

# TRUMPET

M A G A Z I N E

Hollywood Executive  
**DEVON FRANKLIN** &  
Actress **MEAGAN GOOD**  
Talk Relationships!

JEFFERSON  
STREET:  
Nashville's Newest  
Hot Spot

EXPOSING  
SUICIDE  
in the Church

HIP-HOPULAR  
CULTURE:  
The Effect of Rap Music  
on Young Males

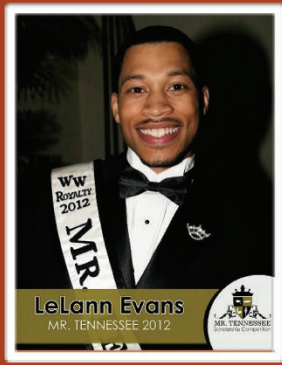
#results ChurchFIT for the Mind, Body & Spirit!





01

@LeLann Evans: This church has helped me keep a close relationship with God in many ways. When I'm home I attend the Mt. Zion Antioch location, when I am traveling I watch via Mt. Zion Anywhere, and when I need an extra push to get me through the week I listen to the Mt. Zion prayer call.



01

02



02

@Ratraz17: People giving their lives to Christ! God is amazing! #mtzionnashville @josephwalker3



03



03

@imaconqueror: Asking all to follow my fav Bishop @JosephWalker3 He's the coolest, funniest, friendliest, most anointed Bishop you'll ever meet! #hespeaks



MTZIONNASHVILLE





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25<sup>th</sup>

Happy Anniversary

to our pastor

Bishop Joseph W. Walker, III



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## Our mission

The Mt. Zion Baptist Church is a Word-centered ministry, designed to evangelize the lost at any cost, equip and empower the people of God, and provide holistic ministry to our community as well as the world.

Seeking to minister to the total person, we are a multi-ethnic, multi-cultural ministry impacting the world in which we live with the uncompromising message of Jesus Christ.

Committed to the spirit of excellence, we are striving to become an oasis of hope within the Nashville community, by promoting and providing education, awareness, as well as financial independence.

We believe that God must be worshipped in spirit and truth. We embrace freedom in worship because the Word says, "Where the spirit of the Lord is, there is liberty."

Our foundation is the Word of God and we believe It in Its entirety. We believe we can do what It says we can do, be who It says we can be, and have what It says we can have.

## TRUMPET MISSION

To provide and equip readers with vital, current and relevant information that is applicable to their daily lives as Christians in the Nashville community and the world.

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APRIL IS NATIONAL MINORITY HEALTH MONTH





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## RETRACTIONS & CORRECTIONS

The article entitled "Bishop Appoints MZ Board" (Page 25, Fall Edition, 2013) misstated the details in the biographical sketch of **Jimmy Roberts**. The information should have read as follows:

### **Jimmy Roberts - MZ Member since '09**

Always bi-vocational, Jimmy Roberts has spent his secular career selling office equipment. He is employed by RYoung Company as a major accounts representative where he provides Canon and Ricoh office equipment to many of Nashville's largest companies. Years of dedication have resulted in his being ranked 19<sup>th</sup> nationwide among all Canon sales representatives.

### **Ministry Leadership/Service (past/present):**

Called to preach at age 15, Elder Jimmy Roberts has over 20 years of experience as a senior pastor. His passion to win the lost opened the door for him to serve for three years as the administrative pastor of the Bridge Ministry, a homeless outreach in Nashville. For the past seven years, he has served as a pastor at Safe Harbor, a work release program for substance abusers. Elder Roberts serves on the leadership team of the MZ Men's Ministry charged with Men's Education. Dual careers in ministry and business allow him to bring a unique perspective to the Board, where his focus is to represent the congregation in financial decisions.

The above information was immediately corrected in *Trumpet's* electronic version in September 2013 and is now a follow up correction for this most recent print publication of *Trumpet* since the 2013 fall edition.

**Credits** - (Page 5, Fall Edition, 2013) Due recognition belongs to **Melodye Jenkins** of **MELODIC EXPRESSIONS PHOTOGRAPHY** under the listing "PHOTOGRAPHERS". Her name and company should have been alphabetically noted in this credits category.

## THANKS FROM THE REED FAMILY

### TO BISHOP WALKER & THE MOUNT ZION FAMILY

Fred and I wanted to say "thank you" to Bishop Walker and our Mt. Zion family. We could not have imagined the tremendous outpouring of support we received when we introduced our quadruplets to the Mt. Zion family in February 2013. I vividly remember Elder Princess Cowan coming to us after church to say that God had spoken to her and had instructed her to "act now."

I was in awe! I knew God would make provision for my babies, but WOW! Mt. Zion showered us with gifts, including diapers, gift cards and formula. I recently opened my last box of diapers!

We would like to send a special "thank you" to Elder Cowan and the Women's Ministry for your continued generosity and support! To God be the Glory!

"I will give to the Lord the thanks due to His rightness and justice, and I will sing praise to the name of the Lord Most High." Psalm 7:17 (AMP)

Fred, Monica and the Quad Squad

\*The Mt. Zion Women's Ministry donated baby items to Monica and Fred Reed, parents of quadruplets.



## WORSHIP TIMES LOCATIONS STREAM TIMES

### Worship With Us!

**(OHB) Old Hickory Boulevard location -**  
Main Campus:  
7594 Old Hickory Boulevard  
Nashville, TN 37189

Sunday:  
8:15 am & 11:15 am  
Wednesday Bible Study:  
7:00 pm

**Antioch location:**  
2261 Murfreesboro Pike  
Nashville, TN 37217

Sunday:  
7:00 am & 9:30 am  
Wednesday Bible Study:  
5:00 pm

**Jefferson Street location:**  
1112 Jefferson Street  
Nashville, TN 37208

Wednesday Bible Study:  
12:00 pm

[www.mtzionnashville.org](http://www.mtzionnashville.org)  
615-254-7296

Virtual Church location:  
[www.mtzionanywhere.org](http://www.mtzionanywhere.org)

Live Stream:  
11:15 am CST -  
Sunday Worship Service  
7:00 pm CST -  
Wednesday Bible Study

On Demand - 24/7

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*"Take the first step in faith. You don't have to see the whole staircase, just take the first step."*

- Martin Luther King, Jr.

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# LEWIS & WRIGHT

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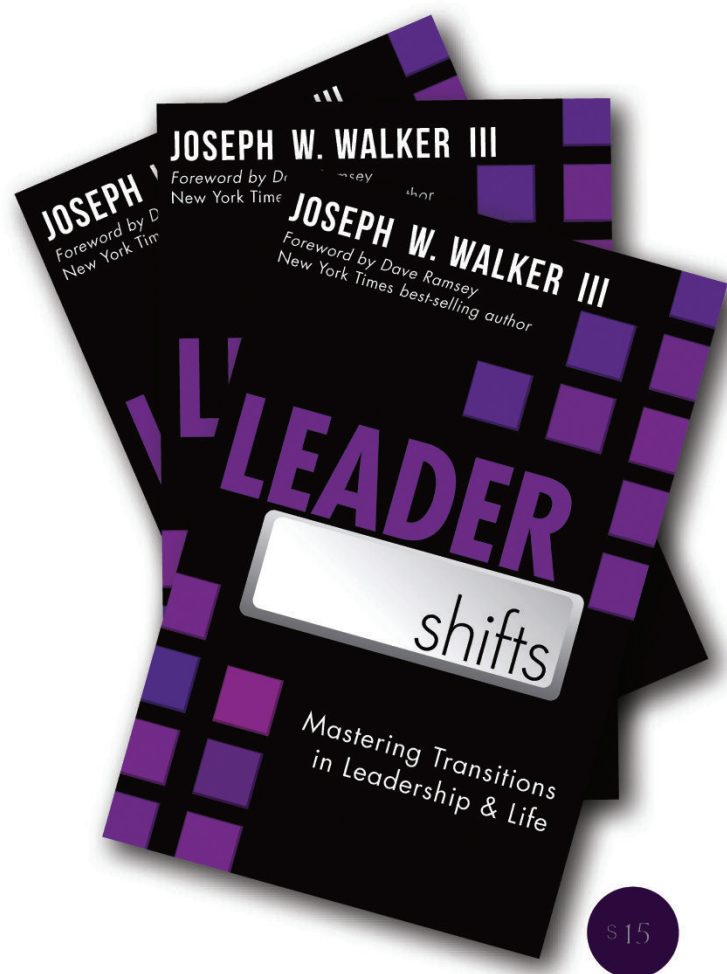
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DR. JOSEPH WARREN WALKER III



Motivational. Inspirational. Necessary.



God's dream is always bigger than us, and this book will stretch you and empower your ministry. Our world isn't slowing down, so only those who are willing to maneuver the tectonic cultural shifts will have sustainable ministry. From his extensive experience and using the biblical story of Joseph as an extended metaphor, Bishop Joseph Walker shares practical wisdom designed to help leaders reach out and equip their church to share a relevant Christian message. Joseph W. Walker III is bishop of Mount Zion Baptist Church of Nashville, Tennessee. Under his leadership and over a span of twenty years, the church has grown from 175 to more than 28,000 members.

During this time, Bishop Walker has seen people struggle to embrace the new things God is doing; and he fully appreciates how change heightens the demands of leadership. Shifting approaches to follow where God leads can also mean that leaders have to risk confronting cherished tradition, which Bishop Paul Morton calls "frozen success." But shifting to meet new opportunities is also a delicate balance that acknowledges history while also being sensitive to those loyal people who have sustained the organization to this point.

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# From *the desk of the* BISHOP

## #RESULTS

I greet you in Divine love. Once again, I am honored to have an opportunity to communicate with you about what God is doing in and through our ministry.

As you know, "The Year of Divine Results" is the vision God gave us for 2014. As the first quarter of this year comes to a close, I am thankful for how God has brought that vision to pass. From the successful re-launch of our ChurchFIT program to the creation of some and the rebranding of other innovative ministries, we are already seeing "divine results".

While I am thankful for what God is doing corporately, I am also thankful to see God moving in the lives of our members. Many of you have testified of the "divine results" manifesting in your own life and I know God will do even greater things as this year continues.

As I pause to reflect on this year, I also reflect on the 22 years that God has blessed me to serve as your pastor. While God has allowed me to accomplish much in my life, there is no greater joy in ministry than serving the people of the Mt. Zion Baptist Church. For the last 22 years, you have prayed for me and encouraged me along the way. I am eternally grateful. Please know that Dr. Steph, Giovanni and I love each of you and we pray that the same love and kindness you have extended unto us will be extended unto you.

