

Founded in 1890



Volume 67 Issue 4

APRIL 2024

A Monthly Publication of Mount Zion Baptist Church



*Be joyful in hope,
patient in affliction,
faithful in prayer.*

ROMANS 12:12, NIV

OUR VISION

Mount Zion is called to be a Christ-Centered Church that addresses the needs of the total person through:

- Liberating worship
- Life-transforming Christian Education
- Progressive and timely ministries
- Effective social activism

OUR MISSION

Mount Zion Baptist Church exists to:

- Proclaim the Gospel of Jesus Christ
- Develop mature Christian disciples
- Empower the hurting for victorious living
- Seek God's justice in the world

Scripture References:

Mark 16:15 and Matthew 28:19-20, 25:34-40

One God... One People... One Purpose

MOUNT ZION BAPTIST CHURCH

Reverend Dr. Paris Lee Smith, Sr., Senior Pastor

1634 Rev. Dr. S. McKinney Avenue ~ Seattle, Washington 98122

Office: Tuesday through Friday ~ 10:00 a.m. to 3:00 p.m.

206-322-6500

info@mountzionseattle.org ~ <https://www.mountzion.net>

<https://mtzbcseattle.sharepoint.com/ZIONEWS>

~ ~ ~ ~ ~

Staff

Deacon Darlene Hobbs, Office Administrator

Catherine Acox and Emma Cotton, Volunteers

Yvonne Ervin Carr, Publications

Iray Frederick, Phillip Miller and Rickie Morris, Security

Fred Byrdwell and Wadie Ervin, Musicians

Phyllis M. Byrdwell, Minister of Music

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Reverend Dr. Patricia L. Hunter

Minister Nathaniel R. Miles

Reverend Dr. Phyllis R. Beaumonte

Minister Edward L. Jackson

Reverend Dr. Julie Vaughn

Reverend Shirley E. Lytle

THE GREAT COMMISSION



“All authority has been given to Me in heaven and on earth. Go, therefore, and make disciples of all the nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.”

Matthew 28: 18-20

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## PUBLICATIONS

**THE MESSENGER**, our Church bulletin, is published every Sunday. Written announcements should be sent to Publications. Send announcements to be read during the service to [announcements@mountzionseattle.org](mailto:announcements@mountzionseattle.org). **All announcements are due by 3:00 p.m. on Wednesday.**

**THE ZIONEWS** is distributed on the first Sunday of each month; it is also available on the website: [www.mountzion.net](http://www.mountzion.net). The deadline for submitting articles is the **15<sup>TH</sup> OF EACH MONTH.**

You may send articles and announcements via e-mail to [ycarr@mountzionseattle.org](mailto:ycarr@mountzionseattle.org). Mount Zion information receives priority and all other announcements and articles will be considered based on space availability and content.

**The Zionews Coordinating Committee** was organized in 1956 by Deacon Tom Brown under the pastorate of Reverend Gil B. Lloyd. Charter members included Edith Smith, Bessie Lyles, and Alva Smith. F. J. Johnson, Jr. was the editor of the first edition published in 1957.

That same year, the Committee expanded to include Yvonne Beatty, Zelda Brown, Clara Coleman, Nora Hatter, Helen Hornbuckle, Willie Horton, Katherine Houston, Linzy Macklin, Marguerite Robinett, S.C. Valley and Barbara Washington.

The mimeographed, hand-stapled Zionews was distributed every Sunday after church services.

# IN OUR THOUGHTS AND PRAYERS



Ms. Catherine Acox  
Ms. Sadikifu Akina-James  
Mrs. Mildred Albert  
Ms. Kandace Alston  
Mr. Arcelious Bailey  
Mr. James Baldwin  
Ms. Carol Bell  
Mr. Chris H. Bennett  
Mrs. Dolores Booker  
Mrs. Shirley Britt  
Mrs. Susie P. Brooks  
Deacon Mozell Brown  
Mrs. Patricia Bruce-Sullivan  
Mrs. Patricia Butler  
Mr. Clarence and Mrs. Frances Cal  
Mr. Dennis W. Carlisle  
Ms. Shantil Carlisle  
Former US President Jimmy Carter  
Mrs. Vannetta Cash  
Ms. Cheryl Coleman  
Mr. Robert and Mrs. Joyce Coleman  
Ms. E. Carolynn Daye  
Mrs. Jocelyn Edwards  
Ms. Lori A. Emerson  
Deacon John H. Ervin, Jr.  
Ms. Robin Finley  
Ezra Frazier

Mr. Iray Frederick  
Mrs. Raven Franklin  
Mrs. Wanda Gaston  
Mrs. Julia Hailey  
Rev. Dr. LaVerne C. Hall  
Mr. Robert and Mrs. Marilyn Hanseling  
Ms. Carmen Harris  
Ms. Jeri Harris  
Mr. Richard Harris  
Ms. Irma Jean Hill  
Ms. Marthyann Horn  
Mrs. Olive J. Hunter  
Mr. David Irwin  
Min. Edward L. Jackson  
Ms. Regina Jackson  
Mrs. Rita Jenkins  
Ms. Chavela Johnson  
Mr. Tommie Johnson  
Deacons Wallace and Anne Johnson  
Mrs. Dorothy Jones  
Ms. Regina Jones  
Mr. Derrick and Mrs. Karen Jones  
Mrs. Willie Mae Jones  
Mr. Raphael Madison  
Dr. Lora-Ellen McKinney  
Mr. Phillip Miller  
Ms. Lynnet Mitchell

Deacon Robert Nelson  
Mr. Tom Nesby  
Ms. Grace Oatis  
Deacon Moszell Pennington  
Mr. Reginal Pennington  
Mrs. Evelyn Peterson  
Ms. Evelyn Reingold  
Mr. Stephen Riggins  
Mrs. Anna B. Rivers  
Deacon Barbara L. Rogers  
Mrs. Gloria Ross  
Mrs. Andrea Rye  
Ms. Regina Shelby  
Mr. Henry Stenson  
Mr. Isaac Stewart  
Mr. Kermit Sullivan  
Mrs. Juanita Thomas  
Deacon Michael Twigg  
Ms. Linda Upshaw  
Miss Averionna Wade  
Mr. Richard Weeks  
Mr. Alvin Whittaker  
Bishop Ben E. Williams  
Ms. Gracie Williams  
Mr. Herman and Mrs. Sharon Williams  
Dr. R. Y. Woodhouse  
Ms. Sylvia Young

