

# TRUMPET

MAGAZINE

F/W 2018



# S2R

SEPTEMBER TO REMEMBER





**152<sup>ND</sup>**

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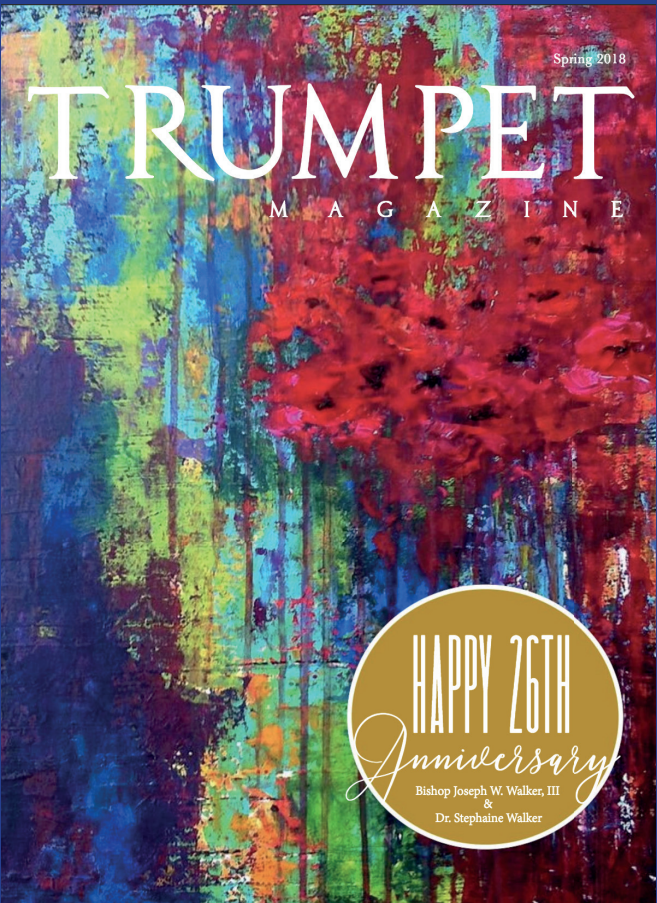
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# EDITORIAL

## RETRACTIONS & CORRECTIONS

In the article entitled “*Simple and Delicious*” (Page 33, Spring Edition 2018), the writer’s social media handle is for Instagram. **TRUMPET MAGAZINE** incorrectly reported the social media handle as Twitter.

In the “*Writers’ Spotlight*” for Manon Lane (Page 48, Spring Edition 2018), it was incorrectly printed that Ms. Lane was an employee of Mt. Zion. Ms. Lane was not an employee of Mt. Zion but worked in reception and data entry at a company in downtown Nashville.

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FROM THE DESK OF THE

# BISHOP

SPECIAL  
EDITION



I greet each of you in the matchless name of the risen Christ. I say with great conviction and enthusiasm that God has and continues to be good to the Mount Zion Church. I consider it a great blessing to serve such a progressive, selfless, and faithful congregation that continues to be a catalyst for communal and personal transformation. Please know, on behalf of Dr. Stephaine; Jovanni; and our newest edition, Joseph IV, we thank God for each of you and look forward to what God will do in the future.

This edition of **TRUMPET** is special. I want to thank our Media and Marketing Department for their spirit of excellence in delivering this edition to us. We have focused a lot of our resources getting people connected. Connect, Commit, and Change is our vision, and it's a blessing to see the diversity God is connecting to this place. As you browse each page, be mindful that none of what you see would be possible without an excellent staff and incredible volunteers. Please take a moment and thank God for the intercessors who go before the Lord daily on our behalf. What you see is the result of prayer. The Bible says that without a vision, the people perish; but it is also true that without people, the vision perishes. I pray that you are inspired to get connected to the wonderful ministry opportunities at Mount Zion.

This is an amazing season. We are hearing so many testimonies, and God is adding souls to the church at a rapid pace. Our commitment to you is to continue to provide the spiritual support you need as you walk out your faith on a daily basis. I have committed myself to

teaching at a deeper level and providing resources for each of you so you can continue your studies long after the teaching is done. We are also committed to a higher standard of excellence as a ministry as we continue to provide you with the quality of ministry you deserve. We have engaged in several projects to give our physical plants the facelift and attention they need. Because of your generosity, we've been able to take on these projects successfully. Most recently, we've been able to remodel the entire pulpit and choir stand at our Old Hickory Boulevard location in an attempt to remain relevant and cutting-edge.

All of these events were a blessing, and "September to Remember" was nothing short of life-changing. I know the remainder of this year will be a powerful witness to the glory of God. We are expecting BIG things to happen and believe that the best is still yet to come. Let's continue to show love to one another and to be the light in a dark world. Thank you all for your prayers and support. Let's grow together.

In His Service,  
Bishop Joseph W. Walker III





# FROM THE DESK OF OUR FIRST LADY DR. STEPHANIE

I greet all of you in the name of Jesus Christ. What a joy it is to continue serving God in such an amazing family of faith like Mt. Zion! As first lady, I could not be more blessed to have some of the most selfless, giving people on the planet supporting me and my family. Thank you for supporting my husband, Bishop Joseph W. Walker III, as he stewards the vision for us into the 21st century and beyond. Being a mother of two has been a tremendous blessing, and I am incredibly grateful for all of your prayers. Watching Joseph IV grow so rapidly is a phenomenal experience, and Giovanni beginning first grade is a fun-filled blessing as well.

Thank you to all who have participated and/or supported ChurchFIT. The momentum we are experiencing in this vision is mind-blowing. The stories and testimonies of so many who have been impacted by this vision continue to inspire us to move forward. Special thanks to my team of amazing volunteers and staff who every day make this vision possible. Our trainers, our chef, and our nutritionist are amazing; and we are grateful for their dedication to our program. As we have seen, God is doing so much in the lives of His people. I have witnessed firsthand through sharing my own story in my Instagram TV docuseries, *My Life, My Journey, My Truth*, how your story can be a powerful tool to enhance other people's lives. I encourage you to share your stories of triumph, resilience, and faith so that the lives of others around you will be positively impacted.

This is a season of harvest, so as God continues to elevate so many of us, let's be reminded of our responsibility to empower and uplift others in the Kingdom. Since retiring from practicing medicine at the hospital, I am in a season of entrepreneurial pursuits. I'm excited to tell you that I have recently been promoted to executive director within Beautycounter. Being in a position to have my team at the table as we continue to educate, empower, and advocate for others



regarding healthy lifestyle and healthy beauty in our communities is a testament to how God elevates us once we are in purpose. My prayer is that you continue to walk in God's purpose for your life and know that the sky is the limit! Thank you for your thoughts and prayers; and please know that on behalf of my family, we love and appreciate you as we continue to connect, commit, and change going forward. God bless you.

In Love,  
**Dr. Stephanie Walker, MD, MPH**



“...let's be reminded of our responsibility to **empower and uplift** others in the Kingdom.”





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# Becoming DISCIPLES

by Jessica Ganzie, Overseer of Christian Education

*“If any man will come after me,  
let him deny himself...”*

In what is known as **the Great Commission**, Jesus beckons his disciples to “go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you” (Matthew 28:19-20). It is the single-most referenced text used to begin the conversation on discipleship. From this text, we glean our marching orders until Jesus returns for his church without a spot or a wrinkle. It is the premise for our many ministry efforts at home and beyond our borders to invade the kingdom of darkness and call those sinking in sin into the marvelous light.

But for all that has been presumed about the application of these instructions, what has been missed is this: the assumption held by those reading the text that they are disciples already, called and equipped to undertake this task. Because in our reading of the Gospels we usually identify with the disciples, I believe we consciously or unconsciously identify as disciples also. As a result, too many who have not embarked on the journey of discipleship are speaking on behalf of discipleship. This is where we must be careful. We must do the work of reestablishing a proper understanding of what it means to be a disciple.

Disciples are evident, not self-professed. In *John 13:34-35*, Jesus declares, “A new commandment I give to you, that you love one another: just as I have loved you, you also are to love

one another. By this [love] all people will know that you are my disciples, if you have love for one another” (emphasis added). “All people” implies that irrespective of one’s faith, language, or culture, they will know that you are intimately connected to Jesus.

Consider the story of Mahatma Ghandi. Ghandi, a practicing Hindu, was intrigued by Christianity and became a student of the Gospels. Here he encountered the life of a world-rocking fellow named Jesus, and he was instantly impressed. In a world full of hatred, deception, and thievery, Jesus’ teachings and radical love ethic resonated with him. Although, when he observed those in America proclaiming to be followers of Jesus, but practicing immorality in the highest forms, he quickly identified the pervading dissonance that has characterized Christianity for so long.

Jesus was dismantling the status quo while many self-professed Christians were upholding it. He later concluded, “I’d be a Christian if it were not for the Christians.” Though they claimed to be followers of Jesus, their connection to Jesus was not evident in their lifestyles, and others took notice. The takeaway is the importance of self-transformation before public proclamation.

Rather than starting with the Great Commission, let’s begin in Luke 9:23, where Jesus says to his listeners, “If any man will come after me, let him deny himself, and take up his cross

*daily, and follow me.*" Discipleship originates at the place of self-sacrifice, which is an awfully vulnerable posture. It places us in a different reality where we are removed from being onlookers of the cross to bearing it ourselves. What is despised in this realm is honorable in God's. This is transformative and goes counter to the culture that insists on self-centered religious devotion. In fact, much of the norms of the Kingdom are countercultural.

In Christ, the last are first (Matthew 20:16); those who want to save their life will lose it, and those willing to lose their life for Christ's sake will find it (Matthew 16:25); and those who are poor in spirit, mourn, make peace, are persecuted, and are insulted are called blessed (Matthew 5:1-12). Whereas Matthew 28:18-19 leads us to ponder what kind of disciples we are making, Luke 9:23 forces us to ask a new question: What kind of disciples are we becoming?

