



New Zion's Trumpet

Don't Sabotage Your Destiny

By Sis. Laura Pruitt-Stephens

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future (Jeremiah 29:11, NIV).

This is Black History Month and here I want to remind you to not sabotage your destiny. The Bible explains that God has a plan for each of us. His plan is good, we know from His Word that His plan is meant to be a blessing to us, to prosper us, and His plan is not meant to hurt us but rather provide us with His hope and His future. As believers we know that our lives are not our own, but rather we all are to live our lives according to the Will of God. So what is God's will for our lives? I am so glad you asked. Each and every one of us has been blessed with grace and gifts according to the Will of God (Eph 4:7-13). No two people will have the exact same gift, destiny, or pathway in life.

Dr. Martin Luther King, Jr. was a great civil rights leader and a person often celebrated during Black History Month. We know him as being a champion of the cause of the civil rights movement. Arguably, Dr. King's destiny was not only to champion this worthy cause but also to teach a nation and a world that violence is not the answer. His non-violent, peaceful protest, and reliance upon God's message changed the lives of *all* Americans. However, ask yourself what would America be like today "if" Dr. King had walked away from his destiny? In fact, what will our world look like if the people of God continue to walk away from their destiny?

(Continued on page 2)

Now is the Time

We live in troubling times, with wars, poverty, hunger, economic woes, health scares and more. So what now?

Believe this: We Christians will survive the test! Faith, prayer and discipline will bring us victory. Our love for God and the need for worship, Christian education and joyous fellowship will ultimately prevail.

A pastor who worked in a city's poverty-stricken area was asked how his work was going. He answered: "It is a hand-to-mouth existence: God's hand providing for our mouths." So it may be for many churches and people today. But God promises to see us through.



Inside this issue

- Don't Sabotage Your Destiny.....1-2
- What Tony Learned3
- Ministry News4
- Birthdays & Anniversaries4
- Health Watch5
- Calendar, News & Notes6
- Just for Kids7
- Christian Symbols.....8

Weekly Worship Opportunities

Early Morning Worship
Sundays, 8:00 a.m.

Church School
Sundays, 9:30 a.m.

Sunday Morning Worship
11:00 a.m.

Communion
1st Sunday, 11:00 a.m.

Prayer Meeting & Bible Study
Wednesdays, 7:00 p.m.



"Blow the trumpet in Zion; sound the alarm on my holy hill. Let all who live in the land tremble, for the days of the Lord is coming. It is close at hand." Joel 2:1 (KJV)

Sabotage...

Continued from front page

You might think or say, "My destiny is likely small and/or inconsequential." But remember, *you plus God equals infinite possibility*. In Matthew 14:17-21, Jesus took five loaves and two fish, blessed it, and distributed the food to over 5,000 people who were all full and satisfied. Your destiny is as large as the Will of God for your life. So, you must be careful to believe fully in the facts. What are the facts? Fact 1) God has a plan for your life. The Word of God is true (2Tim 3:16). Fact 2) God already knows what that plan is and will be for you (Eph 1:11). Fact 3) God fully intends on seeing that plan through (Hebrews 12:2).

I say again, do not fall prey to sabotage. Now sabotage can come in a variety of ways. There is self-sabotage and other sabotage. Both are dangerous, but self-sabotage is most common yet unexpected and many times overlooked. That is, frequently we expect others to throw cold water on our hopes and dreams. We expect other people to talk about us, discourage us, and to question our motives and intents. As such, we are on the lookout for other people. And in doing so, we may leave ourselves open to the inside job of self-sabotage.

It is an inside job because we can be so close to our destiny, so close to our blessing, so close to accomplishing what God has for us and yet never get there. We don't get there because we fall prey to the inside job of self-sabotage. That is, doubt, fear, low self-esteem, and lack of faith can sometimes seem to creep up from nowhere. All of a sudden, the thing we had been so sure of has began to lose its luster, it begins to slip away from us right before our eyes, and somehow we can't seem to get it back. All of a sudden, God who had been guiding us through the maze of life seems far away, distant, and we can't understand why. All of a sudden, everything seems dark, our smile fades, our walk stiffens, and our thoughts and feelings begin to take over. This is an inside job!



Peter stepped down out of the boat and began to walk towards Jesus on the water. (Matthew 14:29-33). Why did he take his eyes off the Lord to pay attention to the wind? Jonah, called to preach God's word had the opportunity to preach and thus save the people of Nineveh (Jonah 1:1-3). Why did this preacher flee from his assignment? These are

examples of the inside job of self-sabotage.

