are achieved through Christ, it is at that point an individual should pursue a romantic relationship with another person.

While the goal may be marriage, a person must first focus on himself or herself and discover an identity in God while recognizing that the ultimate end-goal of marriage is not just something to do because a person feels as if it's the next thing, but to recognize that it is a calling, a covenant, and a commitment before God. Even if marriage is the goal, it is important to understand that marriage should not be looked upon as a badge of honor or a trophy. Being

married will never bring validation to an individual. Validation comes from God, and it's important to know that you can fulfill your God-given assignment on earth without a husband or a wife.

Relational successes are perceived through various outlets. It is imperative that we see the reality in relationships and understand that there is a story

Being connected to the vine is where one finds purpose and learns to discern those who should have access in intimate spaces.

behind every healthy relationship. Our stories are the historical foundations that make up who we are. When we connect with others for greater purposes, we must learn that cohesiveness is achieved only through an ongoing matriculation process where intentionality serves as the key to building and sustaining a healthy relationship.

*Brian and Tanesha Bradshaw offer relationship counseling through Intentional Conversations, a ministry*

*that focuses on helping others journey down the path of discovering who they are in Christ as they seek to engage in a relationship with others. The purpose of their ministry is to help others heal from their past circumstances and to recognize their value before they engage another person.*

[www.intentionalconversations.org](http://www.intentionalconversations.org)

 @intentionalconversations

*Photo by Anjeanette Illustration Photography.*





# MAKE FAMILY TIME!

MAKE FAMILY TIME!

# QUALITY TIME!

QUALITY TIME!

Each Sunday, we make it a priority to pour into the lives of our young people. We are invested in their spiritual growth, but we're also aware that their home life is equally important. On a typical weekday, students are in school for at least seven hours. Because of various after-care or extracurricular activities, some students don't get home until after 6 pm. After completing homework, eating dinner, and preparing for bed, family members don't spend much time together. Studies show that spending quality time with the family can have positive influences on each member.

- Increases level of self-esteem and confidence.
- Strengthens family bonds.
- Creates a positive environment.
- Establishes family values and Christian morals.
- Creates memories.
- Relieves stress.

Below are some options to help families maximize their time together.

## Fun-Filled Family Night Ideas

**Cooking Night.** Create a waffle station with lots of delicious toppings. Have a pizza bake-off to see what exciting and tasty pizzas you can make. Hold a cookie decorating contest, and encourage your family members' artistic creativity.

**Picnic Night.** Plan an outdoor or indoor picnic. Don't forget the blankets and lawn chairs. Ask family members to help plan the menu and select colorful plates, cups, and napkins.

**Movie Night.** Select a theme for your movie night, for example, mystery, action adventure, animation, or comedy. To jazz up your popcorn, choose a variety of seasonings to sprinkle on the freshly popped treat.

**Game Night.** Old-fashioned board games are always favorites. Kick it up a notch by adding "minute-to-win-it" challenges. Or if it's a warm night, take the family outside and play hide and seek, toss around a Frisbee, try a creative spin on hopscotch, or shoot some hoops.

**Camping Night.** Indoors or outdoors, set up a tent or create one of your own. Use plenty of pillows and blankets so that it's comfortable and cozy for the whole family. After everyone is settled in, bring out the marshmallows, graham crackers, and chocolate for some yummy s'mores.

**Arts and Crafts Night.** See who can make the most elaborate paper airplane. Bring out your inner artist by painting on canvas. Discover a new hobby with preassembled craft kits.

**Nature Walk or Bike Night.** Explore the great outdoors by going on a nature hike. Encourage family members to collect interesting things along the way, and take pictures to place in your family photo album.

**Explore Mt Zion Anywhere Kidz.** Go online to find lots of fun videos, downloadables, and activities that will help you and your family explore God's Word. Go to [www.mtzionanywhere.org/anywhere-kidz/](http://www.mtzionanywhere.org/anywhere-kidz/).

## Children's Ministry Worship Times

Sunday

**Nursery (ages 1-3)**  
Antioch (7:00 am/9:30 am)  
OHB 8:15 am/11:15 am)

**Preschool (ages 4-6)**  
Antioch (9:30 am)  
OHB (11:15 am)

**Youth Church (ages 7-11)**  
Antioch (9:30 am)  
OHB (11:15 am)

Wednesday

**Preschool (ages 4-6)**  
OHB (7 pm)

**Youth Church (ages 7-11)**  
OHB (7 pm)



by Tiffani Norman and Lamona Butler  
Kingdom Kids Children's Ministry  
Coordinators



# GRIEFSHARE MINISTRY

## healing for the brokenhearted

The GriefShare Ministry offers support for those who are coping after experiencing the death of loved ones. According to their website ([www.griefshare.org](http://www.griefshare.org)), "GriefShare is a network of 12,000-plus churches worldwide equipped to offer grief support groups. The program is nondenominational and features biblical concepts for healing from your grief."

Elder Gloria Burton, certified GriefShare specialist, said, "The GriefShare program is a church initiative that is implemented with the Mt. Zion vision." The program is held for a 13-week cycle throughout the year.

Burton said, "I pray first and ask God how to deal with the individual family." For spiritual inspiration, she refers to Psalm 91 and tries to be as supportive as possible while using the church's vision statement. When a church member or their relatives die, Burton and other counselors are informed; and they talk with families about the GriefShare program at the repasts. She and the other counselors want the grieving family members to know someone cares.

"As a leader, I find ways to comfort people. I'm always available for them from the beginning of their grieving process to the end. After the death, GriefShare counselors wait six weeks to allow reality to set in because the families' lives will change to a 'new normal.' When someone dies, people's lives change. The presence of the person who died is gone, and they'll never be forgotten, but life still goes on. There is a grieving period, but there's no time limit to how long people will feel the pain of loss. Many times, people go through denial," Burton said.

"People in the Christian community are taught to be strong, but Ecclesiastes 3:1-2 [New King James Version] says,

*To everything there is a season,  
A time for every purpose under heaven:  
A time to be born,*

*And a time to die."*

Burton added, "There is no way to grieve for a couple of days and then it's over. It doesn't work that way. After death, people need key people they trust to make decisions. Life will never be like it used to be. At some point during their new normal, they will ask, 'How can I live without this person?'"

The GriefShare program helps grieving persons answer this question by addressing the following topics during the 13-week seminar:

- Is This Normal?
- Challenges of Grief
- The Journey of Grief (two-week series)
- Grief and Your Relationships
- Why?
- Guilt and Anger
- Complicating Factors
- Stuck
- Lesson of Grief (two-week series)
- Heaven
- What Do I Live for Now?

GriefShare is confidential and open to everyone. You don't have to be a member of Mt. Zion to attend. For more information about the program, visit [www.mtzionnashville.org](http://www.mtzionnashville.org), or contact the church office at 615-299-1631.



Tan-trá Nelson  
ms\_tantra  
ms\_wonderfu11ymade



by Tan-trá Nelson

"...There is no way to grieve for a couple of days and then it's over. It doesn't work that way."



LITTLE KNOWN

# BLACK HISTORY

## FACT THAT INSPIRED ME THE MOST

by Dionne Mitchell

If I were to ask you to name a famous woman who sat down so that we could stand up, the first person who would come to mind would probably be Rosa Parks. But what most people don't know is that she was not the first. Months before Rosa Parks resisted bus segregation in Alabama, there was Claudette Colvin, who refused to give up her seat in March 1955, while Rosa Parks did the same in December 1955. But 15 years before both Rosa Parks and Claudette Colvin, there was a woman named Anna Pauline Murray, affectionately called Pauli, who was arrested in 1940 for violating a state segregation law when she sat in the "Whites Only" section of a Virginia bus.