This new question allows us to do some meaningful self-reflection that examines first our own reception of the discipleship process. Before we go to teach, are we teachable? How receptive are we to correction, or do we insist on our own way? Before we baptize others, does our life reflect a baptism of faith in the omniscient, omnipotent, omnipresent God; the brown-skinned Palestinian Jew; the ever teaching, leading, and guiding power that is the Holy Ghost? Or does it mirror a baptism of faith in earthly wealth and the pursuit of material gain? in the falsified religious images and icons of religious institutions? in the opinions and ideologies of men? It is imperative that we do not dismiss these inquiries too quickly but to take the time and do an honest interrogation of our commitments.

My point is that we must first commit to becoming disciples ourselves before we can begin the commitment of making disciples. This is a season where God is weaning us off of 'milk' and onto 'solids'. This is a season of commitment, unprecedented faithfulness, and devotion to God and God's business. This is the time of experiencing the glory of God, to say, "*Lord, if it's you, bid me to come.*" This is a time for deep study of the Scriptures and the manifestation of the gifts. Remember, we cannot bear witness to what we have not seen ourselves.

The Great Commission is not the orientation speech but rather the charge to the graduates. It was not given to the multitude or the zealous new convert. This commission belonged to those who had sat under the fountain of the living water for some time, and to those who had misidentified with their former understanding of themselves and grabbed ahold

of their new identity in Christ.

These words penetrated the ears of those who'd dropped their nets, left family members, to step out of boats and walk on water. Yes, this assignment went to the same persons who wrestled with perplexing parables, were admonished for fighting over who would be the greatest in the Kingdom, were corrected for their selective attitudes toward who can and cannot come to Jesus, and were rebuked for not commanding the winds and the waves to obey their command. The recipients of this charge came to this revelation through painful experience and joyful triumphs—the cost of discipleship.

Under the leadership of Bishop Joseph W. Walker III, Mount Zion has decided that the call to discipleship is one that will not go unanswered. It is our priority to do everything in our power to be a more connected body of believers, committed to fellowship, stewardship, and the edification of believers, with the hope of unprecedented change in our hearts and minds. Our change ultimately means change in our families, communities, and society.

## *“...and take up his cross daily, and follow me.”*

Like a mature tree, planted and nourished, we will bear fruit! Through our connect, commit, change formula, we are becoming the kind of disciples that can make other disciples. No longer will we boast of our membership. Instead, we will deny ourselves, take up our cross daily (purpose), and follow Jesus (destiny), come what may. God is calling us to discipleship—real, authentic living in Christ. **Will you join us?**

Jessica Ganzie

Email: [jganzie@mtzionnashville.org](mailto:jganzie@mtzionnashville.org)







# THE GIFT OF ETERNAL LIFE

Salvation is a gift that is made available to anyone. But first we must repent and 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 it will also position you to experience the benefits of heaven on earth.

1

Recognize and admit that you are a sinner (Romans 5:12-14). 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 who was born after Adam was born into a life of sin and death (Psalm 51:5).

2

Repent of your sins (1 John 1:9).

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.

3

Confess Jesus as Lord and Savior (Romans 10:9).

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 (Matthew 3:6).

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 (1 John 5:3).

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.

## NEXT STEPS

### 1. Build your faith.

- Attend worship services and Bible study.
- Read the Word every day.
- Pray without ceasing.

### 2. Build your community.

- Become a member.
- Join a small group.
- Serve in ministry.
- Attend Discipleship Institute.



# FREELY GIVEN, WILLINGLY SHARED

by Otis Robison

**W**hat is evangelism? In a real sense, the primary goal of Christianity is evangelism, through which we share the gospel message of Jesus Christ to those who are lost, hopeless, and broken from life's circumstances. D. T. Niles said, "Evangelism is one beggar telling another beggar where to get bread."

Bishop Walker has taught us that mercy occurs when God withholds what we rightfully deserve. The very heartbeat of the gospel message is mercy, which means we become vessels of mercy.

As a sinful people, we were hopeless, lost, and broken. But because of the finished work of Jesus Christ, we now have our hope in Him. However, that hope requires more than just coming to church to praise and worship the Lord. Instead, it should compel us to take action and to exercise the calling we have with the Great Commission: "Go into the world making disciples. . . . teaching them to observe everything we have been commanded" (Matthew 28:18-20, paraphrased).

Matthew 9:36-39 says, *"But when [the Lord] saw the multitudes, he was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd. Then He said to His disciples, 'The harvest truly is plenteous, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest.'"* The same is true today. Many people assume that the work of ministry is reserved only for those who have a specific calling. Though there are various aspects to the call of ministry, evangelism is for everyone.

In his book *Evangelism*, John MacArthur wrote, "A Christian

does not need to be individually called or specially gifted to be a herald of the good news; we are commanded to be witnesses of Christ, commissioned to train others to be disciples. Evangelism<sup>1</sup> is a mandate upon every Christian.

In March, Bishop Walker taught a series called "Contagious Christianity," which prepared us for Evangelism Month in April. He told us never to devalue the power of our story, that God has a purpose for your story in hopes that it might be a blessing to someone else.

Mt. Zion Baptist Church's mission is to evangelize the lost at any cost, so let's continue to share our stories and build a culture of evangelism. Not only will we be continuing to add to the church, but more importantly, we will be adding to the Kingdom.

<sup>1</sup>*Evangelism*, by John MacArthur (Thomas Nelson, Inc., 2011); page viii.

Otis Robison







*“The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. Many are the afflictions of the righteous; but the LORD delivereth him out of them all.” (Psalm 34:18-19, KJV) ”*

# OVERCOMING THE SPIRIT OF BROKENNESS

Sermon excerpt by: Elder Darryl M. Taliaferro, MS, MDiv

One thing all of us will experience at one point or another is brokenness. I wish I could tell you that the issues and the dilemmas you face won't hurt you to the core. I wish I could tell you that you'll never have to experience the hurt and the pain of those you've loved and trusted and helped the most. But that simply wouldn't be the truth.

You would think that we as Christians are exempt from certain tests and trials. But, actually, Psalm 34:19 (KJV) says, “Many are the afflictions of the righteous.” In fact, because you're righteous, many afflictions are sure to come your way. But then the psalmist added, “But the LORD delivereth him out of them all” (Psalm 34:19). That verse suggests that no matter what you're going through, no matter what you've gone through, no matter what you will go through, God has already delivered you out of it all! You don't have to stay stuck in bondage. You don't have to wallow in self-pity. You can be free in the name of Jesus!



### WHAT IS THE STATE OF BROKENNESS?

Brokenness is a necessary yet temporary state of being that camouflages itself as hurtful when, actually, it is helpful for the purposes of repositioning us to a greater place in God. Brokenness is necessary because it fosters a greater level of dependence and reliance on God.

It is in this state that God sets you aside and works on areas that you would otherwise not have given Him access to. He takes you from your place of comfort, pushes you to the side, and allows everything to continue to happen without you to remind you that you are not necessary to the process of movement or production in this season. More importantly, God produces something inside you.

The process of being broken is necessary. It hurts, it's difficult, and you want to avoid it; but it's necessary to move you from where you are to where God wants you to be.

### WHAT IS THE SPIRIT OF BROKENNESS?

The spirit of brokenness is subtle yet predatory and seeks to manipulate your mind, control your behavior, and dictate responses through the consistent rehearsal of what happened to you. This spirit attempts to keep you in a perpetual cycle of what happened, how it happened, and why it happened. Ultimately, the spirit of brokenness would rather that you stay stuck and stagnate in embracing the victim mentality.

Everyone experiences brokenness, but you don't have to be overcome by it. God is not trying to break you down. Instead, He is trying to break down and take down everything that is contrary to His will and way inside you. There are some things inside you that you don't even realize are stunting your growth, dictating and determining your progress—or lack of progress. But no matter how long you've been broken, God can deliver you from it.

As we search the Scriptures, we see that there are three biblical characters who highlight types of brokenness: Job (Job 1), Hannah (1 Samuel), and the prodigal son (Luke 15:11-32).

**Job:** Job experienced brokenness because of God, but Job responded by worshiping (Job 1:6-20, ESV).

**Hannah:** Hannah's brokenness came as a result of someone else, but she responded by praying in the Temple (1 Samuel 1, ESV).

**The Prodigal Son:** The prodigal son was responsible for his own brokenness, but he responded by returning home (Luke 15:11-32, ESV).



### TEN KEYS TO OVERCOMING THE SPIRIT OF BROKENNESS

1. *Acknowledge it immediately.*
2. *Identify it.*
3. *Pray about it.*
4. *Fast about it.*
5. *Forgive yourself and others.*
6. *Understand the lesson in it.*
7. *Get in the Word of God.*
8. *Worship God in the midst of it.*
9. *Get help regarding it.*
10. *Believe God for a change.*



**To hear this sermon in its entirety, visit the on-demand area of the Mt. Zion app.**

[www.DarrylTaliaferro.org](http://www.DarrylTaliaferro.org)  
 [@iamtaliaferro](https://www.instagram.com/iamtaliaferro)





# It Was a Hot SUMMER Day...

On a hot summer day in June 2010, I noticed something that no woman ever wants to see. It was an unsmooth surface on my breast that shouldn't have been there. I suspected what it might be, but it was only after receiving an ultrasound and a biopsy that my suspicion was confirmed. I had breast cancer.

My mother had breast cancer and so did several of my father's sisters; and, unfortunately, they all succumbed to it. But despite my family's health history, I didn't panic. Instead, I prayed and went on my way. I serve a God who has a plan for my life, and even then I believed He was going to keep me here to fulfill that plan.