*Praying for Healing and Recovery*

## In Loving Memory

of

*Mr. Joseph Nathaniel Small, II*

June 6, 1949 - February 3, 2024

*Mr. Morris Edwin Horton*

June 19, 1963 - March 24, 2024





# APRIL BIRTHDAYS



## April 1

Theautrey M. Brown

## April 2

Sophia Miles

Herman L. Williams

## April 3

Melvin R. Harris

Charles S. Hopper

Ariana C. Smith

## April 6

Regina L. Brown

## April 7

Debra L. Coleman

Latoya Michel

## April 8

Sadikifu Z. Akina-James

Sandra Hailey

## April 9

John A. Capps

Doris J. Smith

## April 11

Elnora Green

André Wooten

## April 12

Ossie L. Brown

## April 13

Jasmine L. Mwender

## April 14

Betty L. Dobbins

Toron C. Smith

## April 18

Mattie T. Bailey

LaDrina Y. Davis-Sullivan

## April 20

Juanita Riddick

## April 22

Philip Branham

Lee A. Gaylor

## April 24

Glenn E. Pennington

## April 25

Ivory J. Harris

Ruth Nelson

## April 28

Berhanu K. Wells

## April 29

C. Barry B. Howard

## April 30

John H. Ervin

Kathleen M. Wilcox



## WEDDING ANNIVERSARY

*Deacons Melvin and Lois Harris will celebrate their 58th Wedding Anniversary on April 30th.*

*They have been faithful members of Mount Zion for over sixty years!*

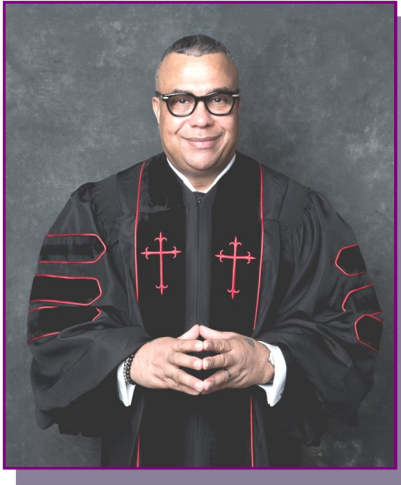
~ ~ ~ ~

**Congratulations!**



# PASTOR'S

# AGE



## *Greetings, Family, Friends, and Community at Large.*

The Lord is kind to us and worthy of praise for all His goodness towards us!

April begins Spring!

April is a time of planting good seeds into good grounds with the expectation of a Fall Harvest! Faith is a seed God has given us to live an abundant life while here on earth. It is impossible to please God without faith; therefore, we walk by faith and not by sight. Faith will carry us when life lets us down. Faith will see us through our dark days and uncertain nights. Faith will hold us. When our fears overwhelm us, faith will guide us to safety. Faith is our anchor when the storms of life toss us to and

fro. God be blessed for the faith the Lord has deposited in our lives!

Our challenge this month is to allow our scattering of faith seeds into the lives of everyone we touch and are associated with. Your testimony is a powerful asset. When we share what God has done in our lives, that's planting the seed of faith into another person's life, which will ignite their hope again. Sow the seed of faith this month!!

## **AND NOW IT'S SPRING**

BY LHTHEAKER

The grass is green across the hill,  
But yellow blooms the daffodil.  
It's sunshine on a little stalk,  
A friendly flower, I bet they talk...

Of little kids, too long inside  
They burst outdoors to play and hide.  
Tracking mud and bringing bugs.  
Look, there's footprints on the rug!

Tiny whirlwinds, these little tykes,  
They skin their knees while riding bikes.  
They rip and roar, they're running wild!  
What fun it is to be a child.

It grows warmer every day.  
Shoo the children out to play!  
Pick the flowers, play in mud.  
Too much rain, here comes a flood!

My snowy, winter days are gone.  
I mourn them, but I hear a song  
Of birds in trees; wind chimes ring.  
I guess it might as well be spring!

## *Pastor P*

*Your Brother in Christ and Creation,*  
**Rev. Dr. Paris L. Smith, Sr.**  
**Senior Pastor**

# PRAY With Us

*Seven Minutes of Prayer*

Wednesday 7:00 A.M.

Mount Zion Mobile PrayerLine

CALL 425.436.6306 ~ CODE 147230#

NOW



THE MOUNT ZION BAPTIST CHURCH | SEATTLE, WA

## 7 MINUTES OF PRAYER EVERY WEDNESDAY

1634 REV. DR. S. MCKINNEY AVENUE SEATTLE, WA 98122

- MZBCSEATTLE
- MZBCSEATTLE
- MY.MOUNTZION.NET
- MOUNTZION BAPTISTCHURCH9445

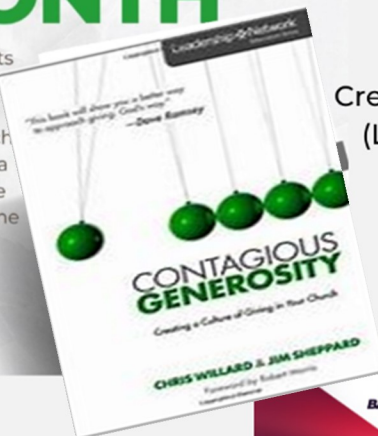
7AM<sup>PST</sup>-7:07AM<sup>PST</sup>

PASSWORD: 147230#

WE SERVE ONE GOD! WE ARE ONE PEOPLE! WE HAVE ONE PURPOSE!

## APRIL BOOK OF THE MONTH

Contagious Generosity highlights the best practices gleaned from real-life church leadership situations and shows how church leaders can effectively cultivate a culture of generous giving in the local church. It explains why some churches are experiencing unexplainable ministry growth and unprecedented church funding ... even in the midst of tough economic times.



### *Contagious Generosity*

Creating a Culture of Giving in Your Church  
(Leadership Innovation Network Series)

By Chris Willard and Jim Sheppard

Forward by Robert Morris

### *Noon Prayer and Bible Study*

Wednesday 12:00 P.M.

Bible Study Focus

The Book of Hebrews

AVAILABLE ON MULTIPLE PLATFORMS



MOUNT ZION BAPTIST CHURCH SEATTLE, WA

## 30 MINUTE VIRTUAL NOON PRAYER & BIBLE STUDY

WITH SENIOR PASTOR REV. DR. PARIS L. SMITH, SR.