Born on November 20, 1910, in Baltimore, Maryland, Pauline Murray became a civil rights activist, a women's rights activist, a lawyer, an Episcopal priest, and an author. After graduating from Hunter College in New York City, she was denied admission to the University of North Carolina Law School because she was an African American. She was also turned down by Harvard University because she was a woman. These experiences led her to take part in the women's rights movement and participate in protests.

Later, after receiving law degrees from Howard University and the University of California, Pauline worked as deputy attorney general of California during the 1940s. She spent private time pursuing a doctorate in law at Yale University in the 1960s. When she finished her doctorate in 1965, Pauline became the first African American to be awarded a doctorate of juridical science from Yale University. In the year of 1966, she and three other women founded an organization called the National Organization for Women, which focused on women's rights, equal rights amendments, and civil rights. Pauline not only was an activist but was also an educator and taught at numerous colleges and universities, including the University of Ghana, and she served as president of Benedict College.

During the 1970s, she earned a master's degree in divinity from Yale and was the first African American to be ordained a priest within the Episcopal Church. She served in churches in Washington, DC; Baltimore; and Pittsburgh, until she retired in 1984.

Pauline was also a very talented writer and editor of non-fiction poetry and had several books published.

She even wrote an autobiography called *Proud Shoes*. She also published a poem called "Dark Testament" and many others. Her quotes were very exalting. One of my favorites is: "True community is based upon equality, mutuality, reciprocity. It affirms richness of individual diversity as well as common human ties that bind us together."

To me, that quote means that a good community that works together and benefits each other will be sure to have a good outcome. Another quote of Pauline's is: "Hope is a song in a weary throat." This was very inspiring to me because it basically says that even if you get tired while trying, don't give up because the outcome will be worth it in the end.

Unfortunately, Pauline died of pancreatic cancer on July 1, 1985, in Pittsburgh, Pennsylvania, at the age of 75. She spent her life breaking down barriers of race and gender in the fight for equality. Pauline is a great inspiration to me because when she saw a problem that needed fixing, she stood up to the challenge and fought not only for her rights but for the rights of others. I believe that some of the things that women are able to do today would not be possible if Pauline had not noticed that it was unfair and done something about it. She took on the challenge and did not give up because she knew it would make life easier for a lot of people. She took a stand, so that we would sit down.



# SIMPLE & DELICIOUS

## May I Have Something to Drink? No Soda, PLEASE!

Health experts recommend that we drink more water each day. But every once in a while, we just want something fizzy or sweet. My drink of choice is sweet tea. I can't get enough! But as I searched for a good drink to share in this article, I came across Fizzy Pineapple Punch (thechunkychef.com). This punch has the perfect fizzy and sweet combination and is a great base recipe that can be adjusted to quench your thirst. As with any recipe, have fun with it and make it your own. Sip, sip!

## FIZZY PINEAPPLE PUNCH

### Ingredients

- 1 12 oz. can frozen pineapple juice concentrate, thawed
- 1 6 oz. can frozen limeade concentrate, thawed
- 4½ cups cold water
- 1 liter club soda, chilled
- fresh fruit, sliced

### Directions

1. Pour pineapple juice and limeade concentrates into large pitcher.
2. Add water and club soda.
3. Stir ingredients together.
4. Add any fresh fruit you like (for example, strawberries, pineapples, limes, oranges, lemons)
5. Pour over ice and serve.

### Cooking Tips

You can substitute ginger ale or Sprite for the club soda. I'm not a fan of club soda, so I use ginger ale, instead.

Instead of using juice concentrates, you can use any fresh juice you like. Fruit may be added to each serving, or you can add it to the pitcher. Please note: If the fruit remains in the beverage too long, it may turn soggy and affect the flavor.

### So, drink up!



by Julius Evans | @juliusae33



# MIDDLE SCHOOL TIE DRIVE

## A HUGE SUCCESS!

by Elder Crystal Thomas



### Teach Me 2 Tie Day

In partnership with the Metro Nashville Public Northwest Cluster of Young Men of Valor and other community organizations, Mt. Zion's Momentum Men's Ministry taught young men of the Mt. Zion Training Ground Ministry and an auditorium filled with young men 5<sup>th</sup> — 8<sup>th</sup> grade at McKissack Middle School how to tie Full Windsor, Half-Windsor, Pratt and Bow-Tie knots.

This initiative has had a positive impact on the young men's confidence. They display their tie tying skills every Tuesday or Thursday as an alternative to necktie-less school uniform shirts!

Mt. Zion collected 1,000+ ties for this community initiative. Thank you for your support!



# THE INTERVIEW

With over 25 years of experience in human resources, talent acquisition, and employee development, Paula Farmer shares vital tips to help job seekers successfully navigate the interview process.

*"So, tell me about yourself."*

This statement often strikes fear in the heart of many job seekers. They wonder, Where do I start? How much should I tell? Do I have to talk about \_\_\_\_\_?

Relax! Your interviewer is mainly interested in discussing three key areas: your current career, your "prior to" job(s), and your plans for what's next. Consider the following three tips, making them specific to your particular experience to help you more fluently discuss these areas with your interviewer:

1. Start by talking about your current career. Highlight your accomplishments and leadership abilities, and integrate numerical data whenever you can. For example, say, "I have increased productivity in my department 25% quarter over quarter."
2. Then share your relevant "prior to" job(s). You can make a big impact on the interviewer by clearly articulating how your past experiences in previous jobs led to your current one. For example, you could say, "As a result of my previous experience as a team lead, I was able to position myself to transfer those skills into my current role."
3. Finally, discuss what's next. Take advantage of this moment to share why you are excited about this specific career move. You could say, "One of the things I am most excited about concerning this opportunity is being able to make an impact based on my ability to think critically, solve problems, lead others in getting the work done, and successfully manage and control costs."

Keep in mind, though, that the keys to a successful interview begin long before you arrive in human resources. Read through the following tasks, and work on them before you meet with your interviewer; so you can be thoroughly prepared and so you won't be tripped up by minor details.

### Do Your Homework

- Research. Research. Research. Spend a few hours learning about the company. Check out the company's website, social media pages, and blogs. Dig deep, and be in the know.
- Double-check the pertinent information. Make sure you have an accurate address, phone number, and contact no later than a few business days before your interview.
- Give yourself plenty of time. If you feel rushed, you looked rushed.
- Arrive and check-in at least 30 minutes prior to your interview. If you're early, you're on time. If you're "on time," you're late.

### Dress It Up

- Appropriate attire is always in season. You can't go wrong with being professionally conservative. Save the bulky jewelry and flashy attire for a more appropriate occasion. (*Cont'd on page 46*)



# BRINGING HELP THROUGH

# CPR



How important is your family, your co-workers, and your friends? Suppose one of them were facing a serious medical distress, and you stood ready to help but lacked the necessary life-saving skills. Becoming trained in CPR (cardiopulmonary resuscitation) and first aid would be a great benefit for any family and workplace. These skills ensure that if a medical emergency arises, someone would be prepared to respond effectively.

The American Heart Association (AHA) reports that about 75 to 80 percent of all cardiac arrests happen at home, so being trained to perform CPR can mean the difference between life and death for a loved one. The AHA also reports that:

- Approximately 95 percent of sudden cardiac arrest victims die before reaching the hospital.
- Coronary heart disease accounts for about 550,000 of the 927,000 of the deaths as a result of cardiovascular disease.
- Approximately 335,000 of all annual adult coronary heart disease deaths in the United States are due to sudden cardiac arrest, suffered outside the hospital setting and in hospital emergency rooms.
- About 900 Americans die every day due to sudden cardiac arrest.