My support system wrapped their arms around me, and I shut out anyone or anything that was negative or doubting. At work, I only told a few people what I was experiencing. I didn't want sympathy. I worked, traveled, mentored a group of girls, visited friends, and kept a semi-normal routine while waiting three weeks to have surgery.

After surgery, my life changed in an instant. The strong upper body that I knew was gone. The short, sleek hairstyle that I sported was gone. The ten-pound weight loss in a week's time made me a topic of discussion, and the color of my skin was no longer familiar to me. Those six months were the most difficult I've ever experienced in my life. Thankfully, for two of those months, I had friends come to my house and stay with me every day to support me and my family.

Eight weeks after the operation, my doctor told me that "the queen must come off the throne." In other words, he was telling me it was time for me to get up and get back to my daily routines as much as possible. I couldn't believe it! With everything that was going on, how could I go back to "normal"? But my doctor was right. I couldn't live in a bubble forever. So, slowly, I started to get back into a simple but regular routine by going back to work half days.

I am eternally grateful to my family, friends, medical

team, coworkers, neighbors, and church family. Because Mt. Zion is a large church, I thought I would get lost in the shuffle. Boy, was I wrong! As usual, the Mt. Zion team showed up. When I heard Elder Darryl Taliaferro's voice on the phone the first time, I thought it was a joke. From that day on, the calls, cards, and visits came throughout my journey; and I believe they supported the healing process. At times, I did not know what was next, but I trusted God, and I still do today--eight years later!

***"Since my healing, I now celebrate two birthdays..."***

Since my healing, I now celebrate **two birthdays**: my natural birthday and the birthday of my recovery. So I say, "Happy Birthday" to me and best wishes to all those who are going through the struggle. God has a plan for our lives; and it is to prosper us, do us no harm, and to give us hope and a future.



Testimony written by Pamela Sessions

Photo credit: Hatcher & Fell Photography

# The Passion for EDUCATION

Our education system has been under constant scrutiny because of low wages for teachers, budget cuts, the short time available to educate students, and the necessity of making sure the curriculum meets required guidelines from year to year.

There is a family that is dedicated to education and has a passion for teaching and helping students. They believe that education is their calling and that God has chosen them to meet the students where they are and to help move them toward their destiny.

Meet Sheila Odom, mother of Lori, Amber, and Ashley. All four women have careers in education. Odom has served as a secretary for Metro Schools in Nashville for 26 years. She says she is most proud of her daughters' accomplishments because they have always done what she asked of them. She has encouraged them over the years to be successful in whatever careers they chose to pursue.

Lori Rucker, who teaches ESL (English as a Second Language), believes that teachers are negatively stigmatized, and she wants to encourage teachers in their career. She also works at Belmont University as a mentor to students pursuing teaching.

***“Meet Sheila Odom,  
mother of Lori, Amber  
and Ashley.  
All four women have  
careers in education.”***

Amber Conway received her master's degree in counseling. Currently, she works with students in admissions, assisting them with financial aid and with making their transition from high school to college life smoother.

Conway says, *“I love first-year students. Higher education allows me to use my counseling degree and guide students with their finances.”*

Ashley Perry has a master of arts degree in teaching from the University of Memphis. She was inspired by a third-grade teacher.

*“I always knew I wanted to be a teacher. I had a third-grade teacher who inspired me to teach. She was*



*The Odom Family*

*so influential in teaching me math and multiplication facts.”*

Perry remembers receiving her first D. Her third-grade teacher didn't scold her for the D; instead, she encouraged her. Perry wants to encourage her students in the same way.

Perry has a girls' empowerment program called Girls of P.E.A.R.L.S. (*Perseverance, Excellence, Accountability, Responsibility, Leadership, and Scholarship*). Every Tuesday, the female students wear pearls and participate in programs that help them achieve their best potential.

Despite the obstacles that our education system is facing, we have dedicated teachers who will continue to teach at any cost. Sheila Odom and her daughters have chosen to share their testimony of willingness to provide the future generation the power to succeed in education just as they were taught and encouraged to succeed.



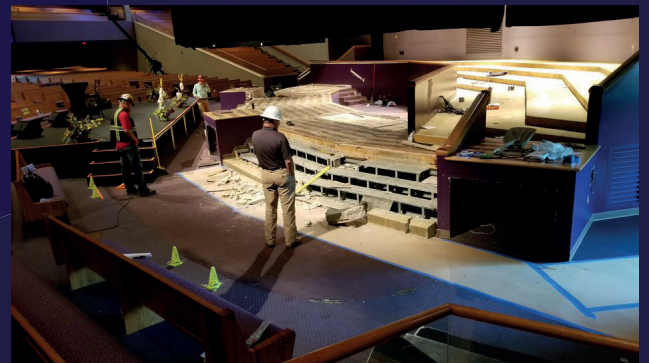
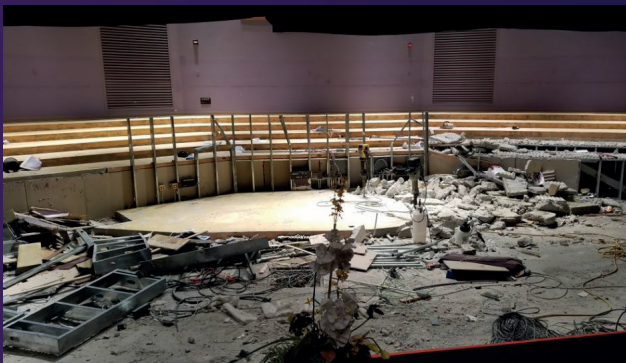
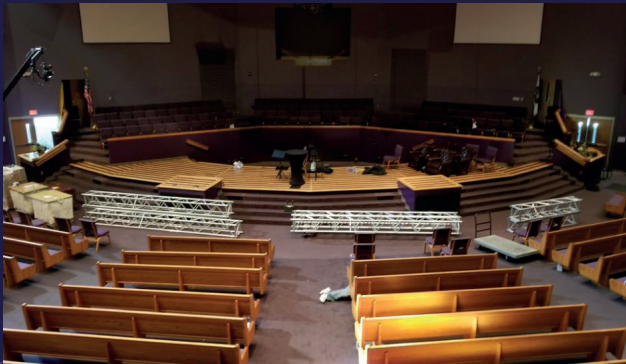
Written by Yvonne Holt

Twitter: @ydholt2012

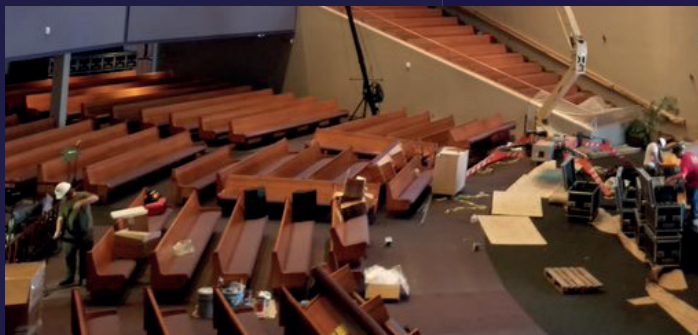
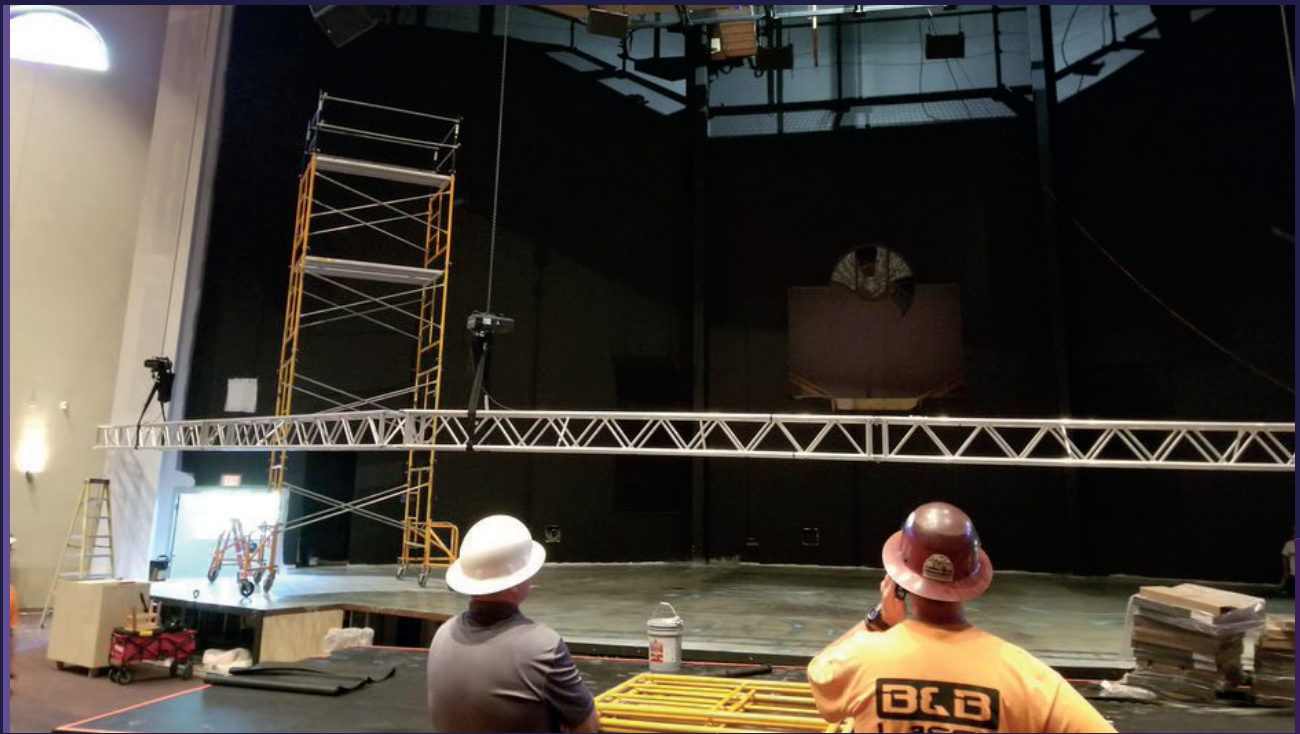


FEATURES

# OHB BUILD OUT









# *Connect with the* **MEMBERSHIP DATABASE SYSTEM**

Mt. Zion has launched a new membership portal to better connect with our church family and friends!