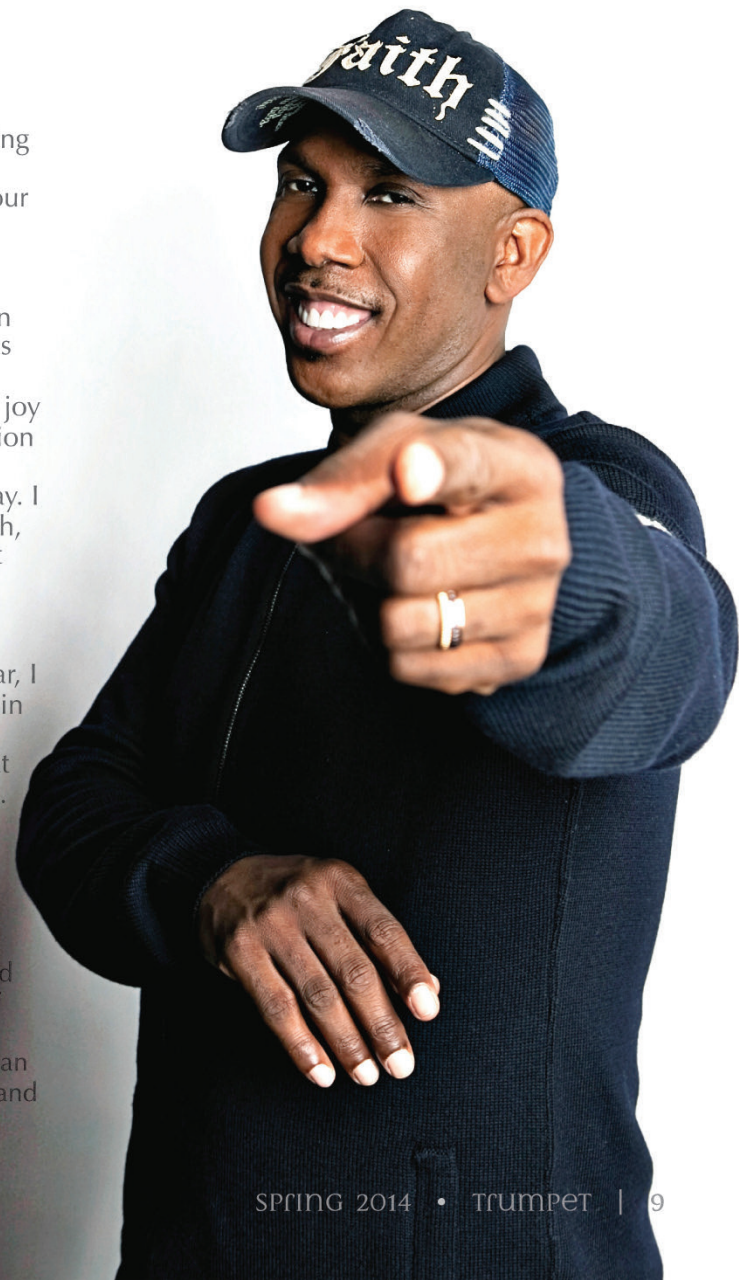
Although we have witnessed great things thus far, I am positive that there is more God wants to do in and through us. God has given us an amazing vision regarding the Mt. Zion Dream Center that will change the face of the north Nashville area. With the new construction and revitalization taking place this year along the Jefferson Street corridor, our Dream Center will become the epicenter.

If you have joined the Dream Center campaign and have been contributing your pledges, thank you. If you have not, I hope that you would prayerfully consider helping us reach our goal. Together, we can make the Dream Center a reality. We can change and impact this city for the cause of Christ.

Mt. Zion, I look forward to what God is going to do this year. Please know that I am praying for each of you. May God bless and keep you.

I remain,

Bishop Joseph W. Walker, III  
@JOSEPHWALKER3







# THE NEEDLES, THE GRASS, AND THE GRAVE

Have you ever noticed how remnants from holiday decorations seem to hang around for months? Every year, it seems like we vacuum Christmas tree needles until spring. For weeks after Easter, we find pieces of the plastic grass from our crafts scattered throughout the house. Though these remnants can be a nuisance, they bring joy as they remind us of special holiday memories.

In 2007, I visited the ancient places of the Bible—the grass where Jesus fed five thousand and the place believed to be Peter's living room. I was baptized in the Jordan River, preached on the Mount of Olives and stood inside the grave where Jesus was buried called the Garden Tomb.

The stone that was the door to the tomb has long been carried away by tourists, but what remains left me speechless. The Romans sealed the tomb by driving a steel rod the diameter of a man's finger through the stone and into the bedrock—the remnant of which remains to this day. The end looks ripped off rather than evenly cut as though the power of God just tore it apart. I also saw the trench carved into the base of the hill that once held the stone. The trench is cut on an angle that leads uphill away from the door making the stone easy to roll shut but difficult to open. Viewing the tomb, it is understandable why the women were concerned about who would roll the heavy stone away that Resurrection Morning.

As I entered the tomb, I had to stoop down as Peter and John did when they entered. I saw the place where Jesus was laid and the place where the angel sat. As I thought about the impact Jesus' resurrection would have on our world, I cried. It affirmed my faith in Jesus as the possessor of all power in heaven and in earth. If Jesus sheared the steel rod that sealed Him in and rolled the enormous stone uphill, then surely He could break every chain and every stronghold that held me bound.

I saw His empty grave and pondered my own mortality. Jesus proved that He was the Resurrection and the Life. There is a grave that will be mine one day, but it will not hold me forever. Jesus will call me forth and this mortal body will become immortal in the moment in the twinkling of an eye (I Corinthians 15:52-54). Until then, my hope, my dreams, my peace and my joy will never have to die because I serve a living Savior.

The needles and the grass may bring back holiday memories, but they are eventually vacuumed away. However, the physical remnants of the Resurrection Morning remain to this day. The spiritual power they represent should inspire us to walk daily in the power of Jesus Christ. We must never let the devil vacuum away our memory of the grave. It is a holiday remnant worth keeping.

by Jimmy Roberts



# THE PLAN OF SALVATION

Salvation is a gift that is made available to anyone. But first we must repent, believe and confess that Jesus is Lord and that He died and rose from the dead. (Acts 16:31; Romans 10:9-10). This gift is not earned through good deeds or even by being a good person (Ephesians 2:8; 1 Timothy 1:9). It is a matter of faith. Faith is acting out on what you believe according to God's Word concerning salvation.

Salvation comes from the Greek word *soteria*, which means "deliverance, preservation and safety." It primarily involves deliverance from the bondage of sin (Romans 9:20-23; Galatians 5:1). Salvation also includes deliverance from enemies (Luke 1:71) and sickness and disease (Isaiah 53:4 The Amplified Bible; Matthew 8:17; 1 Peter 2:24).

The following steps will help you obtain and maintain the salvation experience. It involves a process that will not only guarantee you entrance to heaven, but also position you to experience the benefits of heaven on earth.

## 1. Recognize/Admit That You Are a Sinner.

Because of Adam's sin of disobedience in the Garden of Eden, all of humanity was affected by, and infected with, sin (Romans 5:12-14). Mankind took on the nature of sin. Therefore, everyone that was born after Adam was born into a life of sin and death (Psalm 51:5).

## 2. Repent of Your Sins.

To repent simply means to "change one's mind; to change one's direction; to have a change of heart." It involves making a 180-degree turn away from sin and heading in the right direction toward God.

Repentance does not mean "I'm sorry." It is a quality decision to ask forgiveness of your sins, turning away from ungodly living and submitting to God's will for your life (1 John 1:9).

## 3. Confess Jesus as Lord and Savior.

Confession affirms Jesus' lordship (place of authority) over your life. Confess that He is your Lord and believe that He lived, died and was raised from the dead for the forgiveness of your sins.

## 4. Be Baptized in Water

Water baptism is a symbolic representation of Jesus' death, burial and resurrection. Just as He was baptized, so must you be baptized (Matthew 3:6). You go down into the water, carrying your old man (lifestyle) with you, and die to yourself and your old way of living (Romans 6:3-11). When you come up out of the water, you are a "new" person.

When you become born again, the Holy Spirit takes up residence in your heart to become your Teacher, Comforter and Guide through life (John 14:15-17, 23, 26).

## 5. Obey the Word of God.

Maintaining your salvation and enjoying its benefits is done by living according to God's Word (Proverbs 3:1-4; 1 John 5:3). Make His Word the final authority by which you live. Make sure every decision you make in life is biblically based. The Word must be your foundation.

If you'd like assistance with your decision to give your life to Christ, please email [evangelismministry@mtzionnashville.org](mailto:evangelismministry@mtzionnashville.org).



# conversations WITH GOD

## the call

Saturday, May 3  
11 am to 2 pm  
OHB Location

“The Call” is extended to other congregations and is a summons to corporate prayer with the purpose of positioning the Body to seek and encounter the presence of God. Our focus is exclusively on God! He is the source of all our victories and breakthroughs. We depend upon his power and His Spirit to impact our communities, this nation, the world, and the Church. The world is in desperate need of spiritual awakening and transformation; as believers in God, our instructions lie in 2 Chronicles 7:14. The time is now! We must align ourselves to hear God’s voice, apply God’s word and heed the Call!



When you think about a conversation, what is the first image that comes to your mind? Imagine two friends chatting over coffee. Recall a recent conversation with your child about their day at school. Think about a father giving advice to his son. Prayer is a simple conversation with God that is intimate, heartfelt and sincere. Prayer does not require a degree in theology or extensive knowledge of the Bible—you can use your own words. Here are a few tips to experience *divine* results and a greater relationship with God.

**God Hears Your Prayers.** Jesus has qualified you to talk to the Father. He longs to commune with you. Draw near to God through prayer.

**Focus on His Goodness.** Center your attention on all He is doing and all He has done. Focusing on His goodness will stir up genuine praise and moments of worship while in His presence.

**Make Time. Don't Find Time.** Prioritize your time so that God is first. The amount of time you spend in prayer is not what's most important. The sincerity of your heart should be the focus during prayer time. God can do amazing things with a few minutes.

**Read His Word; Pray His Word.** The depth of our prayer lives will never exceed our understanding of God and His goodness in our lives. Ask God to teach you His ways so that you may know Him.

**Ignite a Hunger.** Ask God to create a hunger in your heart to passionately pursue Him and encounter Him in a greater way.

**Be Authentic.** God wants your heart, not your eloquent speech—simple prayers are required. Heart-to-heart daily conversations with God matter most.

**Take God Out of the Box.** Do not limit God. Ask Him each day to do something that will blow your mind. Our God is big. Expect greater!

**Receive Blessings.** You are worthy to receive God's blessings. Expect them! Receive them!

**Reposition Yourself for Answers.** When God answers your prayers, He will reposition you to receive the answer. Get ready for your breakthrough!

**Hear His voice.** When you are listening for God's voice, it can sometimes sound like your own. Ask God to distinguish His voice from your voice and from the enemy's voice.

**Believe Again.** Despite the disappointment of unanswered prayers in the past, pray as if it were your first prayer request, and believe you have what you have requested.

**Divine Strategy.** Answers to prayer may not fall out of the sky, but they may come with instructions. Ask God for wisdom, strategy and instructions to help you act upon the answers to your prayers. Be still and listen.

God honors those who diligently seek Him in prayer. Be confident. Expect Him to answer and experience *divine* results!

Submitted by the Mt. Zion Prayer Ministry



# Prayercall Wall

## THE TESTIMONY OF ELIZABETH HOWARD

On October 4, 2012, I contracted a very rare case of Shingles in my right inner ear. On January 24, 2013, I was released from the hospital barely able to walk. After nine weeks of outpatient therapy, more hospital stays and many weeks of home care and occupational therapy, I am going to make it! My primary care physician and neurologist say with the meds, therapy and my strong faith in God, I will be whole again! Even though they are not sure how to reconfigure my nerves and repair my close-up vision, I trust their expertise and the meds, more so, I trust God's Word: by His stripes, I am healed! Jesus went to the cross, He died, He was buried and He rose again that I might have life more abundantly and have total victory over my sickness! No matter what it looked like, God always was in control! Praise His Holy Name!

The power of the blood is amazing and has made me whole! His Word never fails! Today, I choose to celebrate life, joy, peace, happiness and good health! God is truly amazing! I am shouting and praising like my difficult and painful journey is already over! PTL (Praise the Lord)! I shout like it is already done! God will not allow His Word to return to Him void—now, ain't that good news! He cares for the birds and lilies in the fields; therefore, I know He cares for me! PTL!

I am coming out of this sickness! When I could not walk, He carried me! When I could not physically see, I never lost sight of the vision He had for my life. No matter the battle, I will turn it over to God because nobody can handle it like Jesus! PTL! I won't ever give up on God because He will never give up on me! Hallelujah! Thank you, Jesus! I count it ALL joy! If God allowed the situation, as a Christian, I must walk and talk boldly in my testimony, about how God brought me through and allowed me to make it through one more day!