A bystander who effectively administers CPR immediately after cardiac arrest can increase a victim's chance of survival and help to reduce these stats.

CPR is not difficult to administer. In one easy step, which includes 30 chest compressions and two rescue breaths, a life can be saved. Use the ball of your hand to administer chest compressions that should average in depth about two inches for adults and 1 to 1½ inches for children and infants. Pinch the nostrils and breathe into the victim's mouth, making the chest rise, to administer the rescue

breaths. Then repeat. This cycle should continue until one of five things occur:

1. The victim regains consciousness.
2. You notice signs of life.
3. Someone brings an Automatic External Defibrillator (AED) on scene.
4. A trained responder (EMS personnel) arrives and takes over.
5. You become physically exhausted and can't continue.


You should never stop administering CPR until one of these occur.

CPR training is offered through the American Heart Association or the American Red Cross. Both of these organizations offer a variety of courses for training in saving lives. The choice depends on your individual needs. Although programs are available from other sources such as the American Safety & Health Institute, MEDIC, and the National Safety Council, the most widely used providers are the American Heart Association and the American Red Cross.

To be compliant with Occupational Safety and Health Administration standards, hands-on instruction and evaluation are required for certification. Both organizations offer two-year CPR certification for laypersons and healthcare professionals, with different options for renewal. Courses are provided online, in the community, at the workplace, and via a blend of online and classroom settings. The choice depends on which is better for you and your employer.

For more information on the statistics on heart attacks and survivor rates, go to [www.cpr.heart.org/AHA/ECC/CPRAndECC/General/UCM\\_477263\\_Cardiac-Arrest-Statistics.jsp](http://www.cpr.heart.org/AHA/ECC/CPRAndECC/General/UCM_477263_Cardiac-Arrest-Statistics.jsp).

By Dr. Harry Zimmerman Jr,  
American Red Cross Instructor/Instructor Trainer  
Photo by Petty of Petty's Photography.

 @Harzmanjr







# GOOD HEALTH VS HEALTHY HAIR

by Yolanda Crutcher

because this can result in lasting damage. Also, be careful when styling braids. Pulling them back into a tight ponytail can be harmful over time. Don't hesitate to tell your hair stylist if you are experiencing discomfort when getting braids.

**Extensions.** If you choose this option, seek a professional stylist to install your extensions. Improper installation could lead to baldness. To maintain your extensions, shampoo and condition your hair regularly, and allow the braids underneath to dry completely. Do not leave extensions in for more than 2 ½ to 3 months per installation.

**Relaxers.** If you choose to have your hair relaxed, or you receive any kind of chemical service on your hair, go to a professional stylist. Shampoo and condition your hair weekly or biweekly, and get your ends trimmed every six to eight weeks.

Good lifestyle choices provide opportunities for healthy outcomes, and that begins with a determination to live long and to leave a legacy for those who come after us.

The Centers for Disease Control (CDC) recommends that adults get at least 2½ hours of moderate-intensity aerobic activity per week. But up to 85 percent of African American women refuse to work out, or they limit their workouts, because of their hair. The good news is that you can be physically healthy and have healthy, beautiful hair.

Social trends may come and go, but making intentional lifestyle changes will benefit you for a lifetime. As many women decide to choose health over their hair, they are looking for ways to keep their hair healthy and manageable. Keep in mind, though, what you put in and on your body is what you will have to deal with over a period of time, so educate yourself on what works best for your particular lifestyle.

Exercise can present some challenges to maintaining beautiful, stylish hair, but you have many options to choose from to make it easier. Consider the various protective, exercise-friendly styles that can keep you looking beautiful after your workouts.

**Natural.** Going natural is a good thing, but there are some important tips to know. First, natural does not mean "no maintenance needed." Natural hair needs just as much attention as chemically treated hair. See a hair care professional every six to eight weeks for an end trim, and shampoo and condition your hair weekly or biweekly. Second, beware of overuse of products. Cocktailing products (mixing more than one) of different brands can leave you with a build-up and the inability to know what works best for you.

**Braids.** Braids offer women flexibility. However, when wearing braids, make sure that your hair and edges aren't too tight



Photo by Symmetry Media.



IN THE  
#BEARDGANG?



Check out the  
digital article  
on the  
Mt. Zion App!

## FOOD FROM ORGANIC OR CONVENTIONAL FARMS...

Consumers and health experts have debated extensively as to whether organic foods are more nutritious and safe than conventionally grown foods. Many consumers today see signs in their local grocery stores promoting organic food products, and food labels offer many claims and carry the seal of approval such as USDA ORGANIC.

Organic food production is defined as an ecological production management system that promotes and enhances biodiversity, biological cycles, and soil biological activity. It is based on management practices that restore, maintain, and enhance ecological harmony. US regulations require that organic foods should be grown without synthetic pesticides, growth hormones, antibiotics, and modern genetic engineering techniques, which include genetically modified crops and chemical fertilizers. Organic farmers use specific methods to minimize air, soil, and water pollution.

In conventional food production, chemical fertilizers are used to provide nutrients for the growth of crops. There are hundreds of pesticides that are permitted for use in low amounts. Herbicides are used to protect crops from insects and weeds. Most conventional foods are irradiated, as this process removes harmful bacteria and microorganisms from foods. Herbicides and pesticides contain toxic chemicals and affect the environment.

The question still remains: Should I buy organic foods? As a consumer, you must decide. You can only make that decision based on your family's needs, wants, and budget. When making that decision, consider the food production practices stated above.

Some people buy organic food for environmental reasons such as the farming practices.

Organic fruits and vegetables are not treated with preservatives or waxes, so these foods do spoil faster. Organic produce may look less than perfect, with varying colors, shapes, and smaller sizes. Many consumers buy conventionally farmed food because of its lower prices and longer expiration dates.

Consider these tips and practices when deciding to purchase organically farmed foods or conventionally farmed foods:

- ✔ Select foods from a variety of areas such as farmers' markets, local farms, and produce vendors. These sources will offer you moderately priced foods.
- ✔ Purchase foods that are in season. Crop production is a year-round process. When foods have been harvested, their abundant production drives the cost of food down.
- ✔ Food safety must be practiced when handling fresh vegetables and fruits. Wash and scrub produce under cold running water. This removes dirt, chemicals, and bacteria from the food surface. This is important, as many persons have touched the produce from the farm all the way to your table.
- ✔ Read food labels: When the label says it is organic, it does not mean it is better. Read the food label to check the nutrient density of the food.
- ✔ Gardening is perfect!



Grow your own food. You can grow the foods your family likes, and the activity provides exercise.

Whether you choose foods that are conventionally grown or organically grown, it is your budget and your choice. Do your homework, and buy wisely.

by Deborah W. Walker, MA, RDN, LDN

 @2junekid

Photo of Deborah Walker  
taken by  
Alden Lockridge







# NONTRADITIONAL EDUCATION AN ATTAINABLE GOAL

**Are you one of the millions of people** who wonder if they should go back to school? Perhaps you only need a few credit hours to obtain your bachelor's or master's degree. Or maybe you have completed a few classes, but finishing your degree seems to be an unattainable goal at this season of your life. If so, there is hope. Non-traditional students, or adults interested in education re-entry, are among the fastest growing post-secondary education student populations. While the demographics of adult students are diverse, the goals and benefits are similar:

- to achieve a better life (improve economic situation)
- to change career
- to update professional credentials to fulfill a lifelong dream

Whatever the reason, your success in returning to school primarily depends on four important considerations: (1) choosing the correct degree program, (2) selecting the school best suited for you, (3) deciding the right format: face-to-face or online, and (4) researching financial aid options.