Maybe, God is calling you to lead people out of darkness by preaching His word. Are you running like Jonah? Maybe, God is calling you to be active in ministry. Are you giving Him excuses like Moses (Exodus 4:10-18)? Maybe, God is calling you to some service, task, or assignment where you are to use the talents and gifts He has blessed you with. If so, will you respond, "Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!" (Isaiah 6:8).

Man shall not live by bread alone, but by every word of God.

(Luke 4:4)

God's Word does for our soul what food does for our bodies. But simply reading it and knowing stories and facts are not enough! God's Word must



be-
come a
part of
our
being.
God's
Word
must
be

taken in--a portion bitten off, if you will. It must then be mixed with faith. Hebrews 4:2 reminds us that the Word of God will not profit us unless it is mixed with faith. It must be received and believed as the very Word of God. It needs to be thought on or meditated. A cow goes out in the morning and chews some tender green grass, swallowing it down into its first stomach. Later in the day it brings it back to chew it some more. We must read and believe God's Word and bring it back into our memory again and again and again. Thus it will become a part of our very lives, guiding and guarding and governing all we do and say and think--changing us, making us into new creatures in Christ.

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. (Psalms 1:1-2)

Time

Provided by: Children's Bible Ministry; <http://www.bibleline.org/time.html>

Without looking at a watch or clock guess what time it is. The chances are you will be right to within half an hour. Or try waking up at a particular time without an alarm clock. You will probably be able to do that also.

Just about everyone can do these things with a little practice, because the human body has its own built in clocks.

There are rhythms in nearly everything the human body does. It sleeps to a rhythm, eats to one, and even shows a rhythm in the electrical waves produced by the brain.

Three main cycles affect body time: the daily turning of the earth, the monthly movement of the moon around the earth and the yearly trip of the earth around the sun.

Not only mankind is affected by these great natural tides. All animals and plants feel them too. Sometimes a body clock can keep accurate time to the exact minute, as in the case of the bean aphid, which can either lay eggs or produce young alive, according to the season of the year and the length of the day.

Man's time sense is both mental and physical. He feels hungry every three to four hours. Brain cells show two to three hour cycles of activity. Even dreams run in cycles of about 90 minutes.

Mentally and physically we have a sense of time. What about spiritually? We read in Acts 17 verse 31 *"God had appointed a day in which He will judge the world in righteousness by that Man the Lord Jesus Christ Whom He has determined, concerning which He had given assurance unto all men, in that He has raised Him from the dead."*

God has appointed a day of judgment, a day in which we must face Him and given an account. When is that day? How soon? How late? What time is it spiritually?

We cannot tell exactly, but we know for sure that time will come. It is necessary for us to be ready to meet God. Jesus Christ can make you ready. He faced God with your sins, so that you can face God with His perfect life. For those who will trust in Him, the Day of Judgment is past! God's children were already judged in the Person of our Substitute, the Lord Jesus Christ. *"He that believes on Him is not judged, but he that believes not is condemned already because he has not believed in the Name of the only begotten Son of God."*

What time is it? *"Behold, now is the accepted time; behold now is the day of salvation. Today if you will hear His voice, do not harden your heart. "...Believe on the Lord Jesus Christ, and you will be saved"* (Acts 16:31) from the judgment to come!

What Tony Learned

When Tony Snow was 17, he watched his mother die of colon cancer. In his early 50s, he learned that he, too, had the disease. Sadly, it was too late to do much about it.

As White House press secretary, Snow sometimes shared with members of the press what he was going through. At one gathering, he told what he'd learned during his ordeal. "You have to learn something that is very hard in the modern era," he said, "and that is you have to give yourself to God, to surrender."

Snow discovered that he could find joy even in sickness. Beyond the pain and worries about his family, he sensed God's telling him that he was more blessed than he realized. God was preparing him for his graduation to the Father's house.

When Snow died, he experienced the promise of Scripture: "Be faithful until death, and I will give you the crown of life" (Revelation 2:10, NRSV).



Sunday School Lessons

Feb 7 Lesson: Recognized in Gentile Territory (Matthew 15:21-31)

Feb 13 Lesson: Declared by Peter (Matthew 16:13-27)

Feb 21 Lesson: Witnessed by Disciples (Matthew 17:1-13)

Feb 28 Lesson: Anointed in Bethany (Matthew 26:3-16)

Ministry News

Congratulations to our Youth



Sis. Cherise won the spelling bee for the 3rd grade class at Mitchell Elementary and moved on to participate in the school-wide spelling bee. She made it to round 15 out of 18 rounds.

Sis Chyina was the 1st Place winner for the Poster & Essay Contest during the Martin Luther King Jr. Her poem will be displayed in the Brazos Valley African American Museum during the month of February....She also won a US Savings Bond!!!!

Congratulations Sis. Cherise & Sis. Chyina!