It is not about me, but how much I let the world know that all the glory belongs to God! I never would have made it if it had not been for His Word, His glory, His grace and His mercy! Yes, God is real! I continue to celebrate God's healing power daily! God kept me through this valley situation and He keeps reminding me that He is bringing me out! PTL! I invite you to join my victory party as I sing, "what a mighty God we serve. Angels bow before Him, heaven and earth adore Him." He's a mighty God y'all! Joy does come in the morning and it is not based on my ups, downs, trials, crisis, difficult situations, etc. Whether in pain or pain free, shout with me, "this joy I have, the world didn't give it to me and the world cannot take it away!" PTL!

All I can say is no matter the trial, test, or pain, God never left me! Even when I was weak, yet never afraid, He carried me through the dark valley and reminded me that He was sufficient enough for me and that He supplies mercy and grace every day! I ask all intercessors to keep praying without ceasing for my mind, body, soul, for my outstanding awesome caregiver, my hubby, Edward and for my children. The prayers of the righteous avail much! I am coming out!



HALLELUJAH!  
THANK YOU JESUS!

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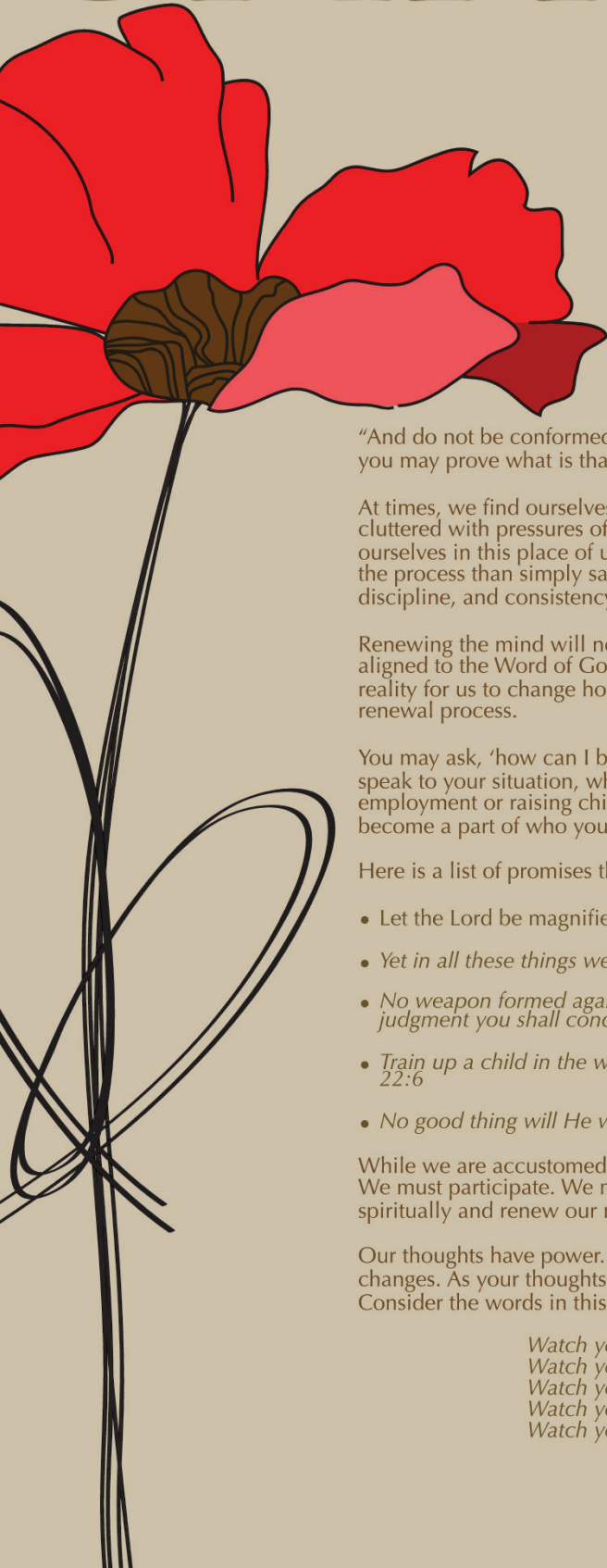
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# CHRISTIAN education



## seeking spiritual renewal

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." Romans 12:2 (NKJV)

At times, we find ourselves at a crossroad in our lives. We realize that our minds have become cluttered with pressures of life and have moved us from where God had intended. When we find ourselves in this place of uncertainty, how do we begin a spiritual renewal process? There's more to the process than simply saying, 'I need to be renewed'. Spiritual renewal takes commitment, discipline, and consistency.

Renewing the mind will not be possible without the Word of God. Our thoughts and mind must be aligned to the Word of God **over** and **over** again. The truth of the Word of God must become a reality for us to change how we think as believers. His truth then becomes our starting point in the renewal process.

You may ask, 'how can I begin to renew my mind?' First, find the promises in the Word of God that speak to your situation, whether it is starting a business, furthering your education, seeking employment or raising children. Then, begin to speak the promises over your life until they become a part of who you are.

Here is a list of promises that may apply to your situation:

- Let the Lord be magnified, Who has pleasure in the prosperity of His servant. Psalm 35:27b
- *Yet in all these things we are more than conquerors through Him who loved us. Romans 8:37*
- *No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. Isaiah 54:17*
- *Train up a child in the way he should go, and when he is old he will not depart from it. Proverbs 22:6*
- *No good thing will He withhold from those who walk uprightly. Psalm 84:11c*

While we are accustomed to convenience and automation, in God's kingdom nothing is automatic. We must participate. We must put in the time, discipline and consistency necessary to grow spiritually and renew our minds on a daily basis.

Our thoughts have power. Test your thoughts against the Word of God and make the necessary changes. As your thoughts become more like the thoughts of God, your life will be transformed. Consider the words in this powerful saying:

*Watch your thoughts, for they become words.  
Watch you words, for they become actions.  
Watch your actions, for they become habits.  
Watch your habits, for they become character.  
Watch your character, for it becomes your destiny.*  
(Anonymous)

by Anna Mundy



# anywhere mount zion Here

Over the past decade I have lived in five different states, so very little has been consistent. However what has been unwavering over the years is my ability to stay connected to my faith-filled family by way of Mount Zion Anywhere. I am blessed I can log on to receive a spiritual feeding whenever AND wherever!

What has kept me away from home for so many years is what has turned into an amazing journalism journey. And with me along the way has been my Mount Zion family who continues to challenge me to be a voice for my community as well as the best me I can be! And with Bishop Walker at the helm, I am able to receive my source of (daily, hourly, even minute-by-minute) strength, proudly and confidently accepting those challenges!



What does Mount Zion Anywhere mean to me? It's a simple enough question, with a rather simple answer. Mount Zion Anywhere is my extended family (a family that includes individuals like me, all around the world), cheering me on and most importantly *praying* me on, as I do the same for them!

When you're away from home as much as I am, it's nice to receive encouragement to remain fearlessly faithful! Thank You Mount Zion...as I cheerfully sing, "Give me that 'online' religion..." :-)

With sincere gratitude,

Jerrita Patterson  
CBS 6 Morning Anchor - Richmond, Virginia

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When I had my last baby this past August, my entire family missed coming to the 11:15am service at the OHB location for several weeks. On Sundays, I'd say to our children, "Let's go to church...on the computer!" And they would stop what they were doing and park directly in front of the screen. And although we would have rather been physically present in the sanctuary, Elder Taliaferro's weekly declaration was dead on -- the same God there, was also in our living room. What an honor to experience the presence of God...ANYWHERE!

H. Sanders - Bordeaux, Tennessee

LIVE: 11:15am CST - Sunday Worship Service  
7:00 pm CST - Wednesday Bible Study  
On Demand - 24/7





# GOOD

brings people together for a purpose greater than themselves. -Bishop

In February, Mt. Zion hosted the Relationship Summit, a candid and transparent discussion about love, relationships and marriage. Ordained minister and Senior Vice President of Columbia Tristar Pictures, Devon Franklin and his wife, Meagan Good, a professed Christian and notable Hollywood actress, were the featured guests.

Question: How do you know if he/she is the one?

DeVonn: Being connected to God...it's the revelation. You feel it. You understand it.

Bishop: When God made Adam, God placed Eve inside of Adam. The spirit of the woman was in the man. Before God would release Eve in the flesh, he had to work on Adam. When Eve was released, Adam knew exactly who she was because he had been carrying her in his spirit. Every man carries the spirit of the woman that God intended for him to be with within him. No matter what the woman's journey has been, no matter what the man's journey has been, you will know. Real intimacy is in-to-me-to-see.

Question: How do you release people into their destiny when their destiny is not you?

Meagan: If their destiny is not you, then your destiny is not them. Lord, I want what You want for me more than I want this for myself. Obedience is everything.

DeVonn: Be upfront about your intentions. Dating outside of destiny is a distraction and is a tool of the enemy.

Bishop: We live in a world where commitment is rare. When we got married, Stephaine determined that were going to get in a box. No matter what happens or how rough it gets, we're staying in the box.

Stephaine: It doesn't mean that it doesn't get hot in the box. Our box has no windows or doors. There's no exit. It can get hot, but you have to decide how long you're going to sit and fester in the heat. Being in the box forces you to figure out ways to turn the temperature down.

Question: What are core values in your marriage?

DeVon: A man should create a healthy environment where we both can grow. Create an environment of grace, mercy and love. Be each other's number one priority.

Meagan: We're designed to help each other. We're designed to make each other better. We're designed to hold up the mirror to each other and hold each other accountable. Simply by being married and committed to each other, we're committing ourselves to God to be better Christians, to fulfill our purpose and to complete our walk the way that we're supposed to specifically because we can help each other be that and do that.

DeVonn: Don't allow the outside environment inside your box.

Question: Marriage is not just the merging of two lives, but the collision of two histories. [What are the] roles [of a husband/wife] in a marriage?

Meagan: Understand your value as a woman. Allowing your husband to help you makes you better, makes you more equipped and makes you stronger and more capable of your purpose.

DeVonn: Unless God gives us our role in our spirit, when we bring preconceived notions about who we were supposed to be and hold each other hostage to that, we're setting ourselves up for immense failure. Be a team when it comes to the domestic aspects of your relationship.

"Things of value have a longer shelf life. It takes the right person to come in and appreciate a thing of value. Don't put yourself on sale. Stay valuable and the right person will find you." - Bishop

"Being busy for no reason breeds destructive behavior. Sit down and spend time in the presence of God so you can hear from Him. Surround yourself with people/family that are positive and who love God. The company that you keep determines the trouble that you'll meet." - Meagan Good





# making our voices

by James G. Davis, Esq.  
Overseer, Mt. Zion Social & Political Action Ministry



## What the Church Can Do

The church led movement of the 1950s and 1960s obtained civil, economic and voting rights gains for minorities. These gains were achieved because people of faith understood that this effort was not against flesh and blood, but this effort was a spiritual movement against principalities and powers in high places; therefore, strong faith was important in this endeavor. In pursuit of equality and justice for all, we need the full armor of God for success. We have faith that God will be with us because the Lord is a God of justice. We know that where the Spirit of the Lord is, there is liberty. If God be for us, who can be against us?

Churches have the power, resources and visibility to marshal efforts and make our voices heard to address social issues. These resources include physical assets like church facilities for community forums as well as the sheer number of people that can be educated and informed on social and political matters. The people can then influence public policy by applying their knowledge in the social and political arena.

To enact change in our communities, churches require spiritual and visionary leaders that advance community needs by recognizing shifts in the world's social and political climate. Such leaders also have the insight to lead the church in addressing

community issues that include educational cutbacks, stand your ground gun laws, poor health and income inequality.