**Choosing the right degree program** to meet your educational goals should line up with your purpose and passion. Ask yourself, What do I enjoy doing? What do I do well? What would I do if I volunteered my professional skills? The answers to these simple but essential questions should help you to identify your strengths and point you in the direction of the right degree program for you and, ultimately, the best career path. Most schools welcome the opportunity to meet with potential students to discuss the programs they offer; advise a tentative path to meet students' goals, and help students choose a degree program that would fit their needs.

**Selecting the college or university** best suited for you academically and personally is vital to your success. Search websites and visit admissions offices to get detailed information for your degree program. Your inquiry should include an in-depth evaluation of any prior credits you have earned that will transfer; a complete curriculum outlining the courses, the total amount of time required to complete the degree, and an advising session to identify any additional courses needed to fulfill your general education or required courses for completion of the degree. Remember to gather or request all transcripts from institutions you attended in the past for the evaluation before meeting with the school(s) of your choice.

**Choosing the right format, face-to-face or online classes,** should begin by considering the best fit for your home and work life, learning style, academic expectations, and other priorities. It is vital to your success to be able to adequately schedule and devote time to your coursework.

Online learning allows students to attend classes from the comfort of home at almost any hour of the day or night based on the school's policies, procedures, and course requirements. Statistics from the Distance Education and Training Council (DETC) show that nearly four million students take college courses through distance education. Students with demanding work schedules and family responsibilities can greatly benefit from an online learning experience. However, online education provides limited direct contact with colleagues and professors and fewer opportunities to join on-campus extracurricular activities. Online classes are considered cost efficient because they do not require commuting, allowing a savings on gasoline and wear and tear on your vehicle.



The face-to-face format allows students to attend classes in person on campus and take advantage of on-site advising, face-to-face meetings with professors, academic resources, and writing labs, which makes this learning choice a great fit for non-traditional students with less demanding work or family responsibilities. Testimonials from recent non-traditional graduates cited the following advantages of face-to-face classes:

- The registration process was seamless. Enrollment counselors take care of registering for classes, ordering books, and advising students throughout the program.
- The classes meet one night a week for four hours per night, and students are enrolled in one class at a time.
- The professors are great. They want to get to know students and discover how to make their learning experience the best it can be.
- The course content and concepts learned are “right-now” applicable for daily use in everyday life.

One additional important element students should research when considering an online or face-to-face experience is accreditation. A school’s accreditation ensures that the education provided meets acceptable levels of quality. Students are urged to check for accreditation through the Department of Education website ([www2.ed.gov/admins/finaid/accred/accreditation.html](http://www2.ed.gov/admins/finaid/accred/accreditation.html)), as well as US News.

Researching financial aid and finding the right plan for your needs can be challenging, but help with tuition costs is available. Online and face-to-face degree costs have become comparable over the past few years, reaching up to \$7,000 per semester or more (\$30,000 annually) based on the school. When comparing costs, consider any extra fees for online classes and resources, whether

you use the resources or not. These fees add up, so ask for a full “cost of attending” summary. Most schools discuss any and all options that provide funding for tuition. The school’s financial aid office can guide you through the process from completing the FAFSA (Federal Application for Federal Student Aid) to telling you the amount of funding you will be awarded. Apply for every grant and scholarship possible to help defray costs.

Special Note: Effective fall 2018, the state of Tennessee, in its quest to fulfill the Governor’s Drive to 55 (increasing the number of Tennesseans completing post-secondary degrees or certificates) will roll-out the Tennessee Reconnect Act for non-traditional/adult students to attend community colleges or four-year universities and receive two-year degrees tuition free.

The time is now to **Connect–Commit–Change** your destiny by starting, completing, or furthering your education. Several schools are available locally and online to discuss your options. Don’t delay, take the first step and decide that today will be the day you begin the process of selecting the right degree, the best school, an online or face-to-face format, and available financial aid. Your goal is attainable!

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by Jocelyn W. McCoy

Photo of Jocelyn McCoy courtesy of Trevecca Nazarene University.





# BLACK BUSINESS

# AND THEY NEVER

In the early 1960s, Jefferson Street was the pulse of black business and community in Nashville. Many local vendors and social events brought people from all around town, as well as from other cities, to the busy thoroughfare to be part of the excitement. It was a golden age for this tight-knit community, and business and industry thrived. Each year, new students and their families arrived in Nashville, and many business owners greatly anticipated homecoming festivities at Tennessee State University, Fisk University, and Meharry College.

From the Civil Rights Movement to other historical events that promoted significant growth, changes that have both helped and damaged black-owned small businesses have been occurring in the North Nashville community surrounding Jefferson Street for the past 50 years. The earliest and perhaps most significant of these changes happened in 1965 when Interstate 40 cut through Jefferson Street. Before the interstate came, black businesses were booming; but after construction, many of those businesses had to relocate or close their doors forever. They left and never came back.

The interstate virtually cut off people traveling from the north side to the south side of Jefferson Street, the area's main thoroughfare. From 12th Avenue, North, all the way down to 26th Avenue, many business owners were displaced. Dr. Richard A. Lewis, owner of Lewis and Wright Funeral Directors, remembers some of the businesses that thrived in Jefferson Street's heyday: "The Delmareco Club, the Fire Station, Mary's Barbeque, Garrett's Filling Station, and the Ritz Theatre—to name a few. All had to be moved."

New businesses established themselves elsewhere, and Buchanan Street became the "new" Jefferson Street in the 1970s and 1980s. Some businesses moved farther out to Clarksville Pike, where most of the business owners and residents were predominantly white. In 1983, Cumberland Plaza and New Ervin Center and

Clubs on Clarksville Pike were greatly affected by the crack epidemic. As a result, many businesses of the businesses that had relocated there were negatively impacted. Their buildings were vandalized repeatedly, and the owners once again had to close their doors.

From 2003 to 2014, Edna Davenport owned a small market in the heart of Buchanan Street. She saw the community change in many ways over the years. The police department beefed up its presence in the area in order to clean up the drug trafficking and prostitution and to prepare for changes and development in the community. She recalls how important playing the lottery was to black people on Buchanan. "It gave hope that they could win, even though the odds weren't in their favor in life or in gambling." Davenport says she saw some win and some lose, but it was the hope that kept them playing.

Today, certain parts of North Nashville have been revived and are booming. Black businesses in the area have been positively affected by growth in Germantown, in the vicinity of the Nashville Sounds' new stadium, and around Fifth Avenue and Jefferson Street. This growth has increased revenue and brought new customers to the area. Richard Lewis expects the trend to continue and guesses that it will last at least another 25 years. To take advantage of the economic upturn, Edna Davenport plans to build an upscale salon and business studio suites on land she owns on Buchanan.

Edward Kindall is a Nashville native and a committed public servant. He has served as a Metropolitan Nashville public school board member and currently serves as a member of the Metropolitan city council. He represents District 21, which covers North Nashville—including Jefferson Street, Buchanan Street, and major retail areas in the rest of the North Nashville area.

Councilman Kindall wrote a book about his council district, Up and Down Jefferson Street. He witnessed many of the events that took



# WAS BOOMING...

# ER CAME BACK

place in and around the North Nashville area. He witnessed the arrival of I-40, which geographically divided the community, decreasing its economic and social strength and polarizing residents. He can also vividly describe when Jefferson Street was in its economic boom, with shops, funeral homes, restaurants, churches, and clubs—one of which rock musician Jimi Hendrix played often.