### WEDNESDAYS AT 12PM PST

STARTING APRIL 3RD, 2024

AVAILABLE ON MULTIPLE PLATFORMS

MY.MOUNTZION.NET MOUNTZION BAPTISTCHURCH9445 MZBCSEATTLE

# APRIL SUNDAY SCHOOL LESSONS



## PRECEPTS FOR LIVING:

### *THE ENTIRE BIBLE IN ONE YEAR*

The *Precepts for Living®: The Entire Bible in One Year* commentary will enhance personal study with powerful, life-transforming insights, an amazing depth of study, and instructional resources. It will also help you achieve your goal of reading the entire Bible in in one year.

*Precepts for Living®: The Entire Bible in One Year* provides content on all 66 books of the Bible, parallel KJV and NLT translations, in-depth historical, biographical, and geographic insights, discussion and Bible application, and Greek and Hebrew word studies.

**APRIL 7, 2024: Matthew**

***Emanuel Is Born ~ Matthew 1:18-25***

The angel told Joseph about Mary's pregnancy. The Old Testament prophets had already foretold the virgin birth of Emmanuel, which means "God is with us." Joseph was obedient to God and did not put Mary away privately.

**APRIL 14, 2024 : Mark**

***Hosanna! ~ Mark 11:1-11***

Jesus' entry into Jerusalem for the Passover celebration marked the beginning of His final days. He fulfills the prophecies of the coming Messiah.

**APRIL 21, 2024 : Luke**

***The Lord's Supper ~ Luke 22:7-23***

The Scripture passage focuses on the institution of the Lord's Supper. Jesus sent Peter and John out to find a room which had already been prepared for them. It was here that Jesus had His last supper with His apostles.

**APRIL 28, 2024: John**

***The Living Word - John 20:1-10, 19-20***

The disciples were afraid and locked themselves in a room. They had not expected the resurrection. When Jesus appeared to them, they greatly rejoiced.



Dr. Georgia S. McDade  
Sunday School Superintendent

Sister Gracie Williams, Assistant  
Sunday School Superintendent

*Faith is taking the first step even when you don't see the whole staircase. ~ M.L.K., Jr.*



# SPIRITUAL GROWTH OPPORTUNITIES

## VIRTUAL PRAYER AND BIBLE STUDY

Noon on Wednesday, April 3rd, 10th, 17th and 24th  
~~~~

CHILDREN'S IN-PERSON SUNDAY SCHOOL CLASS

9:00 a.m. ~ Room 205

Carol Bell, Belinda Butler-Bell and Daphne Piggee, Instructors

CHILDREN'S CHURCH

10:00 a.m. ~ 1st, 2nd and 4th Sunday in Room 205

Deborah Hilsman and Gwen Howard, Instructors

CHILDREN'S SUNDAY SCHOOL CLASS

Grades 3 - 5. ~ 9:00 a.m., Room 212B

Contact Dr. Karen Jackson, Instructor - karjackson9@gmail.com (206.605.1288)

YOUTH SUNDAY SCHOOL CLASS ~ YOUTH LOUNGE

9:00 a.m. ~ Debra Coleman, Instructor
~~~~

## ADULT SUNDAY SCHOOL CLASS #2 IN-PERSON AND VIA ZOOM

9:00 a.m. ~ Room 206

<https://us02web.zoom.us/j/86540264986?pwd=SXhzZDBBRkdzWEJzWTZ0bldlczFtUT09>

Meeting ID: 865 4026 4986 Password: 311725#

One tap mobile: +12532158782...86540264986#...0#...311725# US (Tacoma)

Contact Dr. Georgia McDade, SS Superintendent or Gracie Williams, Assistant Superintendent

## ADULT SUNDAY SCHOOL CLASS #3 IN-PERSON

Room 206 at 9:00 a.m.

Min. Edward Jackson, Instructor

## ADULT SUNDAY SCHOOL CLASS #4 FACEBOOK

Mount Zion Baptist Church Adult Sunday School 9:30am | Facebook

[www.facebook.com/MountZionAdultSundaySchoolRoom](http://www.facebook.com/MountZionAdultSundaySchoolRoom)

Dr. Virgie Harris-Haley, Instructor  
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UNITY SUNDAY ~ APRIL 21ST

Third Sundays at 5:00 p.m. Deaconess Doris Smith, Coordinator

Use your cell phone to call 425.436.6306. The access code is 147230#
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**MONDAY THROUGH SATURDAY at 7:00 a.m. &**

**MONDAY AND FRIDAY at 7:30 p.m.**

## **PRAYERLINE TELECONFERENCE SERVICE**

Use your cell phone to call 425.436.6306. The access code is 147230#

Sister Elma Horton, Coordinator 206.325.6941



# APRIL CHURCH CALENDAR

## WEEKLY IN-PERSON

| April 2024 |    |    |    |    |    |    |
|------------|----|----|----|----|----|----|
| S          | M  | T  | W  | T  | F  | S  |
|            | 1  | 2  | 3  | 4  | 5  | 6  |
| 7          | 8  | 9  | 10 | 11 | 12 | 13 |
| 14         | 15 | 16 | 17 | 18 | 19 | 20 |
| 21         | 22 | 23 | 24 | 25 | 26 | 27 |
| 28         | 29 | 30 |    |    |    |    |

SUNDAY - SUNDAY SCHOOL: 9:00 A.M. #114, 205, 206 & 208

SUNDAY - WORSHIP SERVICE: 10:00 A.M. SANCTUARY

SUNDAY - CHILDREN'S CHURCH: 10:00 A.M. #205

SATURDAY - TEAM ISSACHAR: 10:00 A.M. #117

CHURCH CLOSED ON MONDAYS

## IN-PERSON MEETINGS AND EVENTS

APRIL 6TH ~ SERVICE FOR MR. MORRIS HORTON - NOON, SANCTUARY/F.H.

APRIL 7TH ~ ABIGAIL CIRCLE - NOON, #208

APRIL 7TH ~ GREETING MINISTRY - NOON, #212B

APRIL 9TH ~ MISSIONS AND EVANGELISM - 11:00 A.M., #206

APRIL 14TH ~ EUNICE CIRCLE - NOON, #208

APRIL 14TH ~ PRISCILLA CIRCLE - NOON, #212B

APRIL 21ST ~ NCNW SEATTLE SECTION - 2:00 P.M., PARLOR

APRIL 28TH ~ HEALTH MINISTRY SUNDAY - 10:00 A.M.