Churches with large congregations can have a major impact on election outcomes. Politicians visit during elections because they understand large numbers equal more votes. Even President Barack Obama visited Mt. Zion during his ascent to the White House. Elections affect social policy and, in turn, affect educational and economic opportunities. Hence, they are well positioned to effect positive social change.

Churches can make a difference by collaborating with other churches and community organizations to join efforts on a community issue. To address affordable housing in Nashville, Tennessee, Mt. Zion's New Level Community Development Corporation partners with community organizations to provide housing, home ownership and financial education and access to various resources. Churches can also promote entrepreneurship and job skills development, thus, reducing dependency on public programs.

The goal of social and political action is to further the cause of freedom and justice. As a church, a body of believers, it is our duty to continue to make our voices heard. It is our duty to make a difference.



# Sulphur Dell

## BASEBALL'S MOST HISTORIC PARK

In the Civil War era, "Sulphur Springs Bottom" was the birthplace of baseball in Nashville, Tennessee. Here, soldiers introduced the northern-style of the game to the locals. Later, in the late 1800s, the area became the home of Nashville's first professional team, the Americans, in the newly formed Southern League. Located in north Nashville and bordered by Fourth Avenue, Fifth Avenue and Jackson Street, legendary sports writer, Grantland Rice, named the site "Sulphur Dell" intentionally acknowledging the aroma from the natural sulphur spring nearby.

In 1932, Sulphur Dell became the center of the African-American baseball scene. Baseball teams from around the country such as the Philadelphia Stars, Birmingham Black Barons and Nashville's own Elite Giants graced Sulphur Dell's outfield bringing sports entertainment to African-American families until Jackie Robinson integrated major league baseball in 1947. The stadium continued to host the games of the Nashville Vols, a minor league team, until the site was demolished in 1969.

50 years later, Jefferson Street will become the center of attention, as Sulphur Dell will become the new home of the Nashville Sounds, Nashville's minor league baseball team. The city council broke ground in January 2014 on a multi-million dollar site with an expected completion date of 2015 in time for the Sound's opening season.

In a press release from the groundbreaking, Mayor Karl Dean stated that the Jefferson Street area would be changed by the new ballpark promising significant economic benefits to the area. In the early 1900s, after the turn of the century, African-American businessmen organized a company to help fellow business owners purchase lots in the Jefferson Street area. It quickly became Nashville's premier business district for African-American patrons. Pharmacies, historically black colleges, salons and funeral homes formed a community in the center of town connecting South Nashville to East Nashville. Nashville's oldest African-American churches such as Mt. Zion Baptist Church and St. John African Methodist Episcopal Church also attracted families to the area for Sunday morning worship and afternoon fellowship at local restaurants. After desegregation and the creation of interstate highways, traffic to the area was diminished causing businesses to struggle and eventually relocate within the city to survive.

In 1994, the Jefferson Street United Merchants Partnership (JUMP) was formed to aid Jefferson Street's business owners—marking the beginning of its revitalization. As of 2013, Jefferson Street now includes business plazas, childcare services, street from their Jefferson Street location to create a state-of-the-art structure housing offices, a childcare facility, a coffee shop and a recreational complex.

restaurants, a coffee house, retail operations, the Bicentennial

Mall and soon urban-style apartment homes. Mt. Zion Baptist Church also plans to redevelop the property across from the Councilwoman Erica Gilmore, District 19, discusses the economic benefits of Sulphur Dell as well upcoming developments on Jefferson Street:

"I am very excited about the development at Sulphur Dell. It is bringing more economic vitality to the area. Additionally, it generates a new enthusiasm for baseball because it was the original location prior to Greer Stadium. A lot of Nashvillians have nostalgia for the area because it is where they went to [baseball] games as kids, listened to concerts or saw the Negro League, [the] Elite Giants, play. In terms of economics, the project is a nearly \$150 million public-private investment in the Jefferson Street/Germantown area. It will provide the connectivity that is needed from Jefferson Street to downtown."

"[A] more than \$50 million dollar investment is being made by the Nashville Sounds for a multi-family/retail development and \$37 million by Embrey Development Corporation for a multi-family development. As a result of this infusion of development, there has been a great interest shown in and around the Jefferson Street area from both private and public investments. Additionally, I sponsored a bill in working with the Mayor's office that created incentives for HCA to bring their subsidiary business, Parallon Business Solutions, to invest more than \$200 million in the area between Charlotte [Avenue] and Jo Johnston [Avenue]. This package will create over 2,000 jobs in the next couple of years. There are more housing options coming to Jefferson Street. This is awesome because it has always been a great place to live because it was so close to town and the history that exists. But now, the secret is out that the Jefferson Street corridor is a great place to live, work and play."

Sulphur Dell, along with continued developments, will restore Jefferson Street to its former glory as the heartbeat of the Nashville community.

by Latresa Witherspoon

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# BELIEVE

in the

# *dream*

Partner with us as we seek to bring the vision to pass that God has given. As you sow, you are helping us shape the lives of the next generation and generations to come.

Together, WE can make the dream a reality. "...for with such sacrifices God is well pleased." Hebrews 13:16 (KJV)

Pledges can be given weekly, bi-monthly or monthly. The table to the right shows an example of weekly contribution amounts.

For instructions on how to contribute online, visit [www.mtzionnashville.org](http://www.mtzionnashville.org).

| Weekly Contribution | Annual Pledge |
|---------------------|---------------|
| \$100               | \$5,200       |
| \$75                | \$3,900       |
| \$50                | \$2,600       |
| \$20                | \$1,040       |
| \$10                | \$520         |
| \$5                 | \$260         |
| \$2                 | \$104         |
| \$1                 | \$52          |







# CHURCHFIT™

I greet each you on the name of the Lord Jesus Christ. It is He who empowers us to become all that we should be. I am so grateful for the opportunity to serve Mt. Zion as overseer of the Health and Wellness Ministry. The energy and commitment of the numerous volunteers coupled with the dedication of those who support our programs are phenomenal. I would like to thank my husband and pastor, Bishop Walker, for making health a priority within the life of the church. Without the support of the leadership, the success we are experiencing would not be possible.



ChurchFIT began as a dream a few years ago, and today it has manifested into a comprehensive program meeting the needs of those who engage it. The launch in January exceeded expectations with over 1,500 people attending the Saturday event. Several hundred of these individuals committed to joining the ChurchFIT Challenge by partnering with friends, family, colleagues and, at times, perfect strangers to form the over 190 teams that registered for the contest. Our nutrition classes have been well attended, and our cooking demonstrations have been impactful. ChurchFIT participants continue to fill our exercise classes by the hundreds, working out with certified Boot Camp, Zumba and Cardio instructors.

Although the twelve-week "ChurchFIT Challenge" has ended, please note the Mt. Zion ChurchFIT program is ongoing and will continue year-around. Note that all of our efforts are evidence-based and that we continue to track both participation and progress as participants move through the curriculum. This data will be incredibly useful in helping us understand what needs should be met as we seek to expand the ChurchFIT program offerings as well as continue to identify and establish community partnerships.

The positive direction of ChurchFIT encourages me. The excitement is catching on, not just in Mt. Zion but also across the city and around the globe. Bishop and I were interviewed on News Channel 5 Plus, a local TV show, to discuss the health program, and recently, ChurchFIT was featured in Jet Magazine. It is my hope that we can touch as many lives as possible and make a significant difference in the health of those in the faith-based community—locally, nationally and worldwide.

"Thank you" to the countless volunteers who selflessly serve day-in and day-out. I would like to thank God for the sponsors and partners who have come alongside us to assure that this program is successful. Thanks to Publix Grocery Stores; the American Red Cross; the American Heart Association; the Northwest YMCA in Nashville, Tennessee and numerous others. I am elated, and I look forward to what lies ahead. This is the year of "divine results," and ChurchFIT is committed to producing results—one life at a time!

In HIS service,

First Lady Dr. Stephaine Walker  
@DRSTEPHWALKER



# CHURCHFIT 2014

## COOKING CLASSES

May 1  
Nutrition Class: Let's Determine Your Healthy Plate  
Cooking Demonstration: Garden Fresh Meals  
Antioch location  
6:30 pm – 8:00 pm

May 8  
Nutrition Class: Title TBA  
Antioch location  
6:30 pm – 7:30 pm

May 15  
Nutrition Class: Balancing Temptations as Seasons Change  
Cooking Demonstration: Nice Days, Hot Nights  
OHB location  
6:30 pm – 8:00 pm

May 22  
Nutrition Class: Salt: Careful with That Shaking  
Antioch location  
6:30 pm – 7:30 pm

June 12  
Nutrition Class: Really Grilling  
Antioch location  
6:30 pm – 7:30 pm

June 19  
Nutrition Class: Maintaining During the Summer Months  
Cooking Demonstration: Water, Flavor, Fire!  
OHB location  
6:30 pm – 8:00 pm

June 26  
Nutrition Class: Sugar, Sugar, Which Sugar?  
Antioch location  
6:30 pm – 7:30 pm

Nutrition Class and Cooking Demonstration: Summer Fresh Vegetables

July 17  
Antioch location  
6:30 pm – 8:00 pm

July 24  
OHB location  
6:30 pm – 8:00 pm

August 7  
Nutrition Class: Understanding Healthy Meats and Portions  
Cooking Demonstration: Man and Meat!  
Antioch location  
6:30 pm – 8:00 pm

August 14  
Nutrition Class: Dairy Alternatives  
Antioch location  
6:30 pm – 7:30 pm

August 21  
Nutrition Class: Balanced, Healthy Meals with Childhood Appeal  
Cooking Demonstration: Creating Cool Snacks and Meals  
OHB location  
6:30 pm – 8:00 pm

August 28  
Nutrition Class: Creative Snacks for Children  
Antioch location  
6:30 pm – 7:30 pm

## September: Childhood Obesity/ Fruits & Veggie Month

September 4  
Nutrition Class: Mommy/Daddy, May I Have...?  
Cooking Demonstration: Cooking Classes for Children  
Antioch location  
6:30 pm – 8:00 pm

September 11  
Nutrition Class: What's on Your List? Making Easy Grocery Lists  
Antioch location  
6:30 pm – 7:30 pm

September 18  
Nutrition Class: Help! My Child's a Picky Eater  
Cooking Demonstration: Cooking Classes for Children  
OHB location  
6:30 pm – 8:00 pm

September 25  
Nutrition Class: Energy Nutrients  
Antioch location  
6:30 pm – 7:30 pm

## ChurchFIT Aerobics Schedule

## TESTIMONIALS

### Alicia (29) & Lionel (29) Pitts - husband and wife

We've participated in all [of] the ChurchFIT corporate workouts this year. We workout at home a lot [too]. My husband's not doing [ChurchFIT] to lose weight. He's doing it to build muscle. My goal is to lose weight. I try not to set numbered goals because I know I'd feel disappointed [if I didn't reach it]. I really just want to see an improvement in my endurance and overall, maybe just loose a few inches. The nutritional classes were very educational. I learned more about seasoning with fruits versus salt.

### Anthony Pethy (56)

I've lost about eight pounds since I started ChurchFIT in January. I'm getting older. I'm trying to keep it together.

### Lori Garner (49)

I have rheumatoid arthritis, so, I'm always trying to find ways to enhance my body to be healthy. ChurchFIT is real important. I have a son with cancer and a mom and dad with cancer, so, exercising is real important to me.

### Janice Jones (57)

I had an awesome time today at ChurchFIT. Awesome!

### Mikel White (15) & Janasia White (12) - brother and sister

Mikel: I really liked ChurchFIT. My favorite exercise was when we danced.

Janasia: I thought [ChurchFIT] was fun. I liked the dancing, too.

Mikel: My goal is to train for track next year.