Throughout Nashville's history, Jefferson Street has played a special role. In addition to its economic commerce, the area has also had a strong social and cultural impact, which ultimately reached the campuses of Tennessee State University (formerly known as Tennessee A & I College), Fisk University, and Meharry Medical College. In the 21st century, Nashville's historically black colleges and universities are still strong and vibrant, educating minds for the future. However, North Nashville's economic downturn and its affect on the area's businesses mean that there are fewer places to go for social and cultural experiences, and Jefferson Street and the surrounding areas are now considered somewhat dangerous.

But there is hope. Right now, Nashville—the country's current "it" city—is experiencing a boom in housing growth, the building of social centers, and a revived downtown; and there are those who believe that the Jefferson Street area will benefit from the city's growth and renewal. For example, Fairfield Missionary Baptist Church established a new restaurant called Kingdom Café & Grill. Before becoming Kingdom Café, it was Harpers, a restaurant owned by Senator Thelma Harper and her husband, Paul. The couple owned the Jefferson Street restaurant for 22 years, along with other restaurants in the area.

In July 2016, Fairfield purchased the eatery from the Harpers, renamed it Kingdom Café & Grill, and made it an outreach ministry of the church. Members wanted to explore opportunities for growth and further development beyond their church walls. Reverend Howard E. Jones Jr., pastor of Fairfield, said, "We wanted to invest in the community, and specifically Historic Jefferson Street." Jones's vision is that Kingdom Café & Grill, along with other businesses developing in the area, will be a game-changer for

North Nashville. Councilman Kindall said he is proud that a church purchased Harpers and will continue to run it as a restaurant. He said, "It is good for the community."

Fairfield's goal in establishing the café is to get people excited about Jefferson Street, to invest in the area with their time and resources, and to make the area a desirable place to visit. Additionally, they strive to employ those whom others might feel are unemployable—ex-offenders and those with little to no education. Not only does the church want to employ them, making them productive citizens so they will be proud of themselves, but the church believes that ultimately the North Nashville community will benefit as well.

Along with Kingdom Café & Grill, other new businesses and retail opportunities are happening in North Nashville. Mt. Zion has plans to build an entrepreneurial center on Jefferson Street, across from the church's original building. This center will be a place where creative people can develop their hobbies and hopes into real financially sustainable and profitable enterprises.

With these and other opportunities for growth, Jefferson Street will do more than return to its heyday. Optimists predict that the area's revitalization will be a model for all of Nashville, as well as for other cities.

*To learn more about black business enterprise in the North Nashville community visit:*

[www.tntribune.com](http://www.tntribune.com)  
[www.tnminoritypages.com](http://www.tnminoritypages.com)  
[www.nashvillepride.com](http://www.nashvillepride.com)

by Tiffany Davenport  
 @tiffanysolves  
Photo by Austin Wright.





# PHOTOGRAPHERS'

## DENISE REED



A'nume Photography  
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615-573-3086

My love for photography dates back to my childhood. To me, photography is an expression of art. Through it, I try to capture the beauty in everything I see, even in things that other people may deem unattractive. Ecclesiastes 3:11 (NKJV) states, "He has made everything beautiful in its time. Also He has put eternity in their hearts, except that no one can find out the work that God does from beginning to end."

Since joining Mt. Zion in 2005, I've served on the Usher Ministry, Wedding Ministry, and Hospitality Ministry, among others. I started volunteering with *Trumpet Magazine* seven years ago, contributing photos from the Athletic Ministry, Relay for Life, College Sunday, and other church events.

Through my photography, people I may never meet are inspired to get involved in

ministry or serve in some capacity within the church. It's great to know that I play a role in helping people all over the world see the wonderful things that we do at Mt. Zion. It's been exciting and an opportunity of a lifetime. Serving in this way has allowed me to be in the presence of greatness and to do things I could only dream of. Proverbs 18:16 (NKJV) says, "A man's gift makes room for him, and brings him before great men." I am beyond grateful to serve in the house of the Lord, spreading positivity as well as God's goodness wherever I go.

In addition to owning my own studio, A'nume Photography, I also work for Delta Airlines as a customer service agent. I enjoy traveling; bowling; helping others; and spending time with my husband, Isaac, my family, and my friends.

## ANTHONY BEASLEY



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@TONYBEASLEY1 

I am one of Mt. Zion's friendly, neighborhood photographers. I have volunteered with *Trumpet Magazine* and Mt. Zion since 1998, which is also the year my wife, Veronica, and I became members. Recently retired as a registered nurse, specializing in cardiothoracic surgery procedures, I'm now a full-time professional photographer.

I am an active member of Big Brothers–Big Sisters of Middle Tennessee. I sit on the board of Nashville's Photography Club, and I'm a member of Professional Photographers of America. My passions are fashion, headshots photography, portrait photography, and live jazz.

Photography is a means of storytelling, and I enjoy telling different stories through the images I capture. Rod Stewart said it best:

"Every picture tells a story." By contributing to *Trumpet*, my work is viewed by tens of thousands of readers. This is humbling and gratifying because I have the opportunity to share my talent of history-making and storytelling through photography.

The most positive impact of volunteering for *Trumpet* is that it has opened a lot of doors for me that may not have otherwise been opened.

The best feedback a photographer can receive is not in words but in seeing his or her images on display. My favorite images were taken when Bishop Walker was confirmed as presiding bishop of the Full Gospel congregation—images now displayed in the Mt. Zion Antioch atrium and in the administration wing at Mt. Zion OHB. Now that's a high compliment!

# SPOTLIGHT

## MELODYE TRAMMEL JENKINS

My passion for photography began during my early childhood years. Whenever you saw me, you could be sure that I would have a camera. I see the beauty of life through the camera lens, and I take great pride in photographing an image and capturing the moment. Through the art of photography and an eye for detail, I can be creative and ambitious, I can communicate, and I can raise awareness.

I am a graduate of Tennessee State University and a member of Zeta Phi Beta Sorority, Inc. I have worked in the finance industry for 33 years, and I have served as a photographer at Mt. Zion for 16 years. I've been a member of Mt. Zion since birth! I began attending with my parents, the late Deacon Lewis Trammel and the late Deaconess Ossie B. Trammel. In December 2017, I was inducted into the 50 Plus Members Ministry.

When I'm not working, I enjoy traveling with my family: my husband, John, Jr.; and my children, Adrienne; John III; and his wife, Yasmin. And I look forward to spending time with our granddaughter, Soraya.

Working with *Trumpet Magazine* has been a continuous blessing and has opened many doors that probably wouldn't have been opened to me if I didn't serve as a photographer at Mt. Zion. While I've submitted many photos to *Trumpet*, I have two favorites. The first is a photo of Bishop Walker and Dr. Stephaine on their wedding day. The second photo is of the late Mrs. Marguerite Goodner on her 104th birthday. To be a photographer on those special days was a beautiful experience, a privilege, and a blessing to witness through the eyes of my camera.

When it comes to my craft, I always quote Romans 8:28: "And we know that all things work together for the good to those who love God, to those who are called according to his purpose." I also like another quote by an unknown author: "Life is like a camera. Just focus on what's important, and capture the good times. Develop from the negatives, and if things don't work out, just take another shot."



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PHOTOGRAPHY

[www.melodicexpressionsphotography.net](http://www.melodicexpressionsphotography.net)

## DE'MOND J. EASON

I have the great honor and privilege to minister through photography here at Mount Zion, and I have contributed to *Trumpet Magazine* for the last several years. It brings joy to my heart when people are excited by the pictures that I am blessed to take.

As a photographer, my goal is to capture authentic godly moments that glorify and honor God in such a way that our readers are able to feel that moment deep within their souls. Photography is all about recording moments in time that will create lasting memories for present and future generations.