**Gov. INSLEE DECLARED APRIL AS BLACK WELLNESS MONTH IN WASHINGTON STATE**

## MOBILE

### PRAYERLINE

CALL 425.436.6306 CODE 147230#

MONDAY THROUGH SATURDAY AT 7:00 A.M.

MONDAY AND FRIDAY AT 7:30 P.M.

REV. DR. PARIS SMITH, SR.

WEDNESDAYS AT 7:00 A.M.

APRIL 17TH ~ UNITY SUNDAY SERVICE: 5:00 P.M.

## 30-MINUTE VIRTUAL PRAYER AND BIBLE STUDY ON THE BOOK OF HEBREWS

WEDNESDAYS AT NOON

APRIL 3RD, 10TH, 17TH AND 24TH

## CANDIDATES ELECTED BY CHURCH VOTE ON APRIL 23, 2024

### Annual Church Officer Positions:

|                                    |            |                        |
|------------------------------------|------------|------------------------|
| Asst. Church Clerk                 | 1 position | *Vacant                |
| At-Large Advisory Council (Youth)  | 1 position | Jordan Bennett         |
| At-Large Advisory Council (Adult)  | 1 position | Brenda Charles-Edwards |
| Church Council of Greater Seattle  | 1 position | Winona Hollins-Hauge   |
| Church School Superintendent       | 1 position | Daphne Piggee          |
| Asst. Church School Superintendent | 1 position | Gracie Williams        |
| Church Treasurer                   | 1 position | Tanya Jimale           |

### Church Ministry Positions:

|                                                                                                                                |             |                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------|-------------|------------------------------------------------------------------------------------------------|
| *Building Ministry                                                                                                             | 3 positions | Vacant                                                                                         |
| *Christian Education Board<br>Children<br>Adults<br>• Leadership Development<br>• Athletics/Recreation<br>Audio Visual/Library | 5 positions | Deborah Hilsman<br>*Vacant<br>*Vacant<br>Kenneth Archie<br>Patience Mizero                     |
| *Finance Board                                                                                                                 | 2 positions | Emma Cotton                                                                                    |
| Missions and Evangelism Ministry                                                                                               | 2 positions | Vacant                                                                                         |
| *Trustee Board                                                                                                                 | 5 positions | Mary Hopkins<br>DeWitt Alvin Harris<br>Carol Versey<br>Collette Robinson<br>Catherine Marshall |

*\*Positions with multiple write-ins each having 1 vote. These write-in candidates will be contacted by the Nominating Committee to ask if they wish to run for the position in the October 2024 election.*

### Nominating Committee

**Jeremiah Hobbs, Deacon Joel Hobbs, Elma Horton, Min. Nate Miles, Rev. Shirley Lytle, Patience Mizero, Anna Rivers and Rev. Dr. Julie Vaughn**

**Deacon Leslyn Petitt-Jones, Chairperson**

# CHURCH ANNOUNCEMENTS



**SPirit, MIND & BODY**

## SUNDAY, APRIL 29TH IS HEALTH MINISTRY ANNUAL DAY

I lift my eyes to the hills—where does my help come from?  
My help comes from the Lord, the Maker of heaven and earth.  
Psalm 121:1–2

2024 marks the **48th Anniversary of the Mount Zion Health Ministry.**

The Health Ministry, originally called the Health Unit, and later the Health, Guidance and Wellness Ministry, was founded in 1976 by RN Gertrude Robinson Dawson. Mrs. Dawson, one of the founders of the Seattle Mary Mahoney Nurse, was the first African American nurse hired by Group Health in 1956. She recognized the need to provide medical assistance to members during worship services and church sponsored events.



**Winona Hollins-Hague and Dr. Sheri Buckley** will share ministry highlights on April 28th.

## SAMIRA SHIRAZY RECEIVES NCNW RON JOHNSON COMMUNITY SERVICE AWARD

Congratulations to **Samira Shirazy**, a junior at the University of Washington majoring in engineering.



She received the National Council of Negro Women, Inc. Seattle Section's Ron Johnson Community Service Award for her exemplary volunteerism on the UW campus as well as in her community. Mount Zion has first hand knowledge of her outstanding work with the AB Girls and Youth Ministry! She was presented with a \$500 stipend from Mr. Johnson, another exceptional community and church volunteer.

Photo by Twana Manning

Congratulations to **Deacon Darlene Hobbs** who continues to excel academically! This past quarter she earned a 3.7 g.p.a. She received 929 points out of 1000 in her Planning and Policy Analysis class at City University.

## With Sympathy

Our condolences, prayers, love and support are extended to the family and friends of

**Mr. Morris E. Horton**, son of Elma Horton and brother of Bernita Johnson and Carolyn Johnson Davis;

**Mrs. Rose Pinkney**, wife of Rev. Archie Pinkney; a Memorial will be held after her service in Texas.

**Mrs. Phoebe Small**, mother of Erin and Nate Small and sister of Jeri Harris and Debra (Philip) Harris-Branham; arrangements pending. Services for her husband of 58 years, Mr. Joseph Nate Small, II, were held last month.

**Mr. Louis Gossett, Jr.**

**Mr. David Duncan**



# CHURCH ANNOUNCEMENTS

## SEVEN WAYS TO GIVE CHEERFULLY AND GENEROUSLY

To help maintain our daily operations, the Trustees encourage you to

- (1) **MAIL** your tithes, offering and donations to the church. Please include your membership number on your giving envelope and **send check/money order payable to Mount Zion.**
- (2) Use your cell phone to **TEXT MZBC** and **enter 73256.**
- (3) **GIVE DURING THE SUNDAY WORSHIP SERVICE.**
- (4) **DROP BY** on Tuesdays, Wednesdays or Fridays, Noon until 2:00 p.m.
- (5) **ONLINE** at [www.mountzion.net](http://www.mountzion.net). Click **GIVE** and follow the instructions.
- (6) **QR CODE**
- (7) **GIVELIFY:** online and mobile app



\*The Trustee Ministry Board will review voucher invoice requests on the 1<sup>st</sup> and 15<sup>th</sup> of each month.  
\*If you need giving envelopes, please contact the Church office at 206.322.6500

*Min. Nate Miles, Trustee Chairperson*

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## CHARITY MINISTRY

Please remember the many who are experiencing financial difficulties. Write CHARITY next to the "Other" line of your giving envelope so we may assist the growing number of families in need. Your generous donation will be greatly appreciated.