The fourth six-week of school ended February 12! All New Zion students in grades K-12 are encouraged to bring in his or her report card to be considered for an incentive. Please submit your report cards to a member of the **Scholarship Ministry on or before March 3, 2010.**

Scholarship applications are currently available to all New Zion graduating high school seniors. Please pick up your copy today or log on to our website to download your copy.

Applications are due on or before **April 18, 2010.** No late applications will be accepted.

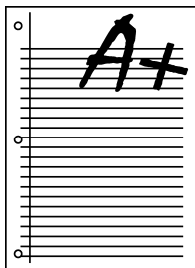


If you have not done so, please stop by the Finance Office or contact a member of the Finance Ministry to pick up a copy of your **Annual Contribution Statement.**

New Zion Pocket Calendars are available to members. Please see Deacon Leonard Green to pick up your 2010 calendar.

Good Grades Incentives

The Scholarship Ministry continues to reward our grade-school students with incentives for excelling in his/her academic courses. Report cards are issued every 6-



weeks and are due to a Scholarship Ministry representative within a one week period from the date they were issued. Future deadlines for submitting report cards will be announced.

Each student has an opportunity to earn \$20 for receiving all As, \$10 for all Bs and \$7 for As and Bs.

Be sure to submit your report card by the announced deadline!

Birthdays

- 02—Cassie Dorsey
- 02—Betty Hall
- 06—Charles Taylor
- 07—Audrey Hosey
- 08—DeeAnn Mason
- 10—Trina Holmes
- 12—Karla Gilbert
- 15—Daryl Mason
- 16—Aslli Davis
- 16—Brianna Suber
- 16—Kianna Suber
- 20—Brittnee Marshall
- 21—Trason Smith
- 27—Stanley Banner
- 27—Henrietta Sims

Anniversaries

- 20—Darren and Dee Dee Cooks



Toward Happier Homes

“Six things are requisite to create a happy home. Integrity must be the architect and tidiness the upholsterer. It must be warmed by affection, lighted up with cheerfulness; and industry must be the ventilator, renewing the atmosphere and bringing in fresh salubrity day by day; while over all, as a protecting canopy and glory, nothing will suffice except the blessing of God.”

—James Hamilton

“Faith doesn’t get us out of trouble, faith gets us through it.” —Anonymous



Special Prayer Requests

New Zion Church Family

IN COLLEGE

Kirsten Campbell	DeeAnn Mason
Ryan Campbell	Derrick Mason
Cha’Mario Chopp	Ilesha Mason
Ashlee Collins	Stacie Collins
Brooke Cooks	Eunice McCain
Danielle Cooks	Branden Price
Dustin Cooks	
Korey Davis	
Michellee Edwards	
Timothy Green	
Brittney Hall	

Common Types of Stomach Conditions

- Gastro esophageal reflux: Stomach contents, including acid, can travel backward up the esophagus. There may be no symptoms, or reflux may cause heartburn or coughing.
- Gastro esophageal reflux disease (GERD): When symptoms of reflux become bothersome or occur frequently, they’re called GERD. Infrequently, GERD can cause serious problems of the esophagus.
- Dyspepsia: Another name for stomach upset or indigestion. Dyspepsia may be caused by almost any benign or serious condition that affects the stomach.
- Gastric ulcer (stomach ulcer): An erosion in the lining of the stomach, often causing pain and/or bleeding. Gastric ulcers are most often caused by NSAIDs or *H. pylori* infection.
- Peptic ulcer disease: Doctors consider ulcers in either the stomach or the duodenum (the first part of the small intestine) peptic ulcer disease.
- Gastritis: Inflammation of the stomach, often causing nausea and/or pain. Gastritis can be caused by alcohol, certain medications, *H. pylori* infection, or other factors.
- Stomach cancer: Gastric cancer is an uncommon form of cancer in the U.S. Aden carcinoma and lymphoma make up most of the cases of stomach cancer.
- Zollinger-Ellison syndrome (ZES): One or more tumors that secrete hormones that lead to increased acid production. Severe GERD and peptic ulcer disease result from this rare disorder.
- Gastric varices: In people with severe liver disease, veins in the stomach may swell and bulge under increased pressure. Called varices, these veins are at high risk for bleeding.
- Stomach bleeding: Gastritis, ulcers, or gastric cancers may bleed. Seeing blood or black material in vomit or stool is usually a medical emergency.
- Gastro paresis (delayed gastric emptying): Nerve damage from diabetes or other conditions may impair the stomach’s muscle contractions. Nausea and vomiting are the usual symptoms.