Before I shoot any event, I always pray that God will allow me to see what He wants me to see through my camera lens. As a result, I've been able to capture acts of joy, worship,

praise, and fellowship that could only have been made possible by the moving of the Holy Spirit.

Besides being a photographer, I am also a playwright and a poet, and it's within my heart of hearts to minister in the Nashville area through the gifts of creative writing so I can be an agent of change for those whom God will have me to reach. I've been a member of Mount Zion for the last eight years, where I received my license to minister.

I have a photo of Bishop Walker in prayer before becoming presiding bishop of the Full Gospel Conference. I call it "The Selah Moment." My prayer is to be in position to capture more authentic acts of worship so that all can see how great God is.



 inHISimage316

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# WRITERS'

## CANESHA GORDON



I graduated from MTSU, where I majored in communications, with a minor in journalism. I interned at a few newspapers while in college; and after graduation, I was the crime beat reporter for *The News Examiner* in Gallatin. About ten years ago, I joined Mt. Zion and began writing for *Trumpet Magazine*.

Writing is therapeutic and allows me to better express myself. I enjoy writing

articles for *Trumpet* because it helps me to feel more connected in a church as large as Mt. Zion. It also gives me opportunities to meet members who are doing exceptional things in the church and in our community.

*Photo by Carmen Davis.*

## CE'DRA ROGERS



I have been a volunteer writer for *Trumpet Magazine* since 2014. My favorite Scriptures are Psalm 23 and Exodus 9:16.

In 2014, I earned my bachelor's degree in mass communication from Tennessee State University. In 2017, I graduated from Austin Peay State University with a master's degree in communication and an emphasis on corporate communication. While at TSU, I started a news magazine that focused on the literary and visual arts; and I interned at *The Tennessean* as a Seigenthaler Scholar, reporting on the federal courts in downtown Nashville. Currently, I am the social media coordinator with Den Public Relations Group and a content intern with a company called Dr. Axe. I also freelance as a writer, videographer, and overall content creator.

I am part of the Praise and Worship Liturgical Dance Ministry here at Mt. Zion, so you see me most Sunday mornings dancing and/or flagging. My other ministry is loving and cherishing my husband,

Okoye. Whenever time permits, I like to relax, nap, and work on personal projects.

I am passionate about writing and creating content because it allows me to expand my creativity and sharpen my grammar skills. I often think people take the gift of writing for granted. It's important to captivate readers and not only help them see a story painted with words, but also help them to understand and appreciate what is being said. The ultimate source of content that I strive to consume is the Bible. It's a blessing to spread God's Word through my writings so others can gain a better understanding.

*Trumpet* allows a writer like me to be able to tell stories about our church, our congregation, our spiritual leaders, and our community. Working with a Christian-based publication makes me more aware of how I'm writing and helps me to be more sensitive to the content I'm consuming and producing.

@ceboj\_

# SPOTLIGHT

## AMY D. SIMMONS

If I were a painter, I suppose I would paint. But I ain't. Instead, I write, hoping all will get the picture. I write because, honestly, I don't know what I think until it is written. I write to gain understanding and to ensure I am understood. Writing helps me take a journey through life in ways that would otherwise escape me. It helps me connect with God. When I write, I feel as though I am doing my part to help others understand.

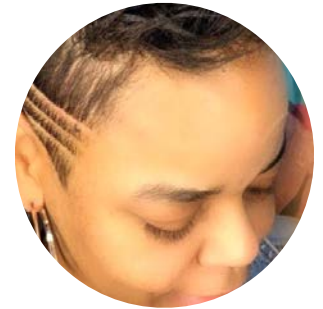
I have been a volunteer writer at *Trumpet Magazine* for about two years. The magazine has given me the opportunity not only to cultivate and grow in my gift, but also to share my gift of expression with others around the globe. I couldn't imagine doing anything else. I have been a member of Mt. Zion for three years; and when I received an invitation to meet the *Trumpet*

staff soon after I joined, I knew I was in the right place.

Writing for the magazine has enhanced my skill and has raised my confidence to a new level. Although I was an experienced writer before volunteering for *Trumpet*, the staff has encouraged me to take on new writing assignments that were outside my comfort zone, which has made me a more well-rounded writer.

Ultimately, I write to express. I'm in it for the love of the craft. I have always had a passion for words, and I have an even greater passion for the Word of God. *Trumpet* has given me the ability to bring the two together for divine inspiration.

 @thevoiceofamy



## ASHLEY EWELL

I've been a member of Mt. Zion since 2013 and a volunteer writer with *Trumpet Magazine* since 2016. In my professional life, I am a clinical research analyst.

I am passionate about volunteering. I work with Make a Wish Foundation, Second Harvest Food Bank, and the American Cancer Society—among others.

I enjoy writing for *Trumpet* because I believe in its mission, and I'm grateful and humbled to be part of it. I have always

been an avid reader and writer. To me, writing is so much more expressive and creative than the spoken word. I enjoy exploring interpretation, imagination, alliteration, and oxymorons; and I like to sharpen my ability to revise, rethink, and strategize. It may sound geeky, but when it comes to writing, I love it all!

Photo by MsDiggPhotography.





# JACQUELINE HAYES



I've been a member of Mt. Zion Baptist Church for over 20 years, and I'm a three-year veteran writer of *Trumpet Magazine*. As a contributing writer for *Trumpet*, I have shared how the convergence of STEM and healthcare is shaping the job market and how faith and focus help Sony senior vice president Phil Thornton top the charts in and out of the studio.

Writing for *Trumpet* complements my responsibilities as chief marketing strategist for Crayons & Marketers, where I develop content strategies for a range of firms, from market research and technology to a non-profit serving pediatric patients across the country. Crayons & Marketers is a woman-owned full-service marketing company located in Nashville, and it helps clients find smarter ways to connect with their audiences and boost marketing return on investment (ROI).

Through work and ministry, God allows me to create engaging narratives that pull readers into a story worth reading and sharing. Being a writer is an awesome responsibility. The weight of words has the

power to build up or to tear down, to incite action or thoughtful consideration. It is my prayer that the stories I write make a positive impact on the heartbeat of humanity.

During my tenure with *Trumpet*, working with the editorial team has been a phenomenal experience. There are deadlines! But it is that level of professionalism that keeps me engaged in the ministry and challenges me to produce my best work on time, every time. I haven't missed a deadline yet!

So deep is my passion for storytelling that I volunteer my talent to several non-profit organizations. I currently serve as the communications chair for the National Association of Women Business Owners (Nashville Chapter) and as the media and content director for the National Association of Women MBAs (Nashville Chapter).

 @JacquiMBA31

Photo by Paul Griffin/Griffin Image Works.

# DR. SHAMEKA Y. NEELY








I enjoy the art of storytelling because if done skillfully, it can bring awareness to various important issues. I am a multimedia journalist and have been in the broadcast journalism industry for almost a decade. I write stories on various topics such as social justice, education, and health.

I have been a member of Mt. Zion for over ten years and began writing for *Trumpet Magazine* in the spring of 2016. Writing for *Trumpet* has given me the opportunity to share vital information with the religious community. For example, I have written about the stigmas associated with mental health in the African American community.

However, my favorite story that I've written so far is the one about Dr. Aisha McKnight-

Baron. I had the opportunity to drive to her home in Atlanta and meet her and her family. At the time, she had recently given birth to her son, and it was a blessing to learn about her triumphant journey.

In addition to volunteering with *Trumpet*, I am an active member and co-leader of the Mental Health and Substance Abuse Ministry. I also volunteer with other behavioral health ministries in Hamilton County (Cincinnati, Ohio), and I've been a certified Zumba instructor since 2008.