In the coming months, you will be introduced to the many capabilities of this virtual outlet. But you can enjoy the following benefits now:

- Elect Online Giving And Giving History
- Ministry And Volunteer Opportunities
- Access To Event Calendar
- Access To Contribution Statement

*Create your account profile today in the membership portal at [www.mtzionnashville.org](http://www.mtzionnashville.org) or from the Mt. Zion app!*

## **GIVING MADE SIMPLE**

Along with the new membership portal, a new giving system has been implemented! Integration of the systems will ensure optimal functionality of the membership portal and will improve access to your account.

## **GIVING CHANNELS**

There are now more ways to sow a seed!

1. Membership Portal: Make a one-time or recurring donation by logging in to the membership portal at <https://my.mtzionnashville.org/portal>.
2. Mt. Zion App: Look for the GIVE button on the CONNECT tab on the Mt. Zion app.
3. Text-to-Give\*: Text a keyword and amount to 267-689-7333 (267-MTZ-SEED).  
(\*See below for specific steps.)
4. Atrium Kiosk: Kiosks are available in the atriums at the Old Hickory Boulevard, Antioch, and Jefferson Street locations.
5. Offering Envelope: Give by check or cash during worship services.
6. Mail-in: Digital giving is secure, but you can also mail in your contribution.

## **\*TEXT-TO-GIVE STEPS**

1. Open a new text message.
2. In the "To" field, type 267-689-7333 (267-MTZ-SEED).
3. In the message area, type one of the provided keywords along with your desired giving amount.

*For example, to give \$20 in tithes, type tithes20.*

*Available giving keywords are tithes, offering, vision, tv partner, other.*

Note: The first time you send a text message for giving, you will receive a reply text asking you to create your account.

This is to ensure accuracy of your giving history.

*For questions, please visit <https://www.mtzionnashville.org/give>, or call the church at 615-254-7296.*

# FROM THE PARKING LOT TO THE PEW

- GUEST SERVICES MINISTRY -

The ministry's desire is for Mt. Zion's guests to experience the love of Jesus through a welcoming environment and meaningful connection upon entering the doors. This ministry is designed to ensure that our church continues to show love to its members and first-time visitors in a special way.

Mt. Zion's Guest Services Ministry was launched on Sunday, August 28, 2016, at the Antioch and Old Hickory locations; and **Eureka Jackson** is the ministry's overseer. She's been a member of Mt. Zion since the early 2000s, when services were held at the Baptist World Center. She says she was a pew member for many years before deciding to become active in a ministry. Jackson has been a member of the Guest Services team since its inception, and she loves it. She says she's dedicated to the work and enjoys having the ability to provide seven-star service to everyone she meets.



The other prominent team leaders in the Guest Services Ministry are **Wesley Trigg** (OHB) and **Natasha Clay** (ANT).



Guest Services now offers curbside-to-door shuttle service, more handicap parking, parking for expectant mothers, and special seating and parking for first-time visitors. The ministry is always looking for ways, large and small, to better serve the needs of the congregation and visitors and meet their expectations in a positive way. The team members also want to demonstrate an outward expression of Jesus Christ from the parking lot to the pew in the most tangible way possible.

Here are some of the roles within GS ministry:

**Receiver:** stationed in the parking lot to greet first-time visitors.

**Runner #1:** stationed at the front door to greet first-time visitors and welcome incoming congregants.

**Intake Table Rep:** stationed at the Guest Services table.  
**Runner #2:** stationed at either side of the Guest Services table to seat visitors.

**Ask Me:** stationed on both sides of the atrium to assist all congregants.

**Follow-up:** makes calls to follow up with first-time visitors.

**Golf Cart Driver:** (OHB location only) drives members and visitors from the parking lot to the church's front door.

*Help is always needed, and the Guest Services Ministry would love to have more volunteers. If you have a genuine care for people, can provide exceptional customer service, and know this would be a great fit for you, email [guestservices@mtzionnashville.org](mailto:guestservices@mtzionnashville.org), or stop by the Guest Services table located in the atrium of each Mt. Zion location.*





OUR NEW MARKETING & MEDIA  
**PROJECT MANAGER**

MT. ZION WELCOMES  
**ASHLEY EWELL**




OUR NEW HIRE FOR ADMINISTRATIVE  
**ACCOUNTING ASSISTANT**

MT. ZION WELCOMES  
**DONNA GLOVER**




OUR NEW OVERSEER OF  
**CHRISTIAN EDUCATION**

MT. ZION WELCOMES  
**JESSICA GANZIE**




OUR NEW  
**STAFF ACCOUNTANT**

MT. ZION WELCOMES  
**GALEN GILL**




OUR NEW  
**SOCIAL MEDIA MANAGER**

MT. ZION WELCOMES  
**MARTRELL HARRIS**



# VISION TEAM *Updates*



OUR NEW MINISTRY CONNECTION  
**COORDINATOR**

MT. ZION WELCOMES  
**LUCRETIA SMITH**




OUR NEW LEAD ADMINISTRATIVE  
**SUPPORT (ANTIOCH)**

MT. ZION WELCOMES  
**SHIRLEY MASON**




OUR NEW HIRE FOR ACCOUNTS  
**PAYABLE SPECIALIST**

MT. ZION WELCOMES  
**ERICA SATTERFIELD**



**Erica Satterfield – Accounts Payable Specialist**

Erica is a native of Lebanon, Tennessee. She graduated from Strayer University and has worked in accounts payable and accounts receivable for over ten years. She is an active member of Lebanon Church of God and absolutely loves her three sons. Erica is excited about this new journey of ministry and is most excited about learning the day-to-day operations of the Finance Department.

**Jessica Ganzie – Overseer of Christian Education**

Jessica Ganzie is a native of Detroit, Michigan, married to the amazing Darius Ganzie, and mother of the cutest and most curious baby in the world, Darius Ganzie Jr., affectionately known as DJ. A recent graduate from Vanderbilt Divinity School earning a Master of Divinity degree with a certificate in Black Church Studies. She has been recently appointed to the role of Overseer of Christian Education. Jessica's job, simply put, will be to provide biblical and theologically sound educational opportunities and resources to the Mt. Zion community. Christian Education attends to the culture and consciousness of the Church with a special emphasis on discipleship. Through it, new and matured believers are taught, reproved, corrected, trained, inspired, and empowered in the things of God in order to live as witnesses of and a testament to this amazing reality we call the Kingdom of God. Jessica is delighted and privileged to be called to this place and position for such a time as this.

**Ashley Ewell – Media & Marketing Project Manager**

Ashley Ewell is Mt. Zion's Media and Marketing project manager, and she is extremely excited about her new role. Project management is inclusive time management, increasing productivity, establishing efficient processes, mastering and refining soft skills, budget and contract adherence, and risk mitigation. Ewell is committed to leadership and is elated to serve congregants; local, international, and virtual communities; and a mission that encompasses some of her core values.

**Martrell Harris - Social Media Manager**

Martrell Harris has been a devoted member of Mount Zion for almost nine years and has recently been named social media director. He is honored to serve in this capacity and is excited to be part of the Mount Zion Vision Team. He believes that social media is one of the premier avenues through which we are reaching the lost at any cost, and he's grateful that God and Bishop Walker have entrusted him to oversee these global platforms. He says, "We are going to continue to take our channels to the next level to share the gospel of Jesus Christ." Follow Martrell: @martrellmoment. He'd love to connect!

**Fun Facts About Martrell:**

- \* He loves watching Family Feud and Judge Judy.
- \* His latest single, "I'll Go," is available on all digital music outlets.
- \* His favorite restaurant is J Alexander's.

**Donna Glover – Administrative Accounting Assistant**

Donna joins us from a diverse ministry background. She received her associate of science degree in business administration from Alabama Bible Institute; and she has worked in office management, accounting, and bookkeeping in various office settings, including church ministries, over the last 20+ years.

Donna has served as a pastor's wife for over 20 years and is an active member of New Hope Free Will Baptist Church in Joelton, Tennessee. She has raised three children who are all actively working in ministry as pastors and ministry leaders. She loves singing in the choir with her daughter and spending time with her grandchildren. Donna says she is excited to work in ministry again, especially for a ministry that is rapidly growing, thriving, and reaching a new generation of believers. She believes that her experiences will allow her to better connect and effectively assist with our staffing needs.

**Additional New Staff Members and/or Positions:**

**Shirley Mason – Lead Administrative Support (Antioch)**

**Galen Gill – Staff Accountant**

**Lucretia Smith – Ministry Connection Coordinator**



## Farewell to Eric D. Jackson

For the past 12 years, Eric Jackson has served Mt. Zion as senior graphic designer and webmaster. He has now accepted a position at Middle Tennessee State University as a lecturer in the Arts and Design Department in the College of Liberal Arts. Eric went above and beyond the scope of his duties here; and we are grateful for his creative ideas, gifts, and talents, which are known across the country. We appreciate his care in executing the mission of Mt. Zion and Christian duty, and we pray that God's continued blessings and grace will be with him and his family. Eric, we will miss you!