Janasia: I'm training for track and soccer.

### Samantha (26) & Elliot (28) Fitih - husband and wife Team Name: Blitz. Wrap. Repeat.

Samantha: I saw there's going to be grocery shopping and cooking classes. I think that's really great because fitness and eating [healthy] goes hand in hand. You can't have one without the other. I like how our church doesn't just talk about how we can do something better—we actually put a program in place to do it. I feel really blessed. I haven't put a certain number on [a weight-loss goal]. I definitely want to lose weight, but overall, I want to be healthier.

Elliot: (laughing) I want to be able to bench press 400 [pounds.]. No, really. I'm here [at ChurchFIT] to get in good shape.

**Beginners Boot Camp**  
OHB location every Monday  
5:45 pm – 6:45 pm

**Zumba**  
Antioch location every Tuesday  
6:15 pm – 7:15 pm  
Whites Creek High School every Thursday  
6:15 pm – 7:15 pm

**Cardio**  
OHB location every Tuesday  
6:00 pm – 7:00 pm  
Antioch location every Saturday  
9:00 am – 10:00 am



# 2014 CHURCHFIT CHALLENGE Trainers

*ChurchFIT has a power squad working behind the scenes to help our teams reach their fitness goals.*



## **Joe Johnson, Personal Trainer**

"True fitness transcends the physical body. Therefore, I try to help my clients discover the psychological reasons why their bodies look a certain way. Once they achieve mental fitness, the physical body will follow suit. A man is all he imagines himself to be." [www.marathonfitness.com](http://www.marathonfitness.com)



## **Gerrell Webb, Cardio Boot Camp**

"Energy can neither be created nor destroyed—only transferred. I give everything I have when teaching my classes hoping that my energy will be transferred to my class participants and then back to me. It's the never-ending cycle of energy. To give anything less than your best is to sacrifice your gift. Don't sacrifice the gift. Go ALL IN!!" Follow me on Twitter @itrain365.



## **Shanta Batchelor, Cardio Boot Camp**

"I like to encompass a lot of different elements into my classes. Cardio, weight resistance and kickboxing are all integral parts of my workout routine. I like to keep it fun and exciting. It feels good knowing that I'm helping my students achieve their goals. My motto is: 'anybody can do anything for just 60 seconds.'" [www.marathonfitness.com](http://www.marathonfitness.com)



## **Jerry Davis, Cardio Boot Camp**

"Variety in the classes that I teach is important to me and my participants. I can't teach the same class each week. One week we are dancing, the next week we are running, using weights, or working our abs. I need to keep my participants looking forward to new and exciting ways to stay fit and have fun while doing it."



## **Chef Isaiah Whalum**

"Cooking is an important part of everyone's life. The key is cooking in a way that supports a lifestyle that will promote, preserve, and protect our health. Cooking for a healthier you has some secret ingredients. Love, patience, and desire. Love makes your meal special. Patience insures quality. Desire keeps you looking for the next adventure on your plate." To follow Chef Isaiah, 'like' Daddy's Plate on Facebook.



## **Carole Ann Mobley**

"Yoga is the union of mind, body, and breath. When we practice yoga, we are fully present in these 3 aspects of ourselves. Yoga incorporates all of the elements necessary for whole health: flexibility, mindfulness and acceptance of ourselves completely." [www.createwholehealth.com](http://www.createwholehealth.com)



## **Deborah Walker M.A., RDN, LD - Nutritionist**

"Healthy eating and active living should be an integral part of every individual's lifestyle. My classes provide clear, concise and compelling information about how an individual should control blood glucose levels as a proven method to achieve great health. When one begins to pay attention to what they are ingesting and how it affects the body, a change is on the way." Follow me on Twitter @2junekid.



## **Alesha Harmon & Ayesha Keller, Zumba**

"Zumba is a dance fitness program that is sweeping the nation. With our training in liturgical, hip-hop, ballet and Latin dance we are able to create funky, fun, fresh and easy choreography. We are sisters that provide integrative, high impact and high-energy classes that lead to tremendous results in your overall health." [www.aharmon.zumba.com](http://www.aharmon.zumba.com)







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Suite 203  
Smyrna, TN 37167  
Office: 615-220-5533  
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# FGBCFI

## a season OF transition

It's been a few months since Bishop Joseph W. Walker, III was selected as the Presiding Bishop-Elect of the Full Gospel Baptist Church Fellowship International (FGBCFI). Our eyes were teary and our hearts were full as we witnessed our Presiding Bishop and Founder, Bishop Paul S. Morton, lay hands on and bless Bishop Walker as our newly appointed Presiding Bishop with a 'double portion' of his anointing.

What does this mean for Bishop Walker and the Mt. Zion Baptist Church family? How will this change impact Mt. Zion? How will it impact Nashville, Tennessee? How will it impact the Fellowship?

FGBCFI is in a season of transition. The birth of the Full Gospel Baptist Church Fellowship International is in essence the story of a tremendous move of God beginning in the last decade of the twentieth century. The essence of the fellowship is encapsulated by the phrase, **"The Right to Choose."** The *right* refers to freedom that is based on the belief that the Gospel of Jesus Christ must be promoted by recognizing the free expression of the gifts of the Spirit as a viable part of the Body of Christ. The Fellowship is convinced that the choice to exercise these spiritual gifts are imperative for the local New Testament Church to fully function as the dynamic organism God has intended.

Bishop Walker's vision for FGBCFI, the *SHIFT*, is forward-thinking and aggressive. The *SHIFT* acronym is reflective of a five-point platform that focuses on **Sustainability, Holiness, Innovation, Family and Transcendence**. As a visionary, Bishop understands that traditional approaches and strategies won't thrive in this transition. Initially, he will launch a recruitment campaign that includes meeting with emerging churches as he travels nationwide. In a December 2013 press release, Bishop Walker explained his recruitment strategy in detail. "The small churches are the heartbeat of the fellowship and are dear to my heart. As I travel to every region to recruit, my goal will also include strengthening the local emerging churches. These churches are the backbone in our core mission to make God's name and power known around the earth," he stated.

In the December press release, Bishop Morton commented on Bishop Walker's vision, "this is the greatest movement of the 21<sup>st</sup> century and I welcome you all to the SHIFT."

Transition is defined as change, progression, evolution and transformation. As Bishop Walker steps into the role of Presiding Bishop, the Fellowship aims to Change a Generation by means of a SHIFT.

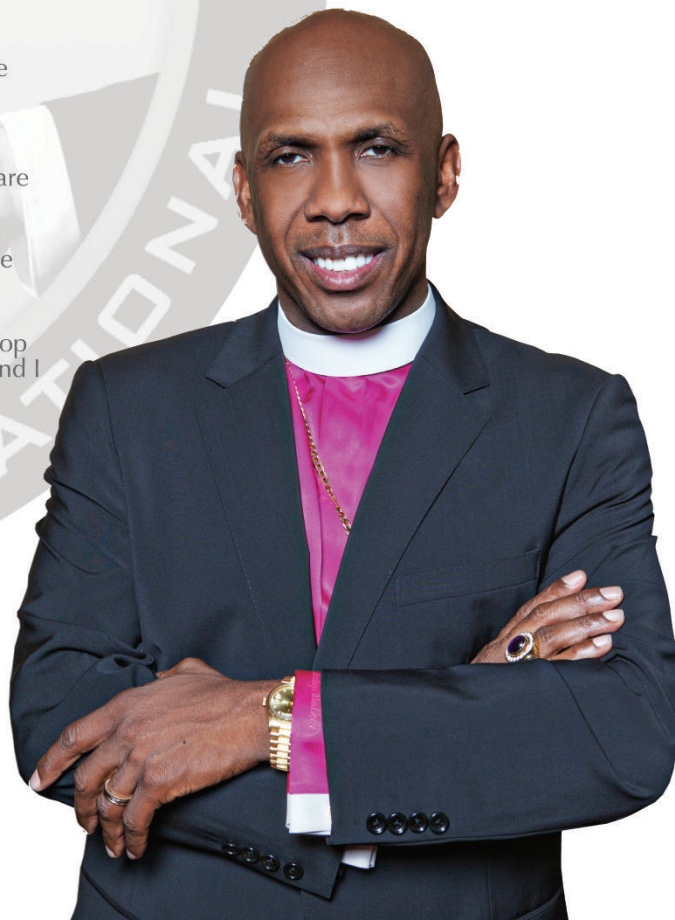


by Paula M. Farmer,  
Full Gospel Correspondent

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# LIVING

# THE LYRICS

Hip-hop music has changed dramatically since the days of old. Artists such as Kurtis Blow, Grandmaster Flash and RUN-DMC inspired young people with positive messages about life in the late 70s and early 80s. Fast forward to the year 2014 where the music is saturated with violence, drugs and sexuality. Are we naïve enough as a society to think that the influential nature of this music would have no adverse effects on our youth? In 1994, rapper Notorious B.I.G. released his debut album entitled *Ready to Die*. In a seductive street melody entitled *Things Done Changed*, he quoted, "Either you're slingin' crack rock or you got a wicked jump shot." The message to the youth of that generation was loud and clear: either sell drugs or become a professional athlete. It's about survival.

Unfortunately, twenty years later, the messages that pervade hip-hop lyrics today rarely include aspirations of college or career preparation.

The hypnotic nature of hip-hop music creates conflicting messages for young people—especially males. The idea of having expensive clothes, jewelry, fancy cars and tons of cash has become the new American dream. How does going to college compare with the satisfaction of having fortune and fame? Unfortunately, many young males cannot envision themselves as college graduates. It is clear that the lines between entertainment and reality have been blurred. Additionally, many young males struggle to see anything beyond their everyday circumstances. In essence, they





# THE IMPLICATIONS OF HIP HOP MUSIC ON AFRICAN AMERICAN MALES

become prisoners, “entrapped” by their own mindset and low expectations.

It is no secret that our economy has struggled to rebound over the last four years. With that in mind, it benefits all of us to be gainfully employed if we have the ability to work. According to the National Center for Education Statistics, the national unemployment rate for young people ages 20-24 in 2012 was 27.6 percent, 18.3 percent for those whose highest level of education was high school completion, and 12.7 percent for those with some college education, compared with an unemployment rate of only 6.0 percent for those with at least a bachelor's degree. Though it may sound like a cliché, there is real merit to “staying in school.” However, African-American males seem to become increasingly more interested in pursuing career paths other than college. In 2010, a national study indicated that of all degrees obtained by African-American students in the U.S., African-American males only received 35 percent of these bachelor's degrees. Additionally, among master's degree candidates, only 29 percent were African-American males compared to 71.1 percent who were African-American females. It is puzzling to understand this trend because of the national push for increased post-secondary degree access for all students.

Hip-hop is speaking to our children louder than we are. In 2004, Kanye West released his debut album entitled *The College Dropout*. The album was riddled with his personal perspectives on sexuality, organized religion and social injustice. The music was highly influential and controversial. His music defied the notion that young African-American males must go to college to be successful. The album pushed the envelope for what was socially acceptable at the time. Nevertheless, the message sold. The album won a Grammy Award for Best Rap Album and the single *Jesus Walks* won Best Rap song in 2005. Interestingly enough, a recent report in the Huffington Post prepared by the Sentencing Project based out of Washington, D.C. predicts that one in every three African-American males born today will go to jail at some point in their lifetime—a prediction that is becoming a startling trend. The Word of God teaches us that “faith cometh by hearing”, which means that what we repeatedly hear—whether positive or negative—eventually becomes internalized. Therefore, it is imperative that parents, educators and clergy members continue to work in harmony to help our youth discern that which is good and acceptable.

Now that we fully understand the scope of the issues that our students are up against, the question is: How do we begin to resolve these issues?