    @ShamekaYNeely  
 @Trustnmeke



## TIFFANY DAVENPORT

Storytelling was ingrained in me as an undergraduate psychology student at Howard University. I was a lab manager to a principal investigator whose research involved cataloguing the life stories of successful African Americans in math, science, and technology. During the interviews, I discovered that they each had a guiding light who inspired them to greatness.

After graduating from Howard, I continued my academic journey and earned a master's degree in clinical counseling from Tennessee State University, and I conducted my practicum at the Tennessee Prison for Women. With the support of clinical advisors, I not only treated presenting symptoms, but I dug deeper into the root causes of pathology and life choices. I was amazed at the parallels between early childhood trauma and the self-defeating behaviors that followed.

This was an a-ha moment for me because I never knew where I stood on the nature vs. nurture argument until I heard unfold the stories of incarcerated women. I realized that no matter the family genes or how much privilege someone may be born into, a child's mind is the most delicate and malleable thing that exists on this earth. Not to protect it is a crime against all of humanity.

I previously hosted a TV show aiming to build a dialog around the culture and times of today's youth. I enjoy telling stories reflecting changing political, technological, and environmental realities that drastically shape the way youth see themselves and the world. Every story I have pursued is a voice that has resounded for the current generation, sustained a narrative that uplifts our youth, and shined a brighter light on the zeitgeist of their experiences.



Currently, I'm completing my doctoral dissertation on how role-model selection and exposure to mass media impact adolescent self-concept. I am hoping to produce data that will reinforce the need for positive images and models for our youth that are shaping the social identity of a generation.

I have been a member of Mt. Zion Baptist Church since 2005, and it has been my pleasure for the past two years to contribute to *Trumpet Magazine*. I hope to continue to do so in a way that serves the Lord and uplifts the Kingdom.

@tiffanysolves

*Photo of Tiffany Davenport taken by Austin Wright.*



## CHANTEA WILLIAMS

I learned about *Trumpet Magazine* while watching the ministry on Mt. Zion Anywhere. Although I live in Mississippi, I've been a volunteer with the magazine for two years; and I've discovered that working for *Trumpet* enhances my writing skills and connects me with like-minded writers.

Before launching my own website, I wrote devotionals for women on my blog. Then I was presented with an amazing opportunity to become a published author when I wrote a guest article for *Nia Magazine* ([www.niamagazine.com/trust-god](http://www.niamagazine.com/trust-god)). Since then, I have written two devotionals, one prayer book, and a teen mom book series. Along with my writing, I am currently building a teen mom mentoring program called *I Am Still Somebody*.

In everything I do, I want to encourage, empower, and equip others to live out God's purpose for their lives. When I share my story, I hope to help others to avoid the same pitfalls I faced, encourage them to reach their goals, and remind them that they can make it.



In my spare time, I enjoy baking, reading, bowling, watching movies, and going to the beach.

@GreaterWomen  
[www.greaterwomen.com](http://www.greaterwomen.com)

*Photo of Chantea Williams taken by Marion V.*



## MANON LANE




Currently, I work in reception and data entry at Mount Zion Baptist Church, while on my journey toward realizing God's overall purpose for my life. During the ten years I have been a member, I have volunteered for multiple Relays for Life, ministered through singing with Worship and Music Arts, and recently joined the Evangelism Ministry. Before writing for *Trumpet Magazine*, I wrote for my college newspaper, *TrevEchoes*, while minoring in journalism at Trevecca Nazarene University.

In the eight months I've been writing for *Trumpet*, I've had the privilege of covering Giovanni Walker's fifth birthday round-up at the Antioch location, some of Bishop Walker's 25th anniversary celebration

festivities, and the Pace Matron's annual Thanksgiving Mission. I'm inquisitive, wanting to know what or how something came about. I'm also a people person and enjoy telling people's stories and their personal testimonies.

My goal in writing is to leave readers feeling as if they have personally met the people interviewed or were at the event that was covered. I look forward to writing more articles and hope you enjoy reading them, as together we get to know more about Mt. Zion and its members.

 @ManonLaneNOW

## PAULA "JAE" GARDNER-PORTER



Writing is sharing.

Volunteering with *Trumpet Magazine* over the past seven years is the manifestation of a lifelong dream. Since I was a child, I have written short situational stories, poetry, and plays with questions of morality or tragic endings.

My current writings are more inspirational and instructional in nature or are written to fulfill requirements for empirical journals and class assignments for my doctoral program. I am also writing a book to raise awareness about the mental and emotional health of women who have experienced trauma. My hope is to dispel the myths of mental wellness and encourage our community to seek help during challenging times. As a clinical counselor, or psychotherapist, I counsel and intervene in crisis situations with families whose children are experiencing psychosis and suicidal ideation.

I enjoy hearing stories of triumph and resilience. One article that I enjoyed writing was about a wonderful couple who had endured a long journey of ups and downs while waiting on a kidney

transplant. Listening to the couple was inspiring and touched me personally. Revelation 12:11 says that we overcome by the testimonies of others. Writing that article was a way for me to share the couple's story with the world so that others could find hope and clarity in their own journeys, which is why I enjoy writing for *Trumpet*.

I have been a member of Mount Zion Church since 2003. In the past, I enjoyed volunteering with Judah Generation Choir and Dance Ministry, working with the leaders of Relay for Life, and teaching Sunday school and the new members classes. Currently, I pray with and counsel congregants and help them find community resources. The word ministry means serve or meet a need, so I make myself available to those who need my help.

Writing for *Trumpet* gives me the opportunity to bring hope and inspiration to its readers. As we read each article, we are sharing, celebrating, and getting to know one another. This, too, is ministry, and this is why I write!

 @ladyporter



## MEREDITH S. MCGINNIS

I've been a member of Mt. Zion for two years, and serving here (in addition to the Young Adult Choir) has added so many blessings to my life. Compared to the writing I've done in my professional life, my work for *Trumpet* and for Mt. Zion gives me a chance to bring the Lord into each piece.

I've been part of the *Trumpet* team since May 2016. As a high school English teacher, I have discovered that this magazine is the perfect place for me to serve my church family. Writing for *Trumpet* gives me an opportunity to practice what I preach, not just about writing and editing but about growing in service and ministering to others.

Perhaps my favorite article I've written is the interview I had with Pastor Tyron Carter before he left to start Wellspring Worship Center last summer. Speaking with him and sharing our conversation in print gave me a chance to reflect on what God was doing in his life; in the church; and, by extension, in my own life. Writing is that kind of introspective activity.



With each assignment for *Trumpet*, I have one more reason to search for evidence of God's grace in my life. I'm grateful for my time with this magazine and look forward to more years to come.

@Ms\_McG



## TAN-TRÁ NELSON

I'm a living testimony that sometimes in life "we walk by faith, not by sight."

Originally from Memphis, I relocated to the Nashville area in May 2011 on faith. I didn't have a job or my own place to live, but I believed that moving here would allow me to begin a new chapter in my life. But before relocating, my spiritual leader, Bishop Edward H. Stephens Jr., pastor of Golden Gate Cathedral, prayed for me.

“[Writing for *Trumpet*] makes me feel as if I'm walking in my purpose...”

Although I had lived in the Nashville area for a few years, I still returned to Memphis every weekend to go to church. Bishop Stephens asked why I was putting so many miles on my car to go to church, and I told him I had not yet found a Full Gospel church in Nashville. "I'm happy that you want to stay in church," he said. "But Bishop Joseph Walker is pastor at Mount Zion and has a location in Antioch."

The first time I came to Mount Zion, the ushers were distributing the fall edition of *Trumpet Magazine*. I thought this was a sign from God

that I may have a chance to walk in my purpose. So on the first Sunday of January 2013, my family joined Mount Zion.