MZ DNA

# THE MT FAMILY

EXECUTING THE 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 to the world. Seeking to minister to the total person, we are a multiethnic, multicultural 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, and financial independence. We believe that God must be worshiped in spirit and in 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.











*Shawanda*  
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2-1-1 is a free service that connects you to local resources – from financial, legal, and counseling help to healthcare, employment, and youth programs.

- free tax prep
- health care services
- employment services
- money management
- rent and utility assistance
- SNAP eligibility
- senior services
- basic needs (food, clothing, shelter)
- counseling services
- domestic violence services
- legal help
- affordable housing
- after school programs



**CALL**

DIAL 2-1-1 OR  
1-800-318-9335



**TEXT**

SEND YOUR ZIPCODE  
TO 898-211



**CHAT**

GO TO  
211CHAT.ORG



# MT.ZION WORSHIP SCHEDULE

## **SATURDAY LIVE @ 5**

5 PM – Jefferson Street

## **SUNDAY SCHOOL**

8:30 AM – Antioch

10 AM – Old Hickory Boulevard (OHB)

## **SUNDAY MORNING WORSHIP**

7 AM & 9:30 AM – Antioch

8:15 AM & 11:15 AM – Old Hickory Boulevard (OHB)

## **WEDNESDAY BIBLE STUDY**

12 PM – Jefferson Street

*\*Sack lunches served following service*

5 PM – Antioch

*\*Dinner served for teens at Teen Church following service*

7 PM – Old Hickory Boulevard (OHB)

*\*Dinner served for teens at Teen Church following service*

## **VIRTUAL CHURCH**

LIVE STREAM - [mtzionanywhere.org](http://mtzionanywhere.org)

Sunday – 11:15 AM

Wednesday – 7 PM

On Demand 24/7

## **CHURCH LOCATIONS**

### **Old Hickory Boulevard (OHB)**

7594 Old Hickory Boulevard  
Nashville, TN 37189

### **Antioch**

2261 Murfreesboro Pike  
Nashville, TN 37217

### **Jefferson Street**

1112 Jefferson Street  
Nashville, TN 37208

**Download the Mt.Zion App**  
**MTZIONNASHVILLE**

## **SOCIALLY CONNECT WITH US!**

@MTZIONNASHVILLE



[mtzionnashville.org](http://mtzionnashville.org)  
[mtzionanywhere.org](http://mtzionanywhere.org)  
[mtzioncollegeministry.org](http://mtzioncollegeministry.org)  
[mtzionmit.org](http://mtzionmit.org)

# COLLEGE MINISTRY

## Bus Schedule

### **AUSTIN-PEAY STATE UNIVERSITY**

Arrive at the Ellington Building at 9:45 AM

Depart for MZBC at 10 AM

### **BELMONT UNIVERSITY**

Arrive at R. Milton and Denice Johnson Center (location of the café)  
on 15th Avenue at 10 AM

Depart for MZBC at 10:15 AM

### **FISK UNIVERSITY**

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

Depart for MZBC at 10:30 AM

### **LIPSCOMB UNIVERSITY**

Arrive at Allen Arena Circle at 10:15 AM

Depart for MZBC at 10:30 AM

### **MIDDLE TENNESSEE STATE UNIVERSITY**

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

Depart for MZBC at 9:30 AM

### **TENNESSEE STATE UNIVERSITY**

Arrive at Kean Hall at 10:15 AM

Depart for MZBC at 10:30 AM

### **VANDERBILT UNIVERSITY**

- 1ST STOP -

Arrive at Peabody College at 10:20 AM | Depart 10:30 AM

- 2ND STOP -

Arrive at Kirkland Hall at 10:35 AM | Depart 10:45 AM

### **WESTERN KENTUCKY UNIVERSITY**

Arrive at Downing Student Union (DSU) at 9:15 AM

Departs 9:30 AM

*\*ALL STUDENTS ARE SERVED LUNCH FOLLOWING  
11:15 AM SERVICE*

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





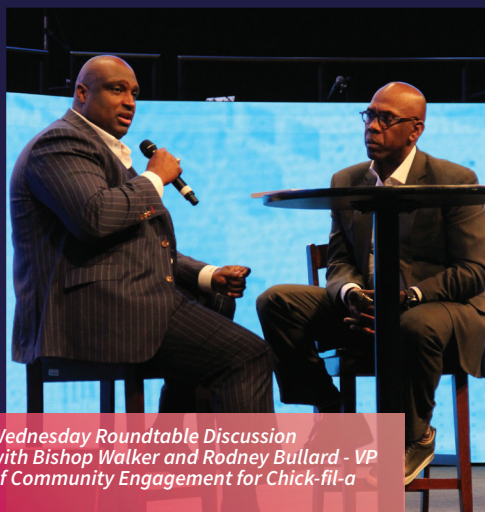


**Miranda Curtis is  
“Dynamic. Anointed. Reverent.”**

**God left me with something to hold on to... what we  
have left is enough to make it.” – Pastor Jerry Black**

**“Never turn a deaf ear to wise counsel.”  
– Pastor Jerry Black**









*"Pastor Shirley Ceasar masterfully told the story of faith and deliverance through song .... and dance!"*



*Youth Debate*







# KINGDOM KIDS EXPANSION

by CaNesha Gordon



**K**ingdom Kids is expanding! Plans are in review, and updates will be coming soon. The new expansion is being designed with kids in mind. “We are excited about the expansion and look forward to an exciting place for the children to call their own,” said LaMona Butler, Kingdom Kids Coordinator.

“This new children’s wing will benefit our families because more children can participate in activities, events, and services in each facility. More interactive lessons can be created because there will be more space for movement, social interaction, and engagement,” Butler said. In addition, exploratory areas are being incorporated so little ones will have a space to learn, grow, and develop fine and gross motor skills.

The coordinators of Kingdom Kids, LaMona Butler and Tiffani Norman, are always excited about meeting and showing perspective volunteers around the children’s area. If you’re interested in volunteering, email them ([kingdomkidscm@mtzionnashville.org](mailto:kingdomkidscm@mtzionnashville.org)), or stop by the nursery after Sunday service at the Old Hickory Boulevard (OHB) location or at the children’s information kiosk at the Antioch location.

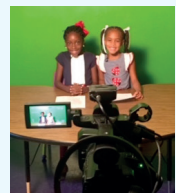
As this ministry expands, Kingdom Kids will be looking for more volunteers to help in the following areas:

- Antioch: 7:00 am & 9:30 am services
- OHB: 8:15 am & 11:15 am services

- Nursery: Lead Teachers and Teacher Assistants
- PreK–1st Grade: Lead Teachers and Teacher Assistants
- Kids Zone (ages 7-11): Lead Teachers and Teacher Assistants
- Children Registration Helpers
- Teen Helpers (16 years and older)
- OHB Children’s Bible Study: Wednesdays, 7:00 pm
- Lead Teachers and Teacher Assistants
- Children’s Registration Helpers

## Get Your Kids Involved!

- **Kingdom Kids Live:** Kingdom Kids Live! is a children’s news show presented by current participants of Kingdom Kids. The show features children as the news anchors. Most topics will include highlighting volunteers, showcasing events, and providing interesting facts for parents and kids, as well as spotlighting child-friendly activities every fourth Sunday.
- Antioch (PreK–1st grade, ages 4-6): Sundays, 7:00 am (coming soon)
- OHB (PreK–1st grade, ages 4-6): Sundays, 8:15 am (coming soon)



Soon, we will be looking for volunteers to implement the new age/grades (ages 4-6, PreK–1st grade). Ideally, we would like to have 10-12 volunteers for this age group one Sunday per month.



CaNesha Gordon  
Photo credit: Taunisha Murph

# PACE MATRONS MINISTRY

Bringing Families Together to the Table for the Holidays

by Manon Lane



[@ManonLaneNOW](#)

Every November, the Pace Matrons kick off the holiday season by blessing dozens of families in Davidson County who have faced financial challenges during the year. Each family is presented with a 10-15-pound turkey, a gift-wrapped box containing ingredients for traditional sides and dressing, and a dessert. (Last year, dessert was a frozen Pattie LaBelle sweet potato pie, which was a huge hit with the families!).

Since its inception in 1961, members of the Pace Matrons, a senior missionary ministry, have donated money, food, time, and love as they spread God's Word. They have worked through multiple missions, including giving gifts to those who stay at Room in the Inn and those who participate in Mt. Zion's College Ministry.

The contents of the food boxes used to be general groceries. But in 2005, the Pace Matrons began preparing boxes that reflect holiday meal traditions.

"Thanksgiving is about unity, bringing the family together," said Wanda Sanders-Hardin, president of the Pace Matrons. "What better way to do that than for us to give them a Thanksgiving meal to prepare so they can have their family eat at the table together."

After recipients' names have been gathered, Sanders-Hardin prepares her team for their upcoming shopping trip. Then she reaches out to two grocery stores that have come to expect her annual visit.

"When we go every year," said Sanders-Hardin, "we have to take two cars to pick up all those turkeys."

According to Second Harvest Food Bank of Middle Tennessee, one in seven Middle Tennesseans, including one in five children, struggle with hunger.

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# KINGDOM COUPLES: COVENANT MATTERS

Couples often ask us, “What’s the secret to keeping the flame burning?” We believe that prayer, communication, selflessness, and intentionality are essential components of a healthy, lasting marriage. When we talk to couples about caring for their marriages, we tell them that marriage is like a garden; it demands time and attention in order to flourish. Marriage is also like a car; it must be properly and consistently maintained for it to operate at its best. As Bishop Walker often says, maintenance is cheaper than repair! So we must be intentional about keeping our marriages and families strong because the strength of the family determines the strength of the community.

