

THE TRAVELER

Zion Travelers Missionary Baptist Church
925 West Pearl Street • Jackson, MS 39203 • www.zion-travelers.org

JANUARY
2019

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Daniel Watkins, Pastor
Michael Johnson, Associate Pastor
Ricky Douglas, Associate Pastor

Ministers

Eric Brown
Edward Buck
Jack Gordon
Willie Jacobs
Michael Marshall
Bernard Moore

Evangelists

Ashanti Barnes
Dianne Harris
Emma Marshall
Pam Seaton

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Bernard Douglas, Vice Chair
Roger Jacobs, Vice Chair
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Church Coordinator

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Clerical Ministry

Rosalind Walls, Chair
Tameka L. Johnson, Vice Chair

Finance

Debbra Smith – Captain
Elaine Watts – Captain

Newsletter Editors

Tameka L. Johnson
Lisa Gordon

Bible Class **Wednesdays @ 7:00 PM**
Sunday School **Sundays @ 8:30 AM**
Worship Service **Sundays @ 10:00 AM**



The Pastor's Pen

To My Zion Travelers:

We give God all the praise, honor, and glory. It was God who brought us through 2018 and not ourselves. It will be God who will bring us through 2019 and not us.

Food for Thought

Every setback is a setup for a comeback. God wants to bring you out better than you were before!

A verse to remember—II Chronicles 7:14

“Then If my people who are called be my name will humble themselves, pray, seek my face, and turn from their wicked ways, I will hear from heaven and forgive their sins and restore their land.”

Daniel Watkins, Ph.D.





A New Year in Christ

Welcome to the holiday hangover! In the world of marketing, this time of year is known as the “new year, new you” phenomenon, and you’ll see evidence all over the place. Self-help books show up on the best-seller list, magazine stands tout the latest diet fad, and cardio machines will be hard to come by at the gym. Even in the church we see a

surge in attendance every January.

The general consensus is clear: we could all use some work, and this year might finally be the year when everything changes for the better. We try exercise. We try to eat right. We try to kick our bad habits. We try positive thinking. We try religion. We try a new schedule. We all know too well, however, that the “new you” usually doesn’t survive beyond the Super Bowl.

Despite the fact that failure trumps resolve on an annual basis, we continue “striving after wind” in search of that elusive fresh start, new beginning, and better identity (Ecclesiastes 2:11). Today, I have good news: the search is over. The answer isn’t anything new, but it does make everything new.

“Therefore,” the Bible says, “if anyone is in Christ, he is a new creation” (2 Corinthians 5:17). The reason why life keeps not working is because we need a new life. As Jesus himself