February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Hospitality Ministry 6 PM	2 Mission Ministry & Brotherhood Ministry 6:30 PM 	3 Youth Ministry 6 PM & Bible Study 7 PM	4	5	6 Deacons Meeting 9 AM
7 	8 Marriage Ministry 6:30 PM	9 Mission Ministry 6:30 PM	10 Youth Ministry 6 PM & Bible Study 7 PM	11	12	13 GFDA Women of Excellence Program—2 PM
14 Pastor's Appreciation Service -NZMBC 	15 Usher Ministry 6 PM 	16 Scholarship Ministry 6 PM & Brotherhood Ministry 6:30 PM	17 Youth Ministry 6 PM & Bible Study 7 PM	18	19	20
21	22	23	24 Youth Ministry 6 PM & Bible Study 7 PM	25	26	27
28 NZMBC Soul Food Fellowship / Luncheon						

NEWS & Notes

02/13—Let us come together in celebration of the **Greater Friendship District Association (GFDA) Senior Women Mission Ministry's Women of Excellence Program** on Saturday, February 13 at 2:00 PM. The host church will be the Morning Star Baptist Church, Bryan, TX. Rev. James Whiting, Pastor of New Testament Baptist Church will be the Speaker of the Hour. Individual representation—\$10.00; Mission—\$50.00.

02/14—The **7th Appreciation Service for our Pastor, Dr. Sylvester Smith, Jr. and First Lady Renee** will begin

promptly at 3:00 PM. Special guests will be Pastor Frank Phillips and the True Vine Baptist Church—Beaumont, TX.

02/23— The North Bryan Community Center and the Bethune Woman's Club will hold a **political forum** at 6:00 PM. The North Bryan Community Center is located at 705 N. Houston Street in Bryan.

02/25—**Soul Food Luncheon hosted by the College Station's Lincoln Recreation Center** will take place from 11:00 AM to 1:00 PM. Traditional

Soul Food plates are \$7.00 and part of the proceeds will benefit the Neal Donovan Memorial Scholarship.

02/28—In celebration of Black History Month, New Zion will have its annual **Soul Food Luncheon** immediately following morning worship service. Please don't forget to wear your old-fashioned attire for Sunday Morning Service!

* A JAR OF *
**Love and
 Appreciation**



Sometimes we forget to show love and appreciation to people who are closest to us. Use this fun craft to let everyone in your family know how much you care.

What you need:

- Plastic jar with lid
- Heart-shaped foam pieces
- Heart-shaped stickers
- Glue
- Construction paper
- Scissors
- Pencil or crayons

What you do:

1. Decorate the jar and lid with heart-shaped foam pieces and stickers.
2. Cut out 2" or 3" heart shapes from the construction paper.
3. On each paper heart, write what you appreciate and love about your family and each member. Have all family members do this, too.
4. Place the heart messages inside the jar. Fold them in half, if necessary.
5. On each day in February, pull out one heart and read the message aloud to the family.
6. Notice the changes in your family when everyone feels loved and appreciated!

Answer: " ... fear the LORD ... to walk in all his ways, to love him, to serve the LORD your God with all ... "

Bible Quiz

What did Jesus say his earthly mission was all about? Choose the correct answer from the list below:

- A. Doing his own will
- B. Doing God's will
- C. Doing the will of the people
- D. All of the above

(See John 5:30)



Answer: B

We believe in missions based upon Matthew 28:19-20. Every Christian, in every legitimate way, all the time, everywhere, according to his ability, ought to seek to spread the knowledge of Jesus and the way of Salvation.

No one can be a true believer who has not repented of sin, trusted Jesus, and Him alone, for life and salvation, and seeks to know and do the will of his divine Lord.

Christian Symbols

Yoke

The yoke is a burden of hardship and toil, as well as of subservience. But Jesus



said the “yoke” of serving him is “easy” and that he provides rest for the weary (Matthew 11:28-30). The yoke also symbolizes human allegiance, as in marriage (2 Corinthians 6:14, NIV).

New Zion Missionary Baptist Church
1505 Dansby Street
Bryan, Texas 77803-3440

P.O. Box 3643
Bryan, Texas 77805-3643

Phone: 979.823.7766
E-mail: info@newziononline.org

Visit us on the Web!
<http://www.newziononline.org>

“Illuminating the Vision”

New Zion’s Trumpet Newsletter Staff
Issue Editor
Rochelle Patterson

Editor Assistant
Laura Pruitt-Stephens

Newsletter Contributors
Gloria Booker
Mary Lawson

We would be blessed to hear from you and to have your views and ideas become a part of the ***New Zion’s Trumpet***.

If you would like to contribute to this newsletter by writing an article, a poem, or to tell of upcoming events with your church ministry or family, please submit your news and articles to the newsletter staff by **February 21, 2010**.

If you prefer, you may email the staff at info@newziononline.org. News and articles received after this date are subject to be published at a later date.

Thank you for your cooperation.