One of the goals of Mt. Zion’s Marriage Ministry is to promote godly, healthy, lasting marriages by encouraging couples to consistently invest time and energy into their relationships. And we offer a variety of resources to help couples do just that. The Marriage Sunday school classes meet at the Antioch and Old Hickory locations at 8:30 a.m. and 10:00 a.m., respectively, every Sunday. The class is currently studying Gary Thomas’s book *Cherish*, which talks about what it means to authentically cherish your mate.

Marriage Builders is a small-group, in-home Bible study that meets once or twice a month in various places all over Nashville. These groups are a network of invaluable support and insight.

For engaged couples, Mt. Zion offers premarital classes at the Antioch and Old Hickory locations. Couples gain insight about what marriage entails as they work through a curriculum to prepare them for living intentionally as husband and wife. Christian counseling is also available.

We are humbled and grateful to serve as overseers of the Mt. Zion Marriage Ministry. This year, we are celebrating 25 years of marriage, and we give glory to God for His amazing grace! We have one daughter, Katelyn, a rising junior at the University of Tennessee at Chattanooga.

Please visit the Mount Zion website and the Mt. Zion app to find out more about the Marriage Ministry. We look forward to learning and growing together as Kingdom Couples!

Peace and blessings!

Jeffrey and Chandra Brown

Jeffrey and Chandra Brown



SAVE THE DATE!  
MT. ZION MARRIAGE MINISTRY  
MARRIAGE SYMPOSIUM  
OCTOBER 27, 2018

TOPICS WILL INCLUDE: COMMUNICATION,  
BLENDED FAMILIES, FINANCES, MAN CAVE,  
AND WOMEN'S CLOSET



### **MTZ BREAKFAST SPECIAL**

CHOICE OF 1 MEAT, 2 SIDES,  
AND TOAST OR BISCUIT

### **CHURCHFIT BREAKFAST SPECIAL**

EGG WHITE SCRAMBLE WITH A  
YOGURT PARFAIT OR FRUIT WITH  
WHEAT TOAST

# harvest

## C A F E



### **HOURS OF OPERATION**

ANTIOCH: 8:15 AM – 9:15 AM  
LEAD COOK: JILLINA STEWART  
2261 MURFREESBORO PIKE, NASHVILLE, TN 37217

OLD HICKORY BOULEVARD: 9:30 AM – 11:00 AM  
FOOD SERVICE OVERSEER: CHEF CLEVELAND SHEARLS  
7594 OLD HICKORY BLVD, WHITES CREEK, TN

The Harvest Cafe provides a social and spiritual environment perfect for indulging in good food with friends and family. We now offer a coffeehouse atmosphere with a variety of breakfast selections to choose from between worship experiences. The Harvest Café features the ChurchFIT Special and the Mt. Zion Special.

Find out more by visiting [WWW.MTZIONNASHVILLE.ORG](http://WWW.MTZIONNASHVILLE.ORG)

harvest  
C A F E



***If I can help somebody,  
as I pass along  
If I can cheer somebody,  
with a word or song  
If I can show somebody,  
that he's travelling wrong  
Then my living shall  
not be in vain.***

***—Mahalia Jackson***

TRUMPET MAGAZINE shines  
spotlight on volunteers whose  
excellence and passion for serving others  
inspire many. We salute them for their  
faithfulness and commitment to  
Mt. Zion Baptist Church.

## VALERIE NORMAN

The heart of true disciples can be seen in how they are helping the ministry. The pastor is not the only servant in the church. Every believer is called to serve in the area of his or her spiritual gifts: “God hath set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles, then gifts of healings, helps, governments, diversities of tongues” (1 Corinthians 12:28).

Valerie Norman, a retired post office worker of 24 years, is a 17-year disciple of Mt. Zion and definitely has the gift of helps. She has been serving as a volunteer for the Usher Ministry for 14 years and five years on the Volunteer Event Planning Team. She loves to volunteer, and she knows this is her calling. Her outgoing spirit and love for God’s people helps her to usher members and visitors to their seats so they can enjoy the presence of God in the worship services. But in order for her to serve in the spirit of excellence, she understands the importance of her personal time with God, where she is recharged and reminded why she is called to serve.

Valerie has two daughters, five grandsons, and a favorite aunt. She loves to shop and to decorate, and she loves her church family.



## JACKIE STEWART



After being reminded of God’s plan to prosper, protect, and give hope and a future (Jeremiah 29:11), Jackie Stewart quickly surrendered her own plan for God’s plan. This surrender led her to unite with Mt. Zion in 1994 and with the Children & Youth Ministry soon after.

The eldest child of a Baptist preacher and a strong mother, Stewart was born in Decatur, Illinois, and raised in Brownsville, Tennessee. She was surrounded by a loving and supportive village of people who helped identify and stir her gift to work with children. However, it was while working with the juvenile justice system that she realized that you do not have to be hard and tough to impact children. Instead, she prefers to engage patience and a listening ear. Stewart also cites other essential elements such as filling the gap of what a child is missing and the gift of love.

“Children may not listen to what we say, but they are always watching what we do,” Stewart said. Simply stated, “More is caught than taught.” For this reason, she is more conscientious of her actions when she’s around children.

Stewart received her bachelor of science degree in social work from Tennessee State University in Nashville. She currently serves as the director of active treatment at Mur-ci Homes in Antioch, where she has served for the past 25 years. She solidifies the late Maya Angelou’s mantra, “People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

The Mt. Zion Children & Youth Ministry is better because of volunteers like Jackie Stewart. Her personality, dedication to the ministry, and faithfulness to serve where planted are what make her the gem that she is to the kingdom of God. And while she strives to make the children of Mt. Zion feel special, cared for, and loved each Sunday, in return, the children give her a reason to laugh, smile, and get up every Sunday to attend the 7:00 a.m. service in Antioch. Over time, relationships with these children, their parents, and extended family have warmed her heart.

She is a shining example of what happens when we place our everyday, ordinary lives as an offering before God. Her impact in the lives of the children will help to raise Kingdom citizens for many generations.

In her spare time, Stewart enjoys spending time with family and friends, watching movies; shopping; traveling; and taking care of her dog, Max.



# ROBERT BARLOWE

Robert Barlowe, a native of Huntsville, Alabama, moved to Nashville to attend Vanderbilt University and first visited Mt. Zion in 2002. After graduation, he joined the United States Marine Corps. Later, he served as a supervisor for the Space Academy Program Summer Camp in Huntsville, where he led youth on engineering, space science, and simulated space shuttle missions.

He returned to Nashville to complete his law degree at Vanderbilt, and he visited Mt. Zion again. He recalls a Sunday in April 2006 when Bishop Darryl S. Brister preached the sermon entitled “We Are Sheep Needing to Be Lead.” Barlowe dedicated his life to being a sheep for Jesus Christ and encourages teens to be followers of Christ.

“When I joined Mt. Zion, I sought to fully commit myself to God’s assignment for my life. I said to myself, if I’m going to do this, I can’t be what I complain about.” Barlowe joined the new members class and credits Elder Opal Scales with encouraging him to become active in ministry and connecting him with Darrell Walker, who introduced him to Saving Our Sons.

Saving Our Sons helps kids reach their goals. Their motto is “No excuses, no compromises, no fear.”

“Getting through life and addressing it in a way that is socially conscious and biblically based helps youth develop a community mindset, preparing them to handle conflict, develop vision, build relationships, enter the workforce, live healthily, and lead by example. The older kids teach the younger kids and set a standard as leaders,” Barlowe says.

Barlowe believes his greatest contribution to **Saving Our Sons** is to their annual summer camp, where he takes pride in watching the junior and senior members rise as leaders and coordinate the needs of the campsite. He says his legacy in leadership centers around “structure and orderliness.” He has earned the youth’s respect, and in turn they count on him. He would love to see Saving Our Sons become such an exciting



youth ministry at Mt. Zion that young men can’t wait to enroll. He says that the returns are less tangible, but the foundation and networks in place for what these young men go on to do will support them for the rest of their lives.

Barlowe has one daughter who is enrolled at UCLA, and he’s extremely proud of her. He says, “She helped me learn to love on other people’s kids as an example of the love God has for us.”

**Saving Our Sons is a unique mentoring program designed to shape young men’s ethical foundation through fun, challenging activities, and organized service projects. The program teaches practical life skills to deepen the young men’s relationships with God.**

Valerie Norman  
Written by



Chantea Williams  
 @GreaterWomen

Jackie Stewart  
Written by



Aretha Whitaker  
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# Moves & Groove: How Dr. Emerald Mitchell Turned a Passion for Dance Into a Purpose That Served the Community

by JACQUELINE HAYES, MBA

God has a way of supernaturally using our context to shape our content in preparation for the assignment He has placed upon our lives. For Dr. Emerald Mitchell, founder of Moves & Grooves (MAG), a South Nashville-based non-profit serving at-risk youth through arts and education, that context was less than desirable.

"I grew up in Portland surrounded by gang violence," says Mitchell. "But as a youth, I had the privilege of being selected to participate in a program for young developing leaders. This program consisted of a group of African Americans who'd gone away to college but came back to Portland to pay it forward."

Through mentoring and employment opportunities, Mitchell honed not only her academic and social skills but emboldened her passion for dance.

"I grew up the only girl of five children. My mother was a single mom. She worked hard, but it was tough. That program became a great source of support for the family and inspired me to create that same experience for youth in Nashville," says Mitchell. That's how MAG began.

"I wanted to create a business that stemmed from the arts but served a purpose in the community." Through art education, MAG successfully engages youth in self-exploration, while providing opportunities for leadership, education, and service.