*Deacon Ricky Cotton, Charity Ministry Charity*

Circle members may pay their \$105 quota and \$82 pledge as well. If you are interested in serving on a committees for the Women's 82nd Anniversary events, please sign-up after Church in the foyer.

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## ANNOUNCEMENTS

Church announcements are due on Wednesday by 3:00 p.m. If you wish to have an announcement read during the service, please email it to [announcements@mountzionseattle.org](mailto:announcements@mountzionseattle.org).

Written articles for the Messenger should be submitted to Publications: [ycarr@mountzionseattle.org](mailto:ycarr@mountzionseattle.org)/. The deadline for Zionews articles is the 15th of each month.

<https://mountzion.net>



*worship  
WITH US*

**livestream**

Sundays at  
10:00 a.m.

# RESURRECTION SUNDAY HIGHLIGHTS

*LET MOUNT ZION REJOICE!*

**Brother Fred Marcus Montenegro** was baptized by Rev. Dr. Smith with assistance from Deacon Ricky Cotton. He, along with **Sister LaFana Dione Ruffin**, received the Right Hand of Fellowship. They both completed all required classes and were presented with a Mount Zion Certificate of Membership. *We WELCOME them to our Church Family and look forward to their active participation!*



## The Empty Tomb



All-Star Cast: Averionna Wade, Jeremiah Buckley, Josaphina Buckley, Sumaiya Shirazy, Jamal Shirazy, Dr, Sheri Buckley and Chevala Johnson.

Day of Caring thanks ALL who assisted with the Easter Egg Hunt.

Gayle Carlisle helps distribute Easter baskets.



Photos by Phillip Miller

## RESURRECTION SUNDAY HIGHLIGHTS

**REV. SHIRLEY E. LYTLE  
RECEIVED LICENSE FOR  
BAPTIST MINISTRY FROM  
REV. DR. PARIS SMITH, SR.**



**Reverend Shirley Lytle** is an author, licensed counselor, relationship expert and an ordained minister. Her expertise spans over 38 years in ministry and psychotherapy. She is a third generation pastor.

Rev. Shirley has an undergraduate degree in Business Management. She also graduated with a Master of Divinity with a concentration in counseling and family from Phoenix Seminary. She completed a post-master's certification in Clinical Pastoral Counseling through Seattle University. She is a certified relationship therapist through Gottman Institute and a sex addiction and partner trauma therapist (CSAT, CPTT) through the International Institute for Trauma & Addiction Professionals. Shirley is an IITAP adjunct instructor.

She is a licensed mental health counselor and supervisor within the state of Washington and Arizona. Her private practice, Living with Purpose Counseling, Inc. in Bellevue, WA focusing on anxiety, depression, trauma and couples counseling. Prior to transitioning to the counseling field, Shirley spent 18 years in senior management in the accounting field.

Shirley balances her time with attention to her counseling practice and advocating for mental health across diverse areas. She develops and facilitates relationship and communication workshops for churches and corporations both nationally and internationally. You can find some of her relationship training material on her company's website [LWPC-WA.COM](http://LWPC-WA.COM).

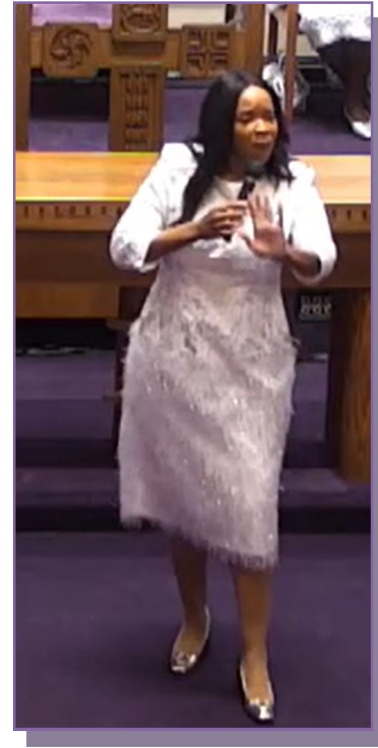
"Rev. Shirley," as she is affectionately referred to, is best known for her practical and no-nonsense approach in addressing real world issues that individuals face with truth and compassion. She and her husband, Darryl have been happily married for 42+ years.

## WOMEN'S MINISTRY 82ND ANNIVERSARY

Dear Congregation:

We thank God for a Christ centered 82nd Women's Ministry Anniversary Celebration! We, indeed, were the recipients of our theme: The Goodness of God!

Gratitude is extended to the Sarah JE Dean and Dr. Virgie Harris-Haley, Co-chairs of the Celebration. Event Committee Chairs were Carolyn Johnson-Davis, Prayer Breakfast; Dr. Georgia McDade, Market Place and Arts Fair; Rebecca Anderson and Phyllis Byrdwell (who provided inspirational music), Intergenerational Prayer Service.



Luncheon Co-chairs were Deacon Juanita Riddick and her daughter Chelsea Riddick, who were supported by Committee members Collette Robinson, Colleen Walls, and Ckathy Marshall as well as members of the Brotherhood Ministry, Philip Miller, and Catherine Acox. Our dynamic luncheon speaker was Minister Janice Lee, Executive Director of the Tacoma Urban League, who brought inspiration and joy to all who attended.

The culmination of our 82nd Anniversary Celebration was the Sunday Worship Service, where the God-sent Rev. Dr. Jacqueline A. Thompson, Senior Pastor of Allen Temple Baptist Church in Oakland, California, preached the Word with power from on high.

Following the Service a beautiful reception, co-chaired by Twana Manning and Deacon Darlene Hobbs, was held. The delicious food and punch were served by Deborah Hilsman, Catherine Marshall and the AB Girls.

We are also appreciative of Yvonne Ervin Carr for printing all of our programs and Rhonda Staton for providing articles for publication in the Facts and Medium Newspapers. Mary Hopkins, Courtesy Committee Chair, coordinated hospitality and transportation for our guest speaker. Last, but not least, thank you Mattie Taplin and Tanya Jimale, the Women's Ministry's Financial Officers, for being steadfast in your responsibilities.



