

New Zion's Trumpet

High School Seniors to be Honored

The New Zion Scholarship Ministry is sponsoring its annual banquet in honor of the graduating Class of 2010. Please join us on Saturday, May 22 at 5:00 pm in the multipurpose building as we celebrate these individuals accomplishments and announce scholarship recipients. The theme for the evening is "Celebrating Today...Embracing Tomorrow." Lee Felders will be the guest speaker. Tickets may be purchased from the scholarship ministry committee members for \$7.00. Dinner will be served.

On Sunday, May 23, Baccalaureate Service will take place during the 11:00 am Morning Worship hour. Pastor Sylvester Smith, Jr. will address the graduating class of 2010 and present them with personalized Bibles.



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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.

Vacation Bible School Begins May 31



New Zion Missionary Baptist Church will host Vacation Bible School on Monday, May 31 – June 3 from 6:00 p.m. – 8:30 p.m. with a special activity planned for those in attendance for the duration of VBS on Friday June 4. The theme for this year's Vacation Bible School is "**Step Up and Go Green for Jesus.**"

Vacation Bible School has age-appropriate class instruction through Scripture studies, Bible lessons, key verses, life application activities, and fun games, plus encouragement to act on what they've learned about "going green" even after VBS ends. Other activities include music, games, crafts, snacks and more. This is an event your child will not want to miss!

If you need more information or have any questions, please contact Sis. Lynda Mason, Youth Director or call the church office at 979-823-7766.

"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)

New Zion's Class of 2010



Miss. Bridgett Anderson is the daughter of Jimmy & Elizabeth Walker. She is a new member at New Zion Missionary Baptist Church.



Bridgett will graduate from Bryan High School in May 2010. She has a 4.1 GPA and is ranked in the top 10% of her class.

While attending BHS, Bridgett was in the National Honor Society, Peer Assistant Leadership (PAL), band, and Hammond-Oliver High School for Human Sciences. She received the New Horizon Scholarship, Patrick Gilmore Award and was in the top five finalists for homecoming queen in 2009-2010. She was also the band's sweetheart and brass beauty. Bridgett loved working as a volunteer at the food

bank, nursing home and interning at the St. Joseph Manor Hospital.

Bridgett has been accepted to Prairie View A&M University and her goal is to pursue a Bachelor of Science degree in Nursing with a minor in Communications.

Graduate's Comments: I would like to thank my extended church family for this opportunity of recognition for my accomplishments and achievements that I have earned throughout school. I would like to ask everyone to keep me close in prayer as I go into the next phase of my life in college. GO PANTHERS!!

Family's Comments: Bridgett, we're very proud of you! Remember to always keep God first in your life and you will succeed in any and everything you wish to accomplish. We love you; stay strong!



Miss. Crystal Shanice Campbell is the daughter of Minster Elmer & Sharon Smith and Willie Campbell, Sr. Crystal participated in the following ministries: Youth Choir, Youth Church, Angels of Zion Praise Dance and she also served as a volunteer for the Youth Usher.



She will graduate from Bryan High School in May 2010. While attending BHS, Crystal she enjoyed attending Young Life Club. (This is a club that enables young teenagers to have an amazing time socializing with friends and it gives them the opportunity to see what life is all about being a teenager as well as getting to know some caring adults.) Crystal is currently employed at Chick Fil-a. She enjoys volunteering in the community, drawing, reading, writing poetry and stories.

Crystal plans to attend Blinn College, then transfer to the University of North Texas in Denton, TX where she will pursue a major in English/Literature and Journalism. Her desire is to become a journalist.

Graduate's Comments: I am so happy that I actually made it this far! I've had some poor moments, but mostly good. I wouldn't change anything about my past, but I would like to revisit my elementary years and see how different everything used to be. In fact, I would like to stick out a little longer in school...like the end of May. I'm excited to end this chapter of my life, but I don't think my parents, and myself are ready to move on. I'm glad my parents have helped me excel throughout the years. I know that if I ever need help with my problems, I have them to fall back on. Without their guidance, I know I would be lost and I thank God for them.