Having positive influences within the home environment contribute to a student's success. However, students still have choices. There are thousands of examples of students who come from solid homes where both parents are happily married and earn median to high-end incomes, yet their children choose the wrong path for their lives.

Mentorship is another key factor. I don't mean having an older pal to hang out with occasionally. I mean having mentorship programs where values are taught, where ideas are exchanged and where accountability exists. A study conducted by Lipscomb University in 2012 indicated that students who had the following risk factors are at a strong disadvantage: born into or currently live in poverty, have parents or siblings who did not complete high school or currently behind academically and have repeated any grade between 1<sup>st</sup> and 8<sup>th</sup> grade. In most cases, one's academic standing will dictate whether students choose to attend a four-year school, two year school, technical school or opt not to apply whatsoever. This study further indicated that pre-college/career advising by a college/career mentor significantly increased the likelihood that students would apply for post-secondary opportunities.

Again, it is imperative that we reiterate that as students become older and seek to determine their own identities, there is real merit to having career-oriented mentorship that helps students shape the path for their lives. Local clergy groups, collegiate affiliates, Upward Bound, the Oasis Foundation and the YMCA are just a few of the organizations that provide structured mentorship opportunities.

*Dr. Ron L. Woodard is the Executive Principal of Maplewood High School and holds a doctorate in education, leadership and instruction from Lipscomb University.*

by Dr. Ron L. Woodard

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*Dr. Ron L. Woodard is the Executive Principal of Maplewood High School and holds a doctorate in education, leadership and instruction from Lipscomb University.*

# HOP



"...remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering." Hebrews 13:3 (NIV)

According to the U.S. Bureau of Justice, an estimated 2.2 million individuals are incarcerated in the United States. In 2013, the Department of Correction reported 20,806 inmates incarcerated in Tennessee's adult institutions: 19,345 were males and 1,461 were females. In the state of Tennessee, it costs \$64.72 per day, \$1941.60 per month, to house an inmate whereas it currently costs \$1780 for semester tuition (16 credit hours) at Nashville State Community College—costs resulting in a loss of taxpayer dollars as well as the loss of generations of youth.

The Mt. Zion Prison Ministry was created in 1994 to serve the spiritual needs of incarcerated individuals, ex-offenders and their families through three programs: the Jail Worship Ministry, the Prison to Palace Mentoring Program and the After Care Program.

#### Jail Worship Ministry

The worship ministry volunteers conduct weekly services at several Davidson County jails. Worship services are held nightly, Monday through Friday, along with weekly Bible study services on Sunday afternoons. Opal Scales, Prison Ministry Overseer, has conducted worship services through the Davidson County Sheriff Department for 32 years.

#### Prison to Palace Mentoring Program

In this component, volunteers are partnered with inmates to provide mentoring and life-skills coaching. Mentorships can continue after the inmates have been released. The ministry also partners with community organizations that provide support services: Amachi Program, Big Brothers Big Sisters, Diersen Charities, H.U.G.G.S., Leaving the Cocoon, Men of Valor, Monroe Harding, Inc., Project Return and other programs. In addition, a correspondence team sends Bible study materials, words of encouragement and devotions to inmates and ex-offenders monthly.

#### After Care Ministry

Choosing to mentor an individual who has been incarcerated demonstrates God's love. The Prison Ministry exercises this belief through partnering with community organizations that help ex-offenders make successful transitions back into society. For example, the services provided through this area include: housing needs, transportation, job placement/skills, clothing, and counseling.

*While I was in jail for a drug charge, I got saved and began confessing God's Word over my life. I also learned about Mt. Zion and started listening to Bishop's sermons. One day, I prayed and asked God to get me out of this situation and help me find work at a church. When I was released, I got a job working part-time on the clean team at Mt. Zion to complete my parole. I also joined the Prison Ministry's classes on Thursdays. When I completed the classes, I felt a need to give back and now, I have an outreach ministry for nonviolent drug offenders. The Prison Ministry uplifted me so I could encourage others. -Larry Martin*

*To Mt. Zion Baptist Church, Bishop and First Lady, the Community Outreach Program and the Prison Ministry, I would like to extend my most heartwarming "thanks" to each an every caring heart that participated in bringing joy and happiness to my family during this unfortunate time. I am humbly grateful for your graciousness and deeply touched by your kindness and generosity. -R.C. Beaumont, Texas*

The incarcerated are society's most forgotten population. Many of these individuals are lonely, fearful and discouraged. However, no one is beyond redemption. The Prison Ministry, along with local support organizations, builds stronger communities by reducing the number of ex-offenders who return to prison. The volunteers and leadership of the Mt. Zion Prison Ministry witness countless inmates and their families redeemed, restored and reconciled through God's love and power. Joe Ravenell has mentored over 15 individuals. He states, "It makes me so happy to see someone [who] loves living in the community and refuses to return to prison." For more information, contact the Prison Ministry at [prison2palace@mtzionnashville.org](mailto:prison2palace@mtzionnashville.org).

#### Drug Policy Reform: Giving Nonviolent Offenders A Second Chance

In the 2013 National Drug Policy Strategy, The Obama Administration has taken action to ensure that the most severe mandatory minimum penalties are reserved for serious, high-level, or violent drug traffickers. As a result, the Department of Justice has refined its policies regarding mandatory minimums for certain nonviolent, low-level drug offenders. Specifically, the Attorney General, Eric Holder, has issued guidance to Federal prosecutors indicating they (1) should decline to pursue charges that would trigger a mandatory minimum sentence in the case of certain low-level, non-violent drug offenders; (2) in these cases, consider recommending a below-guidelines sentence to the court if certain criteria are met; and (3) should decline to charge an enhancement that would double the sentence of certain repeat drug offenders unless the defendant is involved in conduct that makes the case appropriate for severe sanctions.

by Keeda Haynes

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# DEPRESSION AND SUICIDE

## Lifting the Veil of Silence and Stigma in the Church

*Vanessa Elliott Bell, PhD, clinical psychologist with the Mt. Zion Oasis of Hope Counseling Ministry, dispels the myths and stigmas associated with depression.*



In the Bible, the story of Job is captivating. Job had a loving family, he was wealthy and he was a man of faith. Yet, when he lost everything he had—including his health—he felt the pain of a significant and sudden loss. Job experienced depression. If anyone had a reason to be depressed, it was Job. As Christians, we are not promised a life free of tribulations, sorrows or suffering. In the midst of life's tribulations, we may find ourselves experiencing symptoms of depression. Even Bishop Walker openly shared his experiences with depression after the death of his first wife, Diane Greer Walker.

### How can I be both a Christian and depressed?

The scripture teaches us, "I come that you might have life and have it more abundantly." (John 10:10) It also teaches us, "... weeping may endure for a night but joy comes in the morning." (Psalms 30:5) As you meditate on these and other scriptures, you may find that you are still experiencing symptoms of depression: feeling sad or empty, feeling worthless, difficulty falling or staying asleep, a lack of energy, no appetite or binge eating, overwhelming guilt or shame or difficulty concentrating. You may have feelings of just escaping or ending it all. Symptoms of depression can challenge your Christian identity and self-worth. You may ask, "What's wrong with my faith? Am I not praying hard enough? Am I a weak Christian?"

### Am I the only one with this condition?

Depression also produces physiological changes in the body with symptoms that can easily be overlooked or ignored such as body aches, fatigue and digestive problems. Well-meaning family members wouldn't dare tell you to "Snap out of that heart disease" or view your gallstones as a sign of a character flaw or a lack of faith. Sadly, little empathy is afforded to those suffering from

disorders of the brain and mind. According to the Centers for Disease Control (CDC), depression affects approximately 1 in 10 adults. For example, in a church the size of Mt. Zion with 28,000+ members, 2,800 have experienced, are experiencing or will experience some form of depression in their lifetime. Here's the reality—you are not alone.

### What happens to depression left untreated?

There are a number of very effective treatments for depression, including counseling and medications. However, denial and failure to treat depression can lead to suicide. According to the American Association of Suicidology, in 2010, there were 38,364 suicides in the U.S. (105.1 suicides per day; 1 suicide every 13.7 minutes). This finding translates to an annual suicide rate of 12.43 per 100,000 people. Alarmingly, suicide was the third leading cause of death for youth ages 15-24. The rate of suicide for this group was 10.45 per 100,000 people.

Recent headlines have also highlighted a number of Christians who succumbed to death by their own hands. Suicide is real.

Risk factors for suicide include some combination of depression and/or other mental health conditions: hopelessness, worthlessness, feeling trapped, fear of aging, substance abuse, chronic illness/pain and struggles with sexuality. Persons contemplating suicide may engage in impulsive behavior, give away prized possessions and withdraw from others. Contrary to what many believe, asking someone about suicidal thoughts does NOT increase the risk, but in many instances facilitates the healing and recovery process.

### Where do I turn for help?

Spiritual counseling, prayer, and encouragement are always appropriate. However, you should also seek an evaluation by a mental health professional, just as you would seek medical attention for medical conditions. Contact your doctor, Employee Assistance Program (EAP) or insurance company. Also dial 2-1-1, the United Way hotline for community referral services.

If you or a loved one are experiencing *suicidal thoughts*, contact: The National Suicide Prevention Hotline at  
1-800-273-TALK (8255)  
9-1-1: Local emergency room  
Mobile Crisis: 615-726-0125

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# ministry



The primary mission of Judah Generation Dance Ministry (JGDM) is to minister the Word of God and save souls through dance and through community service. Comprised of youth ages 10-18, this ministry participated in 12 service projects, outreach events and community activities in 2013.

The Relay for Life was JGDM's most challenging event. In 2013, out of 30 teams, JGDM came in second place raising over \$5,000 in monetary donations.

JGDM also volunteered hours of community service with Second Harvest Food Bank, Habitat for Humanity, the Salvation Army and other organizations within the city of Nashville.

Reaching outside the church walls, JGDM traveled across Nashville participating in community events such as the Napier Community Health Fair and the Praise Dance and Mime Extravaganza hosted by Mt. Vernon Baptist Church.

To the song Break Every Chain, the ladies of JGDM collaborated in dance with Tennessee State University's Aristocrat of Bands and Sophisticated Ladies Dance Line.

Continuing in dedicated service and ministry, JGDM's 2014 motto is: Faith, Love, Serve and Dance.

For more information or for ministry requests, please email inquiries to [youthdancers@mtzionnashville.org](mailto:youthdancers@mtzionnashville.org) or visit us on the social network sites listed below.



[facebook.com/JudahGenerationDanceMinistry](https://facebook.com/JudahGenerationDanceMinistry)  
[@JudahGenDance](https://twitter.com/JudahGenDance)  
[instagram.com/JudahGenDance](https://instagram.com/JudahGenDance)

by Paula J. Garner- Porter





# Pace Matrons

a mount zion ministry

*a legacy of faithful service*

"I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me."  
Matthew 25:35-36 (NLT)

*The Pace Matrons were organized in 1961 by founding members Mary Patton, Iris Brandon, Cordelia Hullon, Rosa Houston and Elsie Woodley to bridge the gap between the senior missionary society and the younger missionary group. With over 50 members, the Pace Matrons' legacy of dedicated service continues as they minister to those in need.*

## MINISTRY HIGHLIGHTS

- ❖ In 2013, the Pace Matrons donated 33 baskets to college students. The baskets included household items & personal items.
- ❖ In 2013, the ministry provided Thanksgiving meals to 13 needy families, donated toys to Christmas in Zion, donated personal items and visited with patients at local nursing homes and volunteered with the Room In The Inn ministry.
- ❖ The Pace Matrons sponsor an annual Mother/Daughter Luncheon to uplift and celebrate mother/daughter relationships.