Women's Ministry photos by Anthony Hopkins, Phillip Miller and Patience Mizero



## 82ND ANNIVERSARY PICTORAL HIGHLIGHTS



On behalf of the Women's Ministry, I am pleased to announce that the women have purchased beautiful new tablecloths, napkins, and chair covers for Women's Ministry events, thanks to Colette Robinson. We are open to sharing those items when appropriate. However, the lending policy, to be approved by the Executive Board, is in the process of being formulated. Please contact Ckathy Marshall and Collette Robinson for additional information.

During the month of APRIL (Women's International History Month), the Women's Ministry hosted three scriptural Bible lessons taught by Rev. Dr. Julie Vaughn, Dr. Georgia S. McDade, and Rev. Dr. Phyllis R. Beaumonte. This year was an inaugural event and will continue annually.

Congratulations are in order for Rev. Shirley E. Lytle, who received her Baptist License to preach from Mount Zion Baptist Church during Easter Sunday Service. God bless you Rev. Lytle.

## WOMEN'S MINISTRY 82ND ANNIVERSARY



All women who are members of this church are automatically members of the Women's Ministry and are encouraged to get involved. How do you get involved? By joining one of our eight Circles.

Overall, our mission is to become more like Christ through personal development, missions, and reaching out to the community. Let us spread the Good News of the Gospel of Jesus Christ in word and deed.

*Peace and faith,*

*Rev. Dr. Phyllis R. Beaumonte, Women's Ministry President*



# SENIORS MATTER!



## Do You Routinely Crank Up The Heat In Your Home?

Maybe you're the one always reaching for a sweater when others around you are roasting? There's no denying that people run at different temperatures. But if you find that you are constantly chilly, even in warmer environments, a medical condition may be to blame.

**HERE ARE FOUR REASONS WHY YOU MIGHT BE ALWAYS COLD.**

### 1. Anemia

According to the Centers for Disease Control and Prevention (CDC), almost 3 million people in the United States have anemia, a condition that occurs when you don't have enough healthy red blood cells to deliver oxygen to the body's tissues. As a result, it's common to feel cold (especially in the hands and feet), tired and weak. Other warning signs of anemia include shortness of breath, pale or yellowish skin, an irregular heartbeat and headaches.

### 2. Type 2 Diabetes

Diabetes, a chronic disease that affects how your body can turn food into energy, may cause you to feel cold, since it can affect blood flow and circulation. Diabetes can also lead to a condition known as peripheral neuropathy, which can cause a tingling feeling in your hands and feet.

### 3. Chronic Kidney Disease

Chronic kidney disease (CKD), which can be a complication of diabetes, occurs when the kidneys are damaged and cannot filter blood as well as they should. Feeling cold is an early sign of the condition, which affects some 37 million U.S. adults. The symptom is a result of your kidneys failing to produce a hormone called erythropoietin, which regulates the production of red blood cells, leading to anemia.

### 4. Hypothyroidism (underactive thyroid)

The main role of your thyroid — a small, butterfly-shaped gland at the base of your neck — is to control the speed of your metabolism, the process of how your body transforms the food you eat into energy your body needs to function.

Hypothyroidism occurs when your thyroid doesn't produce and release enough hormones, causing aspects of your metabolism to slow down.

For more information about issues that affect seniors, their families, and the community, listen to Seniors Matter! hosted by Mrs. Brenda Charles-Edwards, every Friday live at 12:30 pm PST on [www.rainieravenueradio.world](http://www.rainieravenueradio.world); [www.facebook.com/rainieravenueradio.world/videos](https://www.facebook.com/rainieravenueradio.world/videos); YouTube, Rainier Avenue Radio app.

*Mrs. Charles-Edwards is a Certified AARP Fraud Specialist, End of Life Planning Facilitator and Mobile Notary Signing Specialist.*

**[brenda@blackorchidenterprises.com](mailto:brenda@blackorchidenterprises.com) ~ 206.683.2636**

## YOUTH FIELD TRIP TO THE NORTHWEST AFRICAN AMERICAN MUSEUM (NAAM) ON MARCH 23, 2024 LED BY SISTER CATHERINE ACOX



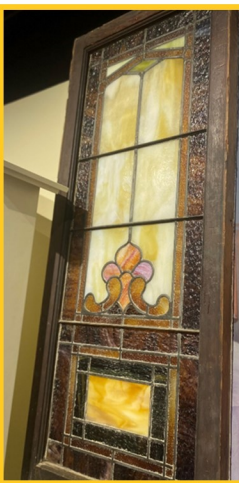
“The trip to the museum was a humbling experience.” The students felt the weight of the collective experience of our ancestors -- their trials and tribulations, and their sadness and joy. It underscores why every child no matter the color should visit an African American museum to learn about black history as it is the birth of American history. NAAM is among the cultural organizations in the city of Seattle. It was established in 2008 and was previously known as Colman School.

Our Youth were provided with a guided and narrated tour led by Mr. Jason Turner, NAAM Education Coordinator, who provided them with a deep meaningful experience that was unforgettable. He also involved all of our youth by asking them questions to provide them with an interactive memorable and most importantly educational experience. All of the youth were very attentive and fully engaged during the entire 2-hour tour. There was a large group of over 11 youth and 10 adults that included youth from Team Issachar, AB girls and other children in the community that are affiliated with Mount Zion Baptist Church.



The tour was rewarding and larger exploration on the question of how to make our public history institutions more accessible and racially equitable. Our students learned an important lesson on how museums especially African-American history museums do not appear magically, but are the product of years of struggle by public historians, activists, community members, elected officials, and scholars.

Our Youth had a great time. There was also a door and stained window that was removed from our very own Mount Zion Baptist Church on display from 1920 which shows the history of Mount Zion as well.



This was a very positive experience and allowed them to explore some exhibits in depth. What a rewarding experience for our youth!!

Photos by Twana Manning





## EASTER EGG HUNT

The Day of Caring teamed up with the Youth Ministry, Arts Ministry Children's Sunday School classes, Eunice Circle and other volunteers to sponsor an Easter Egg Hunt.

There were colorful baskets, eggs with special prizes, and gift card drawings for the parents. Another highlight was a dramatic performance of *The Tomb Is Empty* written by Sharon Kay

Chatwell and directed by Debra Harris-Branham. The all-star cast included Jeremiah Buckley, Josaphina Buckley, Jamal Shirazy, Sumaiya Shirazy and Averionna Wade with angelic supporting roles from Dr. Sheri Buckley and Chavela Johnson. Thanx to Phillip Miller for assisting with the logistics. No event would be complete without the delicious food prepared and served by Emma Cotton and Catherine Marshall.