Currently serving 250 youth in four Metro Nashville schools (with two more coming this fall), MAG offers dance, music, theater, literacy instruction, summer camps, mentoring, and STEAM (science, technology, engineering, arts, and mathematics, which support critical thinking, creativity, and collaboration). Grants from partners include Metro Arts Commission, Tennessee Department of Education, the Predators Foundation, and HCA.

While grateful for the tremendous impact MAG has made over the last 15 years, Mitchell believes the best is yet to come. Her desire is to serve more students.

"There's never a shortage of young people who have the passion and ability to create."

As is typical among entrepreneurs, she's a visionary and has her sights set on opening Nashville's first youth art center where youth can create and learn in a safe environment year-round.

Mitchell says, "Youth today are challenged with a lack of support. But we stick and stay with them."

As MAG moves into their capital campaign in October 2018 to raise funds for the art center, Mitchell wants youth to know "the sky's the limit" and endeavors to be the embodiment of that sentiment for young people.

Jacqueline Hayes, MBA is chief marketing strategist and principal of Crayons & Marketers, a WBENC-certified Women's Business Enterprise (WBE) and certified Woman Owned Small Business full-service marketing company located in Nashville, Tennessee. She also served as current communications chair and past president of the National Association of Women Business Owners, Nashville Chapter, and immediate past media and content director for the National Association of Women MBAs, Nashville Chapter. For more information, please visit [www.crayonsandmarketers.com](http://www.crayonsandmarketers.com). Follow her on Twitter: @JacquiHayesMBA



Dr. Emerald Mitchell  
Moves & Grooves, Director



Jacqueline Hayes, MBA



# DIGITAL GAMING DISORDER:

Classified as Mental Health Condition

by Dr. Shameka Y. Fairbanks

Technology surrounds us. Because of smartphones, mobile apps, tablets, digital watches, and so many other forms of technology, we are daily inundated with media. The average person has five social media accounts; and it's estimated that this year, many people in the United States will spend more than three hours on their phones, a figure that has more than doubled since 2012.<sup>1</sup>

Most people who play video games often average about six hours weekly of online gaming time. Avid gamers usually spend more than seven hours weekly playing video games.<sup>2</sup>

In mid-June, the World Health Organization (WHO) classified a new mental health condition called "gaming disorder," which has been noted in the International Classification of Diseases (ICD). Patterns of gaming behavior, or "digital gaming," are described as impaired control over gaming. A person's priorities over digital interests are impaired, and they experience continued escalation of gaming, despite negative consequences. Similar to drug, alcohol, or gambling addictions, gaming consumes those who spend an inordinate amount of time playing video games.<sup>3</sup>

Digital gaming becomes a problem when people spend so much time gaming that it interferes with their social and interpersonal relationships or academic pursuits, according to Dr. Jeffrey Gardere, assistant professor at Touro College of Osteopathic Medicine in New York City.

Uncontrollable patterns of behavior associated with this disorder may have a real effect on whether addicted persons emulate violence in the real world, especially teens. However, the exact outcomes are still being studied.

"A lot of research has been done that is starting to make a correlation between excessive video gaming consumption and aggressive behaviors, so the exact causation or the connection between the two has yet been established," noted Gardere.

Uncontrollable patterns of behavior associated with this disorder may have a real effect on whether addicted persons emulate violence in the real world, especially teens. However, the exact outcomes are still being studied.

"A lot of research has been done that is starting to make a correlation between excessive video gaming consumption and aggressive behaviors, so the exact causation or the connection between the two has yet been established," noted Gardere.

For persons of all ages, there should be a defined balance with personal interactions, daily activities, and healthy cultural values. If a person is consumed with gaming to the point where he or she is not interacting with other people or has lost interest in other activities, that signifies that he or she might have a gaming disorder. For children and teens, Gardere advises parents of the following:

- If there is an escalation of gaming and a lack of other interests, this may be a sign of a gaming disorder.
- If children are predisposed to violent behaviors because of their environment, or their emotional health has been compromised for other reasons, they could be more at risk for displaying adverse behaviors if their gaming involves violent video games.



@ShamekaYNeely

@TrustnmeKa





# Living Stress-Free

**BY THE POWER OF GOD**

by Nikki Fant

**W**hen I was younger, I do not remember my grandparents and other adults in our community being as stressed as people are today. As a young adult in today's society, I've noticed that there is so much pressure as it relates to becoming and remaining successful. But life is fragile, and it is important to live it stress-free. I strive to live by three important principles focused around the power of God, and I would like to recommend them to you.

**Trust God (Proverbs 3:5-6).** Trusting and acknowledging God in all things and allowing Him to direct your path is laced in triumph and victory. God loves you and takes pleasure in being your Father. Remind yourself daily that He will never leave or fail you.

**Seek God (Matthew 6:33).** Every day, most people grab their electronic devices and access various media sources before seeking God. With social media being a thriving pipeline, they often compare their lives to the success of their peers. But don't be fooled by everything you see on social media. It's not always what it appears to be. So it's imperative that you seek God first each day, asking for His guidance and seeking His plan for your life. Then trust Him, and wait for confirmation from Him. You may have to realign your priorities from time to time, but seeking God first is essential. Not only will this set the tone for your day, but it will set the tone for your life.

**Give it to God (1 Peter 5:7).** Daily communion with the Father is paramount to building a relationship with Him. Give

Him all your concerns, and that will help you to have peace and live a strong, stress-free life.

Trust, Seek, Give. Living a life of peace is priceless because your peace does not have a price tag. There is no stressful career, unnecessary debt, or unhealthy relationship that is worth you losing your peace. God will deliver you from whatever is it that is stressing you out if you trust Him, seek Him, and give it to Him. His will is for you to live abundantly! Maintaining balance helps you live a well-rounded, stress-free life of enjoyment. God has a divine purpose and plan for you, so strive to thrive in life and not just solely survive.



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# Walk It Out!

by Amy Denise Simmons

**W**alking is one of the most basic movements we perform every day; but it takes discipline and intentionality for it to give us effective health benefits. According to The Walking Guide, walking is considered to be a near-perfect exercise because it is an excellent way to improve physical fitness, lose weight, and feel great in body and mind. It also doesn't cost anything and requires little in the way of equipment. A person only needs space to walk and comfortable walking shoes.

Research has shown that walking reduces stress, lowers blood pressure, and enhances mood. A brisk 15- to 20-minute daily walk is linked to a 22 percent lower risk of early death, according to Dailymail.com. That alone is enough reason to get a pedometer and start walking!

Body Force coach, Pilates instructor, and former personal trainer Robert Luke said that if a person who currently lives a sedentary lifestyle were to walk 1.5 to 2 miles per day, he or she would lose on average 1.5 to 2 pounds a week. Mr. Luke said this could be completed in 30 to 40 minutes, even if one had to work up to it.

According to Luke, there are many benefits to walking and other physical activities. Walking strengthens the heart and tones the body. It is a cardiovascular activity that nearly everyone can do. Luke encourages everyone to walk at least two miles per day.

To burn more calories and get the maximum benefits from walking, Luke suggests that a person learn to engage the lower back and stomach muscles and focus on deep breathing. After walking to warm up the muscles, sprint walking should be incorporated. Sprint walking is walking rapidly for approximately two minutes before slowing down to a regular pace. Doing this consistently during a walking session will cause the heart rate to go up and down, which will burn more calories.



# MEN'S

## HAIR AND CARE TRENDS

by Ce'Dra Rogers

Although women's trends have often dominated the topic of hair, in recent years, men's hair care has begun expanding and is being incorporated with brands that usually target women.

Local barber Dion Hicks is a Nashville native who has been cutting hair since he was 12 years old. He received his barber license certification in 2017 and is currently working toward owning his own shop. When he has a new client, Hicks has a process to find out what haircut he may want.

"I post a lot of my cuts and styles on social media like Instagram or Facebook. I show them pictures. Sometimes they want a certain style, but it may not look right on them. I let them know that they might not have the right head shape for it, but another style will look good on them."

When it comes to a certain haircut or style, a man's hair type or texture,

head shape, and facial shape play a role. Different types of hairstyles look different on different people.

"Every cut isn't going to be the same, no matter who you put it on," says Hicks. When it comes to maintaining the haircut, Hicks recommends visiting the barbershop every two weeks, although some clients visit him once a week.

Additionally, the type of products used to maintain a hairstyle and haircut varies on the hair type. Because of Hick's varied clientele, he does not provide a specific product. "I prefer for black men to use an oil-based product or a type of moisturizer for their hair. For white and Hispanic men, I recommend mousse or gel to keep their hair styled," says Hicks.

Current trends in men's hair care include styles such as tapered fades, tapered afros, and all-even cuts. Older styles that are making a comeback are

high tops and drop fades. According to Hicks, eyebrow trimming is also a service requested at barber shops, and beard-shaping and trimming is a growing and flourishing service.

"I pick up a lot of clients because I have a beard. People ask me who lined up my beard, and that's a great conversation starter."

Prices for a haircut or beard maintenance largely depend on if any additional services are needed and who your barber is. With many barbers having a social media presence or maintaining websites, it's easy to check prices for barber services in advance.



Ce'Dra Rogers  
[@cebo](#)

Photo credit: courtesy of Dr. Axe/Ancient Nutrition



A hand holding a globe with a city skyline and hot air balloons.

*When God is at*

# “WORK”



Photo credit: Erica Payne.

*by Paula M. Farmer,  
Human Resource Consultant*

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Most, if not all of us, would agree that we are passionate about working for the Lord, especially inside the four walls of the church. But have we ever given thought to the countless ways to transfer the energy that fuels our passion for work inside the church to our passion for work in our actual professions outside of the church?