Only One

Most of all the other beautiful things in life come by twos and threes, by dozens and hundreds. Plenty of roses, stars, sunsets, rainbows, brothers and sisters, aunts and cousins, but only one mother in the whole world.

—Kate Douglas Wiggin



"My Mother's Garden"

A mother is a gardener,
Planting the seeds of faith,
truth and love that develop
into the fairest flowers of character,
virtue and happiness
in the lives of her children.

—J. Harold Gwynne

Class of 2010 (continued)



Miss. Karla Gilbert is the daughter of Jimmie and Nelda Gilbert.

Karla will graduate from A&M Consolidated High School in May 2010. After graduation she plans to attend Texas A&M University—College Station, TX where she will play basketball for the Aggie Women’s Basketball team. She is the highest-ever rated player in the university’s history.



Miss. Stacey Le’Nell Houston is the daughter of Steven & Edith Houston. She was a very dedicated member in the following ministries: Youth Usher, Youth Choir, Youth Church, Sunday School, Angels of Zion Praise Dance and New Zion Inspirational Choir.

She will graduate from Bryan High School in May 2010. Stacy’s goal is to attend Blinn College in Bryan, TX, and then transfer to Prairie View A&M University where she will pursue a degree in Nursing.



Graduate’s Comments: I’d like to thank my beautiful G.G. (Patsy Nell Houston) for seeing that I became the mature person that I am today. Also, I’d like to thank my parents for their encouragement & prayers throughout the years. Without them I don’t know where I’d be. “Never Would Have Made it” ...my theme song. I’m glad my parents have helped me excel throughout the years. I know that if I ever need help with my problems, I have them to fall back on. Without their guidance, I know I would be lost and I thank God.



Sunday School Lessons

May 2 Lesson: A Faithful Community (Colossians 1:1-14)

May 9 Lesson: An Established Community (Colossians 2:1-12)

May 16 Lesson: A Chosen Community (Colossians 3:1-2; 8-17)

May 23 Lesson: At Home in the Community (Philemon 4, 5, 8-21)

May 30 Lesson: At Risk in the Community (Jude 3-8, 19-25)

Micah BreeAnn Marshall is the daughter of Deacon Robert and Sabrina Reed. She has participated in the following ministries: Youth Church, Youth Choir, Sunday School and Sunday Breakfast Ministry.



Micah will graduate from Bryan High in May 2010. While attending BHS, she was a member of the National Honor Society and the Junior Class Council. She played on the Girls Varsity Basketball Team and with the Amateur Athletic Union (AAU) Basketball League. She received the following awards: KBTX Classroom Champion, 1st Team All District, All Academic Brazos Valley and 2nd Team All District. Micah

was a Jr. Volunteer at St. Joseph’s Hospital and she also volunteered at the Brazos Valley African American Museum.

Micah has been accepted to the University of Texas at Austin and she will pursue a degree in Business Accounting. Her goal is to work for one of the big four accounting firms with the desire of working her way up to partner.

Graduate’s Comments: To even be considered for any of the aforementioned scholarships is an honor. I have grown so much throughout my life and New Zion has played a huge role in making this possible. It is at New Zion where I made real friendships and it is with New Zion’s help that I built a strong foundation on which I still stand today.

Family Comments: As the parents of Micah, we are extremely proud of her and her ability to remain dedicated to her academic goals while exceeding athletically. She has developed as a leader and we would appreciate consideration in assisting us in helping her to attain her dream and goal of attending the University of Texas.

Ministry News

Just a reminder that 6th Six-Weeks report cards are due by June 13, 2010 to a member of the Scholarship Ministry. Please submit your report card to a member of the Scholarship Ministry by the deadline so that you may be considered for an incentive reward.