**IT WAS A FUN DAY!**

Photos by Karen Jones



## MINISTER NATE MILES RECEIVES UNCF'S 80TH ANNIVERSARY OUTSTANDING COMMUNITY COMMITMENT AWARD



“Highly respected,” “extremely versatile,” and “tremendously effective” is how many describe *Nathaniel “Nate” Miles*. For more than 30 years, Nate has been a major force in the national healthcare, community and non-profit sectors.

As the former Vice President for Strategic Initiatives for Eli Lilly and Company, he has been called upon repeatedly to serve his community, State, and country. He is recognized by local and national leaders, elected officials and advocates as a powerful agent of change and reliable voice of reason.

In addition to his leadership in the business community, Nate has spent nearly forty years building coalitions among some of the most diverse populations to support public policy initiatives and affect change.

As a trusted confidante and recognized problem solver throughout his career, Nate is sought out by local and national elected officials, and community-based organizations, to serve in various leadership capacities including the boards of directors for many community and civic groups.

He was called to join prominent business leaders from around the country as a White House Conferee on International Trade, where he, along with the others, advised President Clinton on the development and implementation of landmark foreign trade policy.

Locally Nate has served on boards, commissions, and provides support to numerous civic initiatives and organizations. He has a stellar record of philanthropic involvement and serves and/or has served on: The Board of Directors of The University of Washington Foundation, The Puget Sound Regional Council - Economic Development Board, Association of Washington Business, Medical Teams International, The Alliance for Education, Islandwood, The Seattle Chinese Nursing Home, Chair of the Board for The Seattle Urban League, and Seattle CityClub. He sits on the NAACP Special Contributions Fund Board of Directors, and The National Action Network Corporate Advisory Committee. Nate is particularly proud of his ongoing support for the United Negro College Fund.

*I am so pleased and proud to have been chosen as the 2024 Outstanding Community Commitment Award Winner by the United Negro College Fund this past weekend. It was very overwhelming to be on stage with my lovely wife and amazing family to help me receive this award. My thanks to Linda Thompson-Black, and all of her dedicated staff at the UNCF, for their continuing efforts to get more of our students an amazing education through their organization.*

*Thanks also to the phenomenal crowd, and sponsors who showed up and helped raise \$1 million for those deserving young people. Between the sponsors, contributors, and everyone involved, together, we will make a difference.*

*There is no greater honor than the honor bestowed upon you by those who know you best and that is your family and community. That is why I was so humbled to receive this award and will forever be so grateful.*

*To God be the glory.*

## Seattle Mayor Bruce Harrell Proclaims Cardell W. Thompson Day



During Black History Month, Mayor Bruce Harrell proclaimed **February 21st** as *Cardell W. Thompson Day in the City of Seattle*. Mr. Thompson was honored with a resolution from Mayor Bruce Harrell recognizing his 39 years of exemplary service to the community as one of Seattle's original black firefighters. Cardell served as an active firefighter for almost 20 years and went on to do outstanding work in the Fire Marshall's Office. He was the final inspector for Sound Transit and approved the remodel of his alma mater, Garfield High School. During the Covid years, working seven days a week was not uncommon.

The event took place during the Black History Month Celebration hosted by the Department of Neighborhoods. Mayor Harrell's Chief of Staff Jennifer Samuels read the proclamation. When you see Cardell, ask him how it felt to be completely surprised with this honor.

Enjoy your retirement brother, you've earned it

**FACTS Newspaper** article/photo

### **FireFlies, The Kid's Safety Source Interview/Article excerpts featuring Cardell Thompson:**

*Firefighter Cardell is a fun guy. He has lived in Seattle his whole life. He went to Bailey Gatzert Elementary and Stevens Elementary a long time ago. When Firefighter Cardell went to elementary school, the Seattle Space Needle was brand new!*

*Firefighter Cardell likes to help out in his community. Sometimes he helps plan big events like walkathons and barbeques. Everyone in the neighborhood comes to the events that Firefighter Cardell plans. Firefighter Cardell is a Fire Inspector. Inspectors are special firefighters who make sure buildings follow important fire safety rules. Firefighter Cardell likes following rules. Firefighter Cardell says his favorite fire safety rule for kids is "always tell an adult if you find matches and lighters. Matches and lighters are tools for grownups."*

*Firefighter Cardell is a very hard worker. He inspects big buildings like hospitals and very tall buildings called high-rises. Firefighter Cardell has inspected lots of buildings. He has even been to the very top of the oldest high-rise in Seattle, The Smith Tower. Firefighter Cardell says "the best way to stay safe from fire is to stop a fire before it starts." By inspecting buildings, he prevents fires. He keeps people safe. He keeps other firefighters safe. Staying safe is very important to Firefighter Cardell. He practices fire safety at his house. He practices his fire drill and escape plan twice a year. He tests his smoke alarms once a month. He always keeps things that can burn away from heaters. Keeping his home safe from fire is important to Firefighter Cardell. You can also be a firefighter inspector in your home just like him!*

PROFESSIONAL WOMEN OF COLOR NETWORK'S 20TH ANNIVERSARY CELEBRATION

**PWOCN**  
**20TH ANNIVERSARY**  
**WOMEN'S EMPOWERMENT**  
**SPRING BRUNCH** 🌸🌸🌸

*Flourish!*

**20TH ANNIVERSARY CELEBRATION**

**THEME: FLOURISH MORE IN 2024**

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- INSPIRATIONAL KEYNOTE SPEAKER
- POWERFUL PANEL DISCUSSION
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**SATURDAY, APRIL 27TH**  
**10:00 AM TO 2:00PM**  
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**2336 15TH AVE S SEATTLE, WA**

**KEYNOTE SPEAKER**  
**DEBBENA JACKSON GANDY**  
 NATIONAL BEST SELLING AUTHOR  
 MASTER LIFE COACH

**MEKO L. LAWSON**  
 CO-FOUNDER  
 PROFESSIONAL WOMEN OF COLOR NETWORK

*Flourish! Power Panelists*

**TEYA WILLIAMS**  
 CHIEF, VISION COACH  
 OHLANS MANIFEST, LLC

**SAMANTHA LEE**  
 EXECUTIVE VICE PRESIDENT  
 SEATTLE NORTHWEST CHAMBER OF COMMERCE  
 TACOMA COMMISSIONER, BUSINESS & EMPLOYERS  
 EXECUTIVE DIRECTOR, SUCCESS FOUNDATION

**MARGIE HAYWOOD**  
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**ON COLORISM & BLACK FAMILIES**

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**DR. SARAH WEBB**  
 founder of Colorism is Healing

**KEY LEARNINGS:**

- What is colorism?
- How does colorism show up in Black Families?
- What's the impact on mental health?
- What's the first step to addressing colorism?

zoom

**MARCH 28TH, 2024 | 11AM PST & APRIL 16TH, 2024 | 11AM**  
 REGISTER: <https://tinyurl.com/yy9x545a>

Let's Talk Mental Health and Colorism in Black Families - Presented by Therapy Fund Foundation in partnership with Elevate Black Wellness and Momentum!