From the beginning of time, there has been work in heaven. And before sin entered the garden of Eden, Adam was a working man. He had plenty of things to do. However, what is true for mankind is true for all of God's

creatures. In their own way, birds, horses, and squirrels work for a living; and even water performs its job by moving. There is life in moving water. The minute it becomes stagnant, algae surfaces and things begin to die. But isn't that just like God to give water an assignment?

We all have God-given assignments, especially at work. There are practical ways to honor and glorify God at work. The workplace also presents countless opportunities to disciple those who are lost. We can do this quite effectively in the way we go about our work.

To be able to work is a blessing, and we should be exceedingly grateful for what God has given us. But there are times when the workplace is the last place we want to be. Some workplaces are challenging and difficult to navigate; but by the grace of God, we continue to show up and stay. But according to a Gallup study that surveyed over 7,000 working adults, 50 percent do not stay at their jobs. Gallup chief executive officer Jim Clifton said, “The single biggest decision you make in your job—bigger than all the rest—is who you name manager.” In a nutshell, when people leave their jobs, most of the time it’s due to their managers. Other reasons include little opportunity for advancement, company culture, and being underpaid.

I have experienced this situation. I once tried to leave my job, but it didn’t work. I knew God was telling me to stay, but I didn’t think I could handle the stress and the unhappiness. It wore me out. It frustrated me. But that job taught me what not to do; and most of all, it taught me how to wait on the Lord. By keeping that job, I learned to trust in the Lord and how to pray more strategically. My prayers shifted from, “Lord, deliver me out of this” to “Lord, I believe you will deliver me through this.” And He did.

By way of this journey, I learned great lessons that I strongly believe will help others. I call these lessons my “gems of wisdom.” Here are six of those gems that were my saving grace.

**Be Dependent.** With God all things are possible (Matthew 19:26). Likewise, without God we cannot walk, talk, think, breathe, move, or exist. Every morning, be compelled to bless God for mercy; after all, it is His amazing grace and mercy that allows us to get out of bed, get dressed, and go to our jobs—even if they are burdensome. Every single day, I was desperate for and dependent upon God to get me through a workday I dreaded. If I could depend on God, so can you.

“He said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power

may rest on me” (2 Corinthians 12:9, NIV).

**Be on time.** Show up to work on time every day. It’s a great way to thank God for the trust He places in us. He did His part, so we must do ours. Don’t fall into the trap of following the trend at work. Just because others are late, it does not give us permission to do the same. We’re leaders in God’s army, and leaders don’t show up late to fight battles.

“Walk in wisdom toward outsiders, making the best use of the time” (Colossians 4:5, ESV).

**Develop Useful Skills.** Get good at what you do. God has blessed us with the skills. Treasure them, and always strive to become a better steward of those skills. They will grow and mature through dependence on God and a continual walk in integrity, along with a teachable spirit and a hunger to learn.

“You have an abundance of workmen: stonecutters, masons, carpenters, and all craftsmen without number, skilled in every working gold, silver, bronze, and iron. Arise and work! The LORD be with you!” (1 Chronicles 22:15-16, ESV).

**Pray Before Lunch.** This is a wonderful way to express love to God. It is an individual expression and doesn’t impose upon others but gives way to respect and perhaps curiosity from others. This would be a great way to share thankfulness to the Lord for all things, including but not just limited to food. Work toward being “that person” who is always found giving thanks and not the one quick to complain.

“For from him and through him and to him are all things. To him be glory forever. Amen” (Romans 11:36, ESV).

**Exercise Patience.** Display patience in challenging times at work. It is important to stay focused on what’s most important. Think about the goodness of God and how He continues to be patient with you. Choose to handle conflict with peace. Have and maintain peaceful thoughts, offer peaceful responses, and make sure your body language and facial expressions are peaceful. Remember, God has not forgotten about us, and everything we are going through is part

of His plan.

“ ‘For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not harm you, plans to give you a hope and a future’ ” (Jeremiah 29:11, NKJV).

**Be Prepared to Serve.** Be kind to those at work. When a manager or a supervisor asks for something, complete the task without grumbling. If coworkers need help, help them. Colossians 3:23 says, “Whatever you do, work heartily, as for the Lord and not for men.” It is part of our Christian walk to be thoughtful and helpful. Our motive is to please God, first and foremost.

“God is not unjust; He will not forget your work and the love you have shown him as you have helped his people and continue to help them” (Hebrews 6:10, NIV).

There are so many ways to live in the authenticity of being a believer at work—none of which include being spooky or over the top. It’s not necessary to launch a “Recruitment for Jesus” campaign at work. It probably wouldn’t go over well, and it might land you in the HR office. Allow your normal, everyday walk to lead others to Christ. Allowing God to show up in your life while at work is one of the most effective ways to evangelize.

An English Proverb says, “Walk the walk, and talk the talk.” It’s hypocritical to proclaim Jesus Christ as Lord on Sunday morning and then leave Jesus at home Monday morning when we head out to work. Take the Lord to work and watch Him work!

References: [www.money.cnn.com](http://www.money.cnn.com) [www.inc.com](http://www.inc.com)



# A SOUND MIND

By Dr. Shameka Y. Fairbanks



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**H**ave you ever pondered the word *thought*? *The Oxford Dictionary* defines it as “an idea or opinion produced by thinking, or occurring suddenly in the mind.” The word *thought* is synonymous with the words *idea*, conception, and belief.

*“You guided my conception and formed me in the womb (Job 10:10, NLT).”*

A person’s thoughts, or mental state, form the foundational root and cause of all behaviors and social interactions, explains clinical psychologist Jeffrey Gardere. Known as “America’s Psychologist,” Gardere has appeared on *For My Man* on TV One, *The Today Show* on NBC, and various segments on CNN and other media outlets. However, Gardere says his most important role is as an interfaith minister. In this role, he is able to help individuals and families, while emphasizing what motivates their purpose in life.

“I really believe that there are two things: one, spirituality, the connection with the creator, and second, psychology and the importance of mental health,” Gardere says.

John K. Jenkins Sr. is senior pastor of the 11,000-member First Baptist Church of Glenarden in Landover, Maryland. He believes that the topic of mental health is pertinent because of past stigmas that have harnessed people in the church.

“Unfortunately, in the past, the church has responded to a person who’s had mental health issues as demonic activity or behaviors rather than actual mental or emotional health.” Jenkins says that it is more than “laying hands

on someone,” which is how mental illness has been handled in past years.

Mental health stigmas are not only present in the African American community.

“It’s something that crosses over into the Christian community,” says Gardere. Having open dialogue helps to keep the topic at the forefront. It’s also vital to integrate spiritual and Christian values with specialized health-care providers in the community.

“The power of prayer, the role of the church, and the role of spirituality help address and cure our social, interpersonal, and psychological issues,” says Gardere.

Jenkins believes the church has a role in aiding black Christians in the area of mental health. Many churches are bringing the ministry of mental health inside their doors.

“We have a department that deals with those issues, such as physical, emotional, and psychological health,” Jenkins says. By having these discussions and collaborations, generational stigma within the black community can begin to loosen barriers.

Gardere and Jenkins say that shedding light on personal trials can also help others cope.

“I have [said] at our church on many occasions I have struggled with depression in my past but have been able to overcome it for the most part,” admits Jenkins.

Gardere says, “I talk about it all the time, and I wear it as a red badge of courage that I have mental health challenges, including generalized anxiety, hypochondriasis [persistent fear of having a grave medical illness], and Obsessive-Compulsive Disorder (OCD).” Therapy and his belief in God, as well as reading the Psalms, have brought him comfort.

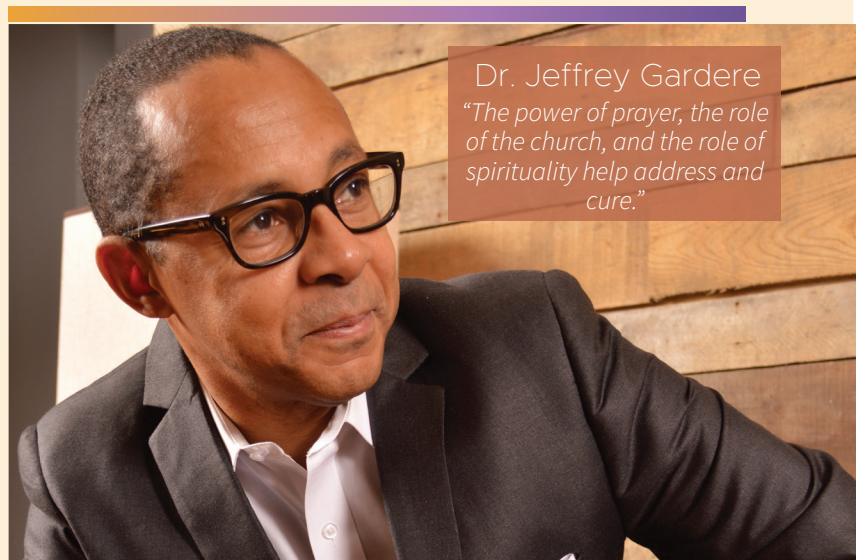
For more information, contact the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP (4357)

SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Some people may believe that having a mental illness has a negative connotation, but Jenkins says that getting help is not only natural but “a healthy and godly thing to do.”

Anyone can get help for mental health concerns, whether they are nonbelievers or believers. Clinical-based treatment plans are available for nonbelievers. For believers, specialized providers offer a combination of spiritual counseling and mental-health techniques consisting of medication, healing prayer, and surrendering to God for guidance. Gardere calls this a “powerful force.”

*For God has not given us a spirit of fear, but of power and of love and of a sound mind (2 Timothy 1:7, NKJV).*



Dr. Jeffrey Gardere

*“The power of prayer, the role of the church, and the role of spirituality help address and cure.”*



Pastor John K. Jenkins Sr.

*“I have [said] at our church on many occasions I have struggled with depression in my past.”*

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