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The Greater Friendship District Association (GFDA) Youth Department is preparing for its "200 Youth in Red" program which will be held on Saturday, May 8. T-shirts are being sold for that Program. New Zion's Youth Ministry will have t-shirt order forms to distribute. The deadline to order t-shirts is Monday, April 19.



Congratulations to Reginald Paul Stephens, Jr. son of **Brother Reginald & Laura Stephens**. He was recently drafted to the Cincinnati Bengals after completing his Bachelors in Business Administration at Iowa State University in Ames, Iowa. Reginald Jr. graduated from Jesuit Preparatory College in Dallas TX, Class 2005. At Iowa State he majored in Business Management.

## Run the Race

"The Christian life is a race along a course that is set out before us," said William Barclay. Hebrews 12:1 encourages Christians to run our particular race with perseverance.

Interestingly, the Greek word for race is *agon*, which means aching or agony. Like marathon runners, we may be tempted to give up long before the finish line.

But the Hebrews passage also offers hope for how we can continue on: "[look] to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame .... Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart" (Hebrews 12:2-3, NRSV).

## Birthdays

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01—Edith Houston  
01—Tanya Swist  
03—Courtney Shuler  
04—Desiree LeBlanc  
05—Kevin Ross  
05—Crystal Campbell  
08—Megan Jacobs  
08—Sabrina Reed  
11—Alexis Hall  
14—Ashley Ransom  
11—Sandra Rodgers  
16—Lynda Mason  
17—Pastor Sylvester Smith  
18—Roscoe Mason  
18—Julie Brooks  
20—Ulyesses Dunn  
22—Porsche Cooks  
22—Yolanda Dozier  
25—Virginia Nix  
29—Chyina Ross

## Anniversaries

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5—Steven & Edith Houston

## Natural Remedies for Headache Pain



(ARA) - Are you finding yourself under a lot of stress these days? Whether it's being brought on by tension at work, at home, or by concerns of how the higher gas prices will affect you, there's a lot on your plate right now.

The last thing you want to deal with is a pounding headache, but unfortunately, tension headaches and stress go hand-in-hand. While there may be little you can do to eliminate the stressors in your life, there are a variety of things you can do to help reduce the

*"There's just something magical about the combination of pressure, massage and coolness that makes a world of difference..."*



### 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

Michelle Edwards

Timothy Green

Brittney Hall

severity and frequency of headaches. Here are some good steps to consider:

Take a long, hard look at your lifestyle — Behaviors that promote general good health may also help prevent headaches. If you aren't physically active, get up and get moving. Regular aerobic exercise, such as walking, swimming or biking can help reduce the frequency and severity of tension headaches. If you don't think you can get motivated enough on your own, sign up for a gym membership and use it often. You should also get into the habit of eating regular, healthy meals and getting plenty of rest.

Make sure you're drinking enough water — What many people don't realize is that dehydration is one of the most frequent causes of headaches, in both adults and children. If you're not drinking the recommended 40 ounces of water per 100 pounds of body weight every day, give it a try. You'll likely be delighted with the results.

Find ways to relax — If you're doing your best to live a healthy lifestyle and drink adequate amounts of water, but are still getting frequent headaches, the problem may be that your body is still having a tough time figuring out how to relax. There are a variety of relaxation techniques you can try including deep breathing and biofeedback. Many people also find that massaging their head, neck and shoulders with their fingertips, and pressing a cold compress onto their forehead helps.

"There's just something magical about the combination of pressure, massage and coolness that makes a world of difference for me," says Aurelia Koby, president of IMAK products, a California company that specializes in natural pain relief products. Koby often suffers from headaches, and used to rely on a washcloth wrapped with ice to get relief. "Now there's something even better," she says.

The IMAK Pillow/Pain Relief Mask was designed by medical doctor to provide relief from migraines, headaches, sinus pain and eyestrain. All you have to do is put it on your face and secure it in place with the attached elastic strap, then sit back and relax.