We honor the Pace Matrons for over 40 years of faithful service to Mt. Zion and the Nashville community!

by Wanda Sanders



# SPOTLIGHT

## volunteer



Anyone who knows Natalie Broadway knows that she is very passionate about dance and serving—ask any of her dancers and their parents! Natalie united with Mt. Zion in 1998 and soon felt at home to find purpose for her passions. She joined the Judah Generation Dance Ministry (JGDM) as a choreographer and later became ministry leader of the group in 2010. Under her leadership, Natalie and her team have broadened the youth dancers' spiritual and technical knowledge of dance. She also assures that each dancer understands the message behind each song that they perform and requires the dancers to participate in community outreach.

When asked why she serves in the dance ministry Natalie stated, "I have a passion for dance so there's no better way to serve God's Kingdom than by teaching youth how to minister God's Word through dance. It also gives me an opportunity to work closely with youth in hopes of teaching, inspiring, and/or motivating them to become everything God created them to be." Natalie's vision is not only for the dancers, but also for their entire family. Parents Who Pray, a new support component of the dance ministry, encourages the parents of JGDM participants to strengthen their families through prayer.

Natalie has also served in the Singles and Women's Ministries, Prison Ministry coordinator of the 2012 Angel Tree Christmas Outreach and was instrumental in planning the 2013 Christmas in Zion Outreach. Whatever the task assigned, she always makes sure the task is done in a spirit of excellence and devotion.

A Domestic Violence Victim's Advocate for the Office of the District Attorney, Natalie enjoys volunteering, traveling, modeling, acting and loves outdoor sports—especially water sports. Her sincere passion for serving others is evident in her personal motto: See It, Claim It, Believe It and It Shall Happen!





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[www.relayforlife.org/mtzion](http://www.relayforlife.org/mtzion).



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# Finance

While cradling your bundle of joy for the first time, thoughts of your child's future flood your mind. Will they become president of the United States? Will they become a chief financial officer of a Fortune 500 company? A college education can be an important step toward building a successful future. How should families plan for the expense of a college education?

First, parents should think about the cost of a college education well in advance of high school. Let's face it! College is expensive and someone has to pay for it. Your first step should be to save as much as possible. Long-term planning can help make the process easier and more affordable. Very few parents have a savings plan for college because current expenses often take precedence over long-term goals, however, any amount saved will be beneficial in the end. Many states have 529 education savings plans and local banks can also assist with a college savings plan that will work within your family budget.

As your child grows, his or her talents will become apparent. Scholarship opportunities (athletic, academic, leadership, etc.) could be an option for your child. Parents and students often pour time and energy into sports, hoping for a college scholarship, but academic achievement is even more important. Help your student develop good study habits and set aside proper study time. Encourage your student to participate in a college prep curriculum in high school, and take advantage of other programs such as ACT and SAT test preparation. Also, encourage them to be involved in a wide range of activities that provide a variety of experiences and leadership opportunities. Taking active steps to invest in your child's academic and social development will help ensure college-readiness.

The most commonly discussed college costs are those paid directly to a chosen school for tuition, fees, room, meals and books. However, they are not the only costs that should be considered. For example, transportation costs, if your student attends a school out of state and personal expenses such as laptops, clothing, memorabilia, supplies and entertainment should also be considered. Further, while your student attends college, continue to explore ways to reduce expenses. Consider purchasing used textbooks and a suitable meal plan to eliminate waste and overpayment.

If you do not have sufficient savings to cover the costs, here are some tips to help pay for college expenses:



I N V E S T



I N



Y O U R



F U T U R E

1. Get to know your high school's guidance counselors as well as your college financial aid administrators. Identify the best contact for questions, and obtain business cards whenever possible.
2. Complete the Free Application for Federal Student Aid (FAFSA) at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). This will open the door to federal and state financial aid.
3. Keep a file of your college documents and records.
4. Inquire with the financial aid office to determine if your college offers a payment plan. You may be able to pay installments instead of paying a lump sum.
5. If you opt to borrow money to pay for college expenses, pay close attention to the terms. Federal Direct Stafford Loans typically have the best terms and benefits. Know your rights and responsibilities as a borrower. Loans should always be your last option for funding.
6. Inquire about scholarship opportunities, and apply for any scholarships that seem to be a good match for your student.
7. Know the important deadline dates for priority scholarship consideration or priority FAFSA consideration. Make sure you thoroughly follow any instructions for applications, and submit all required information.
8. Remember to be polite when asking for help or when inquiring about additional scholarships or grants.

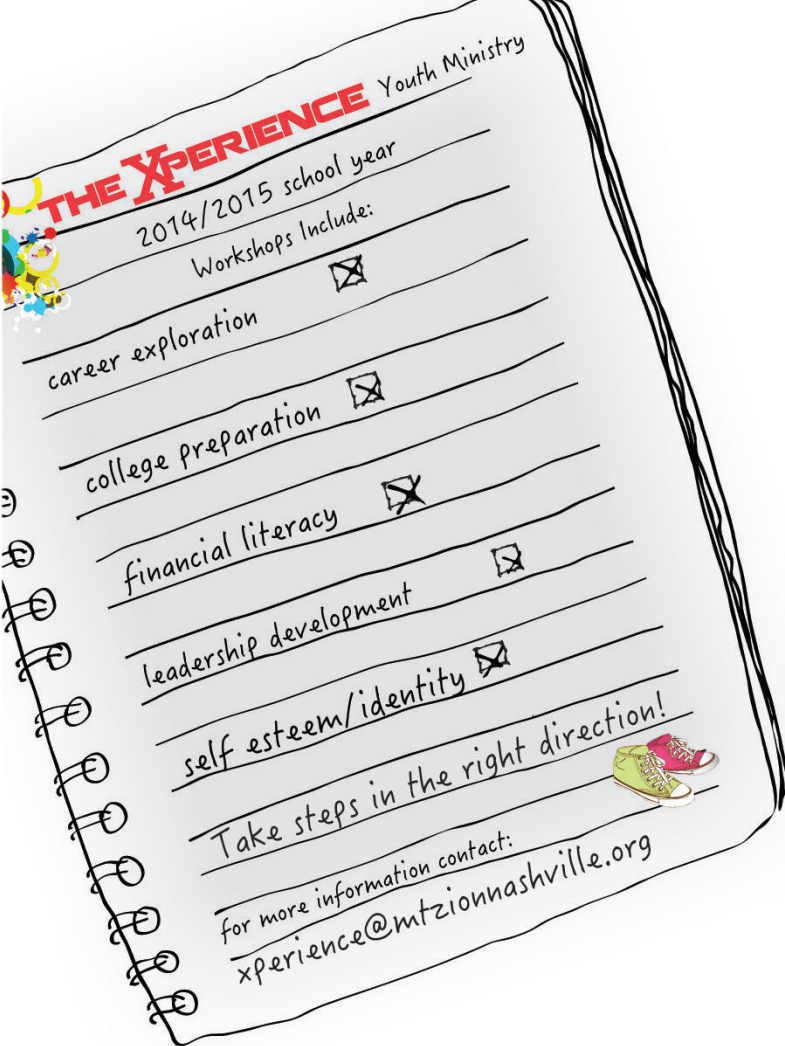
Your efforts to save, plan and reduce costs will have a major impact on your family's finances. It will also reduce stressors and help your child focus on their academic performance. College is an investment in a successful and bright future. Start planning today!

them to focus on their academic performance. College is an investment in our children's and an investment in their success. Start planning today for a brighter future!

by Patricia Smedley  
Director of Student Financial Services  
Belmont University







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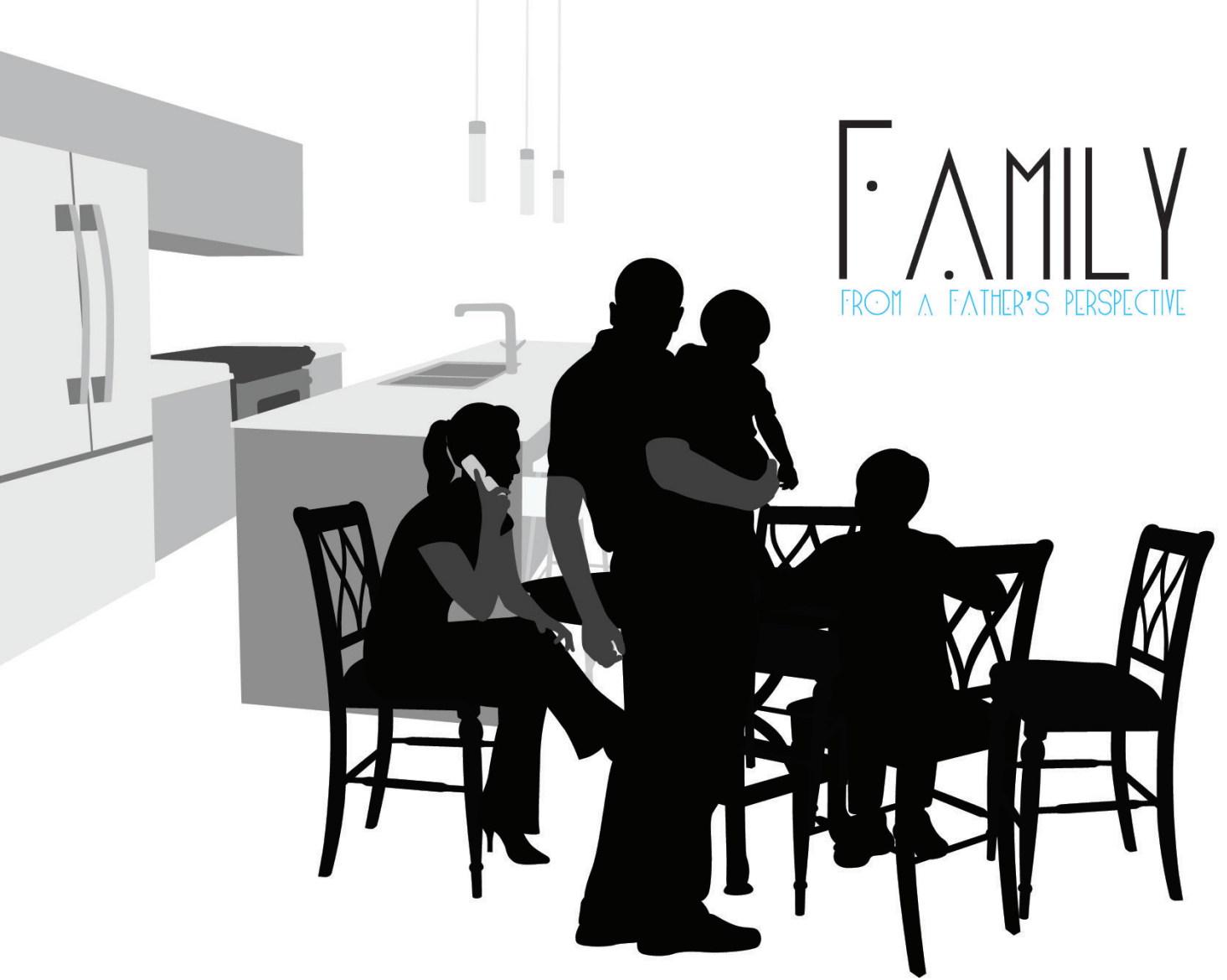
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Jason Tucker Photography



# FAMILY

FROM A FATHER'S PERSPECTIVE



As a father with two daughters, one of my biggest challenges is maintaining the understanding that nothing is too complicated to discuss with dad. Just as we strive to master communication in the world, the same thing applies to the family structure. From the minute you say “I do” to that exciting moment when the doctor announces, “it’s a boy or it’s a girl”, the challenge begins to figure out the best way to keep the lines of communication as clear as possible.