I'm a freelance designer, and I've been a volunteer contributor to *Trumpet* since 2016. I graduated from the University of Tennessee with a Bachelor of Arts in Communications, with an emphasis in news editorial, and a Bachelor of Arts in Political Science. While attending college, I was the managing editor and advertising manager of our student-operated newspaper, *The Pacer*. I also worked as a staff writer for *The Weakley County Press*. I'm a member of Delta Sigma Theta Sorority, Inc. and a volunteer at the Nashville Rescue Mission.



I enjoy writing because it allows me to seek out the truth in the world and then share it with others, and volunteering allows me to use my journalism skills. It makes me feel as if I'm walking in my purpose, if only for a moment.

@ms\_tantra



- Make sure your attire is cleaned and pressed and fits appropriately.
- Shoes should be clean and polished. Nails should also be clean and manicured.



**Be Confident, Considerate, and Courageous**

- Confident. Body language says what your mouth does not.
- Don't stare, but make eye contact with the person speaking to you. Offer a firm, non-aggressive handshake. Don't apply pressure. It's not a "hand wrestle."
- Considerate. Stand to greet the person escorting you from the waiting area to the location of the interview. When you enter the interview room, do not sit until instructed to do so. It's part of interview protocol.
- Say "Good morning" or "Good afternoon" as a courtesy.
- Turn your cell phone off, or at least silence it before entering the building.
- Courageous. See yourself in the position. As you walk up the stairs, take the elevator, or enter the room, imagine what it will be like when you're part of the company. See it and seize it in your mind. Head up and shoulders back.

**Leave a Lasting Impression**

Don't forget to thank the interviewer(s) and anyone else you met.

Follow up with a thank-you e-mail the day of the interview, as soon as possible.

If you want to be memorable, send a handwritten thank-you card. Mention in the card something the interviewer may have said. It's worth the effort and could make the difference.

This is your year to *Connect* and build relationships through social media, meet-up groups, and existing relationships. The connection may result in your next career move.

It is critical to *Commit* to do more than just enough. If you want to make an impression, you have to do what impressionable people do: Go the extra mile.

This is the year of *Change*. Old paradigms don't work in new eras, just as old wine doesn't work in new wineskins. Be the change you wish to see.

By implementing these tips, I pray that you will experience the most successful interview ever!

- @ 1PaulaMichelle
- @ 1PaulaMichelle
- @ 1PaulaMichelle
- Paula Michelle



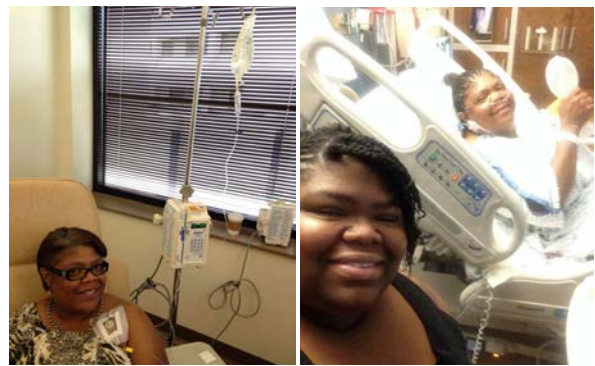
by Paula M. Farmer,  
Human Resource Consultant  
Photo by Erica Payne.

**References:**

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(Cont'd from page 34)

that I couldn't control certain things, but to be stripped of my hair was total devastation.



But here's the good news! Every six weeks, they run cat scans, and according to the doctors, the cancer has remained the same. It hasn't shrunk, but it hasn't grown, either. The research pills have kept me alive and enabled me to live a somewhat "normal" life with Stage 4 non-small cell lung cancer. And my hair has grown back! Although the radiologist told me that I would never sing as I did before, I sing even better now! I also finished school with a M.Ed. in special education, and I taught for one semester. I am now publishing my fifth book. In other words, I haven't stopped living. I trust God to lead me, and I choose to be satisfied and content because I believe what the apostle Paul says in Romans 8:28.

As a person who has chosen to walk with God and experience whatever He has for me, today I can say that Stage 4 non-small cell lung cancer is not the worst thing in the world to have. Church members, friends, family members, and even strangers who know my story are praying for me. Prayer works! I am a living witness that prayer and a life lived with the Lord make all the difference. The Lord has kept me in my right mind. I have a reasonable portion of health and strength, food, shelter, companionship, children, family, friends, and a heavenly Father who cares for me and who has been my strength through it all.

(Cont'd from page 7)

## VISION OF THE HOUSE

*Change is the fruit that we bare as a result of our connection and commitment. Jesus says that God is glorified when we bare much fruit. This is the year that we will see greater manifestation of fruit within the ministry. Change must begin within us individually before it can be realized corporately. Nothing we do matters if lives are not changed. Our primary measurable will be the changes we see in families, business, ministry, and community. Our fruitfulness is an indicator of the change in our lives. God will not entrust fruit to those who have not been transformed. 2018 is about producing fruit and change. When our lives are productive, we then can impact culture. We are better positioned to impact change in our world.*

*Mount Zion, God is positioning us to be a catalyst of change not only locally but globally. We have been assigned to the world. Every community where we are planted will feel a change because we are there. We will continue to pour love and support into the community. We will take our partnerships to another level and bring change to this city. We will continue to send missionaries around the world who will bring change to those who need it the most.*

*Our mission is clear. We must connect and then commit so that we can experience change. I challenge each of you to embrace the call. Everything we do going forward is about Connecting, Committing, and Changing. I'm excited about the change each of us will experience personally and corporately. Get ready for the best year of your life.*

(Photographers' Spotlight cont'd from page 43)

## VISIBLY INVISIBLE



by Dallas Allbritton

*Photography is my passion. Since the early 2000s, I've covered a number of events, but the first one was Mt. Zion's vacation Bible school.*

*When captured at the right time, from the right perspective, and with the correct technical settings, an image can capture the life of a moment. In covering events, especially ministry events, my main goal is never to take a person's attention and focus away from what is being said or done. So I rely on the Holy Spirit to lead me as I take each photo. Through the platform of Trumpet Magazine, others can see and feel what God shows me.*

*In addition to my work as a photographer, I am an onsite bed and breakfast host, a personal service driver, and a FEMA-contracted disaster inspector. I also volunteer with men's ministry initiatives that inspire personal and spiritual growth. I love flower and vegetable gardening, and I enjoy making home improvements. In fact, my family and friends call me INC and tease me about being a one-man construction company because I do all my own electrical, plumbing, carpentry, and painting work. My wife, Joyce, and I joined Mt. Zion in 1999.*

*Of all the events I've covered, my most memorable photos were taken at a Seven Last Words event years ago. When I look at the images from that moment, I'm brought to tears because I can feel the presence of God. Mt. Zion has served as my training ground, allowing me to master the skill of being unseen while capturing the spiritual life of whatever event is taking place. I call it being visibly invisible.*

## FAITHFUL VOLUNTEER



### DR. ALMETRIC TERRY



I have been a member of Mt. Zion since 2013. I'm a minister and have been involved with the Department of Music and Worship Arts (MWA) for nearly five years. With MWA, I serve in the Ministry of Dance and Mime on the Praise & Worship Liturgical Dance Team. I do what I can to ensure that MWA has what it needs to go forth in dance. My strength on the dance team is flags; but my greatest desire in the ministry is to serve God, Mt. Zion, and MWA with a spirit of excellence.

I'm originally from Birmingham, Alabama (Yes, ROLL TIDE!), where most of my family still resides.



NEW

SPACE COMING

SOON!



## CHILDREN'S MINISTRY



\*Photos are renderings only and may not represent actual designs.