The secret to the pillow's success is in its filling -- ergoBeads create a gentle massaging effect around the eyes. While it can be used at room temperature and still feel cool, many people prefer to keep it in the freezer so when they put it on, they get the benefit of an extra "cooling" relief and a massage at the same time. The Eye Pillow also blocks out light, which makes it even more soothing for pain and tension relief.

You can find the IMAK Eye Pillow/Pain Relief Mask at many online and retail drug stores. For a store locator, log on to [www.imakproducts.com](http://www.imakproducts.com).

Courtesy of ARAcontent

# May 2010

| Sun                                                                                                                          | Mon                                                                                                                  | Tue                                                                                                                    | Wed                                                                                                                           | Thu                                                                                                                     | Fri | Sat                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----|------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                              |                                                                                                                      |                                                                                                                        |                                                                                                                               |                                                                                                                         |     | 1 Deacons Meeting 9 AM                                                                                                                         |
| 2<br>                                       | 3 Hospitality Ministry 6 PM                                                                                          | 4 Mission & Brotherhood Ministry 6:30 PM                                                                               | 5 Youth Ministry 6 PM & Bible Study 7 PM<br> | 6 National Day of Prayer<br>          | 7   | 8 <b>GFDA 200 Youth in Red—2 PM</b>                                                                                                            |
| 9 Happy Mother's Day!<br>                   | 10                                                                                                                   | 11 Praise Dance Rehearsal 6:30 PM<br> | 12 Youth Ministry 6 PM & Bible Study 7 PM                                                                                     | 13                                                                                                                      | 14  | 15 <b>NZMBC Evangelism Outreach</b><br><br>Armed Forces Day |
| 16 <b>Pastor H. Goodman Appreciation Service 3 PM</b>                                                                        | 17 Usher Ministry 6 PM                                                                                               | 18 Scholarship Ministry 6 PM & Brotherhood Ministry 6:30 PM                                                            | 19 Youth Ministry 6 PM & Bible Study 7 PM                                                                                     | 20 Praise Dance Rehearsal 6:30 PM<br> | 21  | 22 <b>Scholarship Graduation BANQUET 5 PM</b>                                                                                                  |
| 23                                        | 24                                                                                                                   | 25                                                                                                                     | 26 Youth Ministry 6 PM & Bible Study 7 PM                                                                                     | 27                                                                                                                      | 28  | 29                                                                                                                                             |
| 30 Fellowship Dinner<br><br>Pledge Sunday | 31 Memorial Day<br><br>VBS BEGINS |                                                                                                                        |                                                                                                                               |                                                                                                                         |     |                                                                                                                                                |

## NEWS & Notes

05/08—**GFDA 200 Youth in Red** will take place at Grace Baptist Church in Bryan, TX at 2:00 PM.

05/09—The men of New Zion will prepare a special **Mother's Day Breakfast** immediately following 8:00 AM Early Morning Worship.

05/15—**Evangelism Outreach.** Those interested in sharing the gospel should meet promptly at the church at 9:30 AM.

05/16—Morning Star Baptist Church in Bryan will celebrate the 10th anniversary of its pastor and his wife, Herschel and Othella Goodman, at 3:00 PM. The guest church will be Mt. Nebo Baptist Church and the Rev. C.L. King of Bryan, TX

05/22 & 5/23—New Zion's high school seniors will be honored at the Annual Scholarship Banquet on 5/22 at 5:00 PM in the multipurpose building. The theme is "Celebrating Today...Embracing Tomorrow." On 5/23, Baccalaureate Service will begin promptly at 11:00 AM. All seniors are to arrive early to line up for the processional. Please wear your cap and gown.

5/30—5th Sunday Building Fund Pledges are due; 5th Sunday Fellowship Dinner will take place immediately following 11:00 AM Morning Worship Service.

## GOOD NEWS T-SHIRT


Jesus told his disciples — and us — to go into all the world and preach the good news. Wherever you go, this cool T-shirt will help spark conversations about your faith.