In a family, effective communication takes commitment and consistency. First, set a designated time to discuss family “business.” Be intentional and make sure it is an uninterrupted appointment. Build your team through intimate conversations. Secondly, a family that prays together and enjoys meals together will stay together. Make it mandatory that your family dines together at the table. This simple act develops great communicators.

Thirdly, assign a task to everyone in the family. The best way to foster a team mindset is to make everyone stakeholders in your family’s success. In each area of our “family business”, everyone plays a role. For example, my areas are finance and operations. My wife is responsible for education, the cultural development of our children, vacation and entertainment (areas of which, I must say, she is excellent). Also, the role of the child in our family structure is to maintain a small percentage of responsibility in each of the areas. Responsibility develops good communication skills and becomes the building block for their own family structure in the future.

Just like any business team, we have times when we don’t agree. To get through these tough decisions and teach our children about conflict resolution, my wife and I involved them in this process as well. In a family, voting to make a decision is not unusual. However, voting should be customized for every family. Be sure to open the floor for discussion if a family member feels strongly about the decision.

With our family communication plan, I believe our daughters have grown up with exceptional communication and deliberation skills. God made fathers the head of household and ultimately holds us accountable for the actions of the family. Family begins with a father’s perspective—leading the way to stronger family bonds and stronger communities.

by Lawrence Washington



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### SPIRITUAL VIBES WITH LADY SHAUNTÉ

*Lady Shaunté is a Stellar Award-winning gospel radio announcer on Nashville's 760AM, The Gospel, and a writer for the nationally syndicated Donnie McClurkin Radio Show. @LadyShaunte | www.ladyshaunte.com.*

The existence of heaven is a controversial topic. Some scientists claim that a visit to the afterlife is the result of a dying brain playing tricks on the mind. Yet, stories from patients with near-death experiences continue to confirm the existence of the afterlife.

According to the Bible, heaven is a very real place—a place where our spirits long to return to one day. In Revelation 21:10-11 (NIV), John describes heaven: “And he carried me away in the Spirit to a mountain great and high, and showed me the Holy City, Jerusalem, coming down out of heaven from God. It shone with the glory of God, and its brilliance was like that of a very precious jewel, like a jasper, clear as crystal.”

The new film *Heaven Is For Real* answers our questions about the afterlife. In my opinion, *Heaven Is For Real* is one of the most intriguing and authentic Christian movies that I have viewed in a long

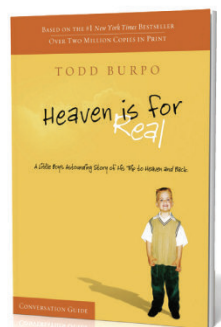


time. The gospel message is not watered down and the story is very compelling. Based on the #1 New York Times best-selling book of the same name *Heaven Is For Real* is the true story of a four-year-old son of a small town Nebraska pastor who said he experienced heaven during emergency surgery. He talked about looking down to see the doctor operating and his dad praying in the waiting room.

He talked about meeting his miscarried sister in heaven, whom no one ever had told him about, and his great-grandfather who died 30 years before he was born. The family didn't know what to believe, but soon the evidence was clear—heaven is a real place!

Produced by Joe Roth and Bishop T.D. Jakes, *Heaven is For Real* features Academy Award nominee and Emmy Award-winning actor Greg Kinnear as Todd Burpo and Kelly Reilly as Sonja Burpo portraying the real-life parents of Colton starring newcomer Connor Corum.

*Heaven Is For Real* is a must-see movie certain to change your preconceived notions about heaven. Not only is it rated PG, but it will also create dialogue with your family as they learn of four-year-old Colton's experience in heaven and the revelations he shares with his parents.



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# LOCAL LIMELIGHT

INDEPENDENT ARTIST INTERVIEW



As a radio announcer, I listen to a multitude of gospel music artists. Every now and then, I encounter an artist who has the total package—an “it” factor. Although Music City is saturated with talented artists of all genres, Keesha Rainey is among the cream of the crop when it comes to rising stars. Her latest project, *Lord You*, is a creative collection of songs that will allow you to experience worship in a new way. Let's meet Keesha Rainey.

**Q:** You've been singing since you were 6 years old, but tell us how you felt when you heard your song played on the radio for the first time?

**A:** I don't know if I can really remember the very first time I heard my song played on the radio, but what I do know is [that] every time I hear it played, even now, it is like it is the very first time. There is immediate excitement and as always, I have to listen to it being played to the very end.

**Q:** How would you describe your style of music?

**A:** Wow! Well, my producer describes my style as very out of the box. If I had to give it a name though, it would be soul music, because that's where I sing from, my soul. I don't try to be anybody else, but myself.

**Q:** As an independent artist, what is your biggest challenge?

**A:** Getting radio airplay. I believe that the industry as a whole is seeing that we as "indies," those starting from the bottom, take what we do seriously and are willing to go the extra mile. If only we could get one major platform that would be willing to reach out their hand and give us a chance.

**Q:** Do you think Nashville supports local recording artists?

**A:** When you look at other artists who are your peers and you see how the cities they live in embrace their artists, as well as gospel music, you realize that Nashville could be better, but I am truly thankful for how Nashville has embraced me as an artist.

**Q:** How important is it for you as a gospel artist to actually live what you sing about?

**A:** Not only as a gospel artist, but simply as a Christian, it is very important for me to live what I'm singing about. People are watching and people tend to model their lives after someone they admire or look up to. I am far from perfect and constantly remind myself that I am a work in progress. I strive everyday to live a life pleasing to God.

**Q:** If you could change one thing about the world, what would it be?

**A:** That the whole world would confess with their mouth and believe in their hearts that our Lord and Savior, Jesus Christ bled, died, and rose so that they would have eternal life and then be baptized. Now that would be epic!

**Q:** What is the ultimate career goal for Keesha Rainey?

**A:** [It] is that my dreams continue to become a reality! He [God] says in His word, "I know the plans I have for you". If God has it for me to sing on the biggest stages, traveling internationally, being nominated and/or receiving Grammy's, and other awards, in His name, then that is exactly where I want to be.

*Born in Music City USA, Keesha Rainey began singing at just six years old in her family church in Nashville, TN. She is currently the praise and worship leader for her local congregation and her current single, I Believe, is available now at any digital download store, including iTunes and Amazon. Her sophomore project, entitled Lord YOU, will be released on May 6, 2014. @KeeshaRainey*





# our earth

TAKE CONTROL OF HIGH ENERGY BILLS: GO GREEN!

BY Lamar Laws

It's been an unusually cold winter nationwide. Did the cost of your monthly electric and gas bills make you want to scream? Do you often feel you are at the mercy of the utility company and there is nothing you can do? Don't despair! As the summer months approach, lowering your electric bill through energy conservation will keep you in control of the cost.

Today, efforts to reduce, reuse and recycle are increasing, which means that going green and energy efficiency is becoming more and more important. Not only does efficient energy use save money, but it also protects, conserves and keeps the energy supply affordable for future generations. There are many choices we can make to increase energy efficiency in our homes. Let's review a few energy saving tips.

## Heating and Cooling

- Set thermostats at 78 degrees or higher in the summer months and 68 degrees or lower in the winter months.
- Have heating and cooling units serviced every year. Servicing typically includes a check of refrigerant levels, the compressor, hoses, ductwork and the thermostat.
- Clean or replace air filters monthly.
- Invest in a programmable thermostat.
- Use a ceiling fan to circulate air down in the summer months.

## Appliances

- Avoid overloading the dryer to reduce drying time.
- Wash full loads of clothes and use cold water when possible.
- Clean the dryer lint filter before each load.
- Operate the dishwasher when it is completely full.
- Perform the dollar bill test to check the door seals on your refrigerator. Close your refrigerator door on a dollar bill, and then try to pull it out. If the dollar comes out easily, you may need new seals or a new refrigerator.

## Around the House

- Prevent air leaks by weather-stripping doors and caulking windows.
- If your water heater is located in an unheated space, wrap an insulated blanket around it to prevent heat loss (electric water heaters only).
- Use less hot water by installing low-flow showerheads.
- Close the fireplace damper when it is not in use.
- Repair leaky faucets. A leaky faucet can waste up to 48 gallons of water in one week.
- To keep water pipes from freezing in the winter, insulate water pipes or keep cabinet doors open.
- Maintain sufficient attic insulation.

## Lighting

- Use energy-efficient compact fluorescent bulbs. They only use one-quarter the energy of incandescent bulbs and last 10 times longer. NOTE: incandescent bulbs are no longer manufactured in the USA.
- Turn off lights in unoccupied rooms.
- Keep light fixtures and light bulbs clean. Dust absorbs 50 percent of light.

Home improvement stores offer do-it-yourself workshops to help with your energy needs. Also, contact your local utility companies to find out if they offer energy saving tips and do-it-yourself energy audits. Some utility companies offer free energy saving kits.

Following these energy saving tips can make a tremendous impact on reducing your electric bill. Let's GO GREEN!





# our HISTORY

Before GPS and Google Maps, American families planned their travel routes with a foldable map of the United States. Maps could be purchased at local gas stations or grocery stores. However, from the early to mid-1900s, cross-country travel posed a threat of danger for African-American families visiting loved ones in the segregated South.

As the cost of vehicles became affordable, African-American families hit the highways. As a result, states enacted more Jim Crow laws, which made travel difficult for African-Americans. Families took precaution as they strategically planned their travel routes to account for the absence of hotel and restaurant accommodations. Despite the odds, African-Americans continued to take the risk as they pursued travel to destinations across the United States.

Soon, African-American business owners began forming a network, a first generation AAA, of restaurants, rooming houses, gas stations and tourist attractions. Victor H. Greene, a postal worker and travel agent in Harlem, New York, captured the upsurge by creating and printing a travel guide specifically for African-Americans entitled *The Negro Motorist Green Book*.



## The Negro Motorist Green Book:

THE HISTORY OF HIGHWAY TRAVEL IN AMERICA  
BY LATRESA WITHERSPOON

Printed from 1949 until 1966, the *Green Book* listed sights and accommodations across America as well as Canada, Mexico and parts of the Caribbean. For example, families could stay at the Duck Inn in Pine Bluff, Arkansas, eat at the Dreamland Restaurant in Savannah, Georgia or visit Riverside Park in Chicago, Illinois. The publication sold 15,000 copies annually until its final printing.

While the need for the book diminished after the Civil Rights Act of 1967, its legacy remains. In 2011, playwright Calvin Alexander Ramsey wrote a play called *The Green Book* about a family who planned to stay at a hotel, but when they arrived, the hotel had a "No Negroes Allowed" sign posted in the lobby. He also wrote a children's book entitled *Ruth and the Green Book* about a family who uses the *Green Book* to navigate their trip to the South.

The *Green Book* was a publication with a purpose. Victor Green gave African-American families a key to the open road, freeing them to travel across the country with dignity.

The Negro Motorist Green Book (2013, December 20). Wikipedia. Retrieved February 2014, from [http://www.en.wikipedia.org/wiki/The\\_Negro\\_Motorist\\_Green\\_Book](http://www.en.wikipedia.org/wiki/The_Negro_Motorist_Green_Book).



# mtzion

## calendar

### may

- May 3  
The Call: Corporate Prayer & Intercession
- May 4  
Graduate Recognition Sunday
- May 12  
Men's Prayer Service

### june

- June 2 – 4  
Take Me Back Revival
- June 6 – 7  
Relay for Life and ChurchFIT

### july

- July 9 – 12  
Full Gospel Baptist Church Fellowship  
International Conference  
Atlanta, GA
- July 28  
Bishop's Birthday

### august

- August 9  
Under the Big Tent Community Outreach
- August 22  
A Night of Prayer and Prophecy
- August 24  
Super Sunday with Bishop Paul S. Morton, Sr.

For a complete list of upcoming events, visit [www.mtzionnashville.org](http://www.mtzionnashville.org).





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