This is a **FREE** community conversation on Healing Colorism in Black families presented by [Dr. Sarah Webb](#) the founder of Colorism is Healing. You may have seen Dr. Webb discussing colorism on [Love and Hip Hop](#) or on [TED](#). This is a two part webinar followed by a community conversation!

**Key Learnings:**

- What is colorism?
- How does it show up in Black Families?
- What's the impact on mental health?
- What's the first step to addressing it?

**APRIL IS NATIONAL**

**CHILD ABUSE PREVENTION MONTH** *and* **Sexual Assault Awareness Month**



# COMMUNITY NEWS



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City of Seattle

## GET ENGAGED!

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The Y Social Impact Center's Employment and Training team helps facilitate this program, including monthly Get Engaged cohort meetings where members share ideas, strategies, and interests.

» To view participating boards and commissions visit:  
[www.seattlemca.org/get-engaged-boards-commissions](http://www.seattlemca.org/get-engaged-boards-commissions)

» Questions? Contact [ibender@seattlemca.org](mailto:ibender@seattlemca.org)

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Applications accepted until 8:00pm on  
April 19th, 2024



## YMCA Commission Board Training

## Washington Rhinestone Club, Inc. Luncheon

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Co-founders of SstahBoss, LLC

SstahBoss is a training and support community for Black women working in or aspiring to leadership roles. Co-Founded by mother-daughter duo Mary Wideman Williams and Marquinta Obomanu, the mission is rooted in a commitment to support and inspire Black women and girls to be leaders across all business sectors and at all levels.

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## Professional Women of Color Network

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### KING COUNTY MEDIAN MARCH 2023 VS MARCH 2024

|   |                |                    |                    |
|---|----------------|--------------------|--------------------|
| 🕒 | TIME ON MARKET | 65 DAYS            | 50 DAYS            |
| 💰 | AVERAGE PRICE  | 2023<br>\$837,000. | 2024<br>\$947,000. |
| 🏠 | NEW LISTINGS   | 2,947              | 2,954              |
| 🔑 | SOLD LISTINGS  | 1,956              | 1,882              |

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## Weaving Our Strengths

**April 27, 2024**

**9:00 a.m. to 4:00 p.m.**

**Blaine Memorial United  
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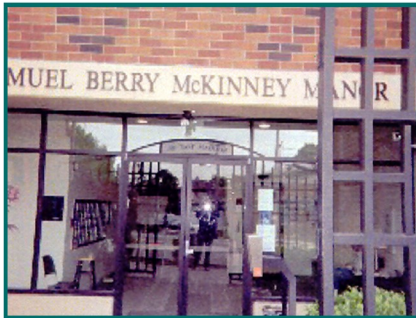
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## AFRICATOWN PLAZA APPLICATION WORKSHOP



#### BYRD BARR PLACE

722 18th Ave., Seattle, WA 98122

Monday, April 22 from 6- 8 PM

# BIBLE LESSON

## NAMES for GOD ~ Part I

|               |                                                                                                                                                                                       |                                           |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <b>ABBA</b>   | Father (Aramaic)                                                                                                                                                                      | Mark 14: 36, Romans 8: 15                 |
|               | Word used by Jesus to speak of His own intimate relationship with God, a relationship that others can enter through faith. God relates to believers as a father relates to his child. |                                           |
| <b>PATER</b>  | More formal Greek word for Father                                                                                                                                                     | Luke 11: 1 – 2                            |
| <b>FATHER</b> | God's relationship with believers, His children                                                                                                                                       | Matthew 6: 9 and<br>Luke 11: 1 - 2        |
| <b>ADONAI</b> | Lord/Master (Hebrew)                                                                                                                                                                  | Genesis 15:2, Psalm 8<br>Exodus 4:10 – 12 |
| <b>KURIOS</b> | Lord/Master (Greek)                                                                                                                                                                   |                                           |
| <b>THEOS</b>  | God (Greek)                                                                                                                                                                           |                                           |



|                         |                                                                                                                                                                                     |                                                 |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| <b>EL</b>               | The Strong One                                                                                                                                                                      | Exodus 15: 2                                    |
|                         | A term used to express majesty or power. It is frequently combined with a noun or adjective to express the name for God with reference to a particular attribute or characteristic. |                                                 |
| <b>ELOHIM</b>           | God The Strong One/The Creator                                                                                                                                                      | Genesis 1: 1 – 3, 26; Psalm 8                   |
| <b>EL-BETHEL</b>        | God of The House of God                                                                                                                                                             | Genesis 31:13; 35:7; 28:10 - 22                 |
| <b>EL-ELYON</b>         | God Most High/Exalted One                                                                                                                                                           | Genesis 14:18, 22;<br>Psalm 18:13; Isaiah 14:14 |
| <b>EL-EMETH</b>         | God of Truth                                                                                                                                                                        | Isaiah 65: 16                                   |
| <b>EL-KANNA (QANNA)</b> | Jealous God                                                                                                                                                                         | Exodus 20: 5; 34: 14                            |
| <b>EL-MOSHAAH</b>       | God Who Saves                                                                                                                                                                       | Psalm 68:20                                     |
| <b>EL-NEHKUMAH</b>      | God of All-Comfort                                                                                                                                                                  | 2 Corinthians 1: 3                              |
| <b>EL-OLAM</b>          | Eternal God/Everlasting God                                                                                                                                                         | Genesis 21:33, Psalm 90: 2                      |
| <b>EL-ROI</b>           | God Who Sees Me                                                                                                                                                                     | Genesis 16:13 – 14                              |
| <b>EL-SHADDAI</b>       | God Almighty/All-Sufficient One                                                                                                                                                     | Genesis 14:18, 22; 17:1 – 3                     |