### What you need:

- Newspaper
- Cardboard
- Plain white, cotton T-shirt
- Permanent markers
- Goggles (optional)
- Eye dropper
- Rubbing alcohol
- Clothes hanger

### What you do:

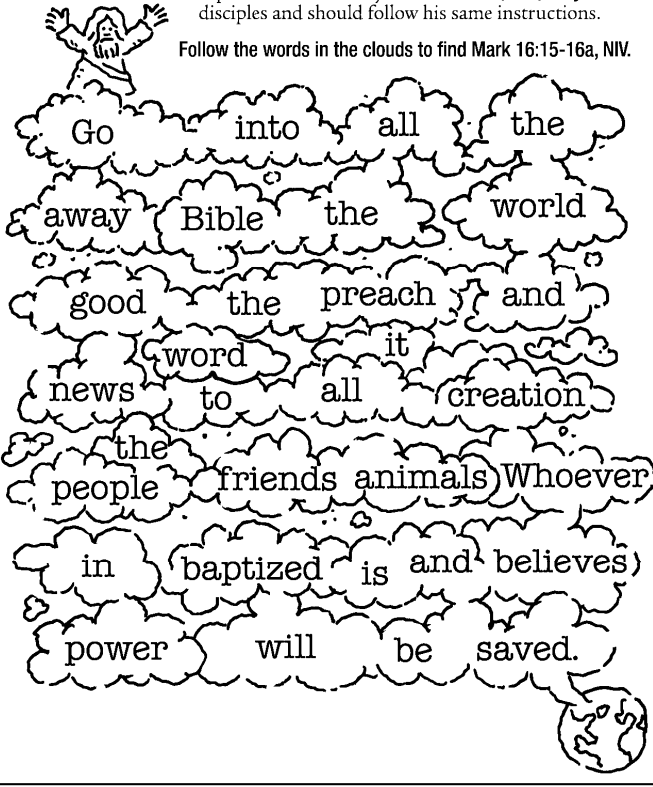
1. Cover a table with newspaper. (Work outside or in a well-ventilated area.)
2. Place a piece of cardboard inside your T-shirt. (This keeps pen marks from going through to the other side.)
3. With permanent markers, draw a design of large circles, spirals, hearts, etc.
4. Wear goggles while dropping rubbing alcohol onto your designs with an eye dropper. As the alcohol permeates the permanent marker, the color will break up and spread in interesting ways.
5. Hang the shirt to dry.
6. When the shirt is dry, place cardboard inside it again. On the front, write “I have some good news to share with you.” You can also write a Bible verse.




## “I am with you always.”

Before Jesus ascended into heaven, he encouraged his disciples in the work they had to do. We, too, are Jesus’ disciples and should follow his same instructions.

Follow the words in the clouds to find Mark 16:15-16a, NIV.



Go into all the  
 away Bible the world  
 good the preach and  
 word it  
 news to all creation  
 the  
 people friends animals Whoever  
 in baptized is and believes  
 power will be saved.



Answer: “Go into all the world and preach the good news to all creation. Whoever believes and is baptized will be saved.” (Mark 16:15-16a, NIV)

## Bible Quiz

One Old Testament prophet believed that God had consecrated him to be his spokesman even before his birth. He wrote: “Now the word of the Lord came to me saying, ‘Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.’”

Choose the correct prophet from the list below.

- A. Amos
- B. Jeremiah
- C. Micah
- D. Hosea



Answer: B

(See Jeremiah 1:4-10, NRSV.)

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

### Eye of God

This symbol represents our “all-seeing” God, who is present everywhere and is always watching over us. (“The eyes of the Lord are in every place,” Proverbs 15:3, NRSV.) The eye is inside an equilateral triangle, which is associated with the Holy Trinity.



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“Illuminating the Vision”

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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 **May 19, 2010**.

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

Thank you for your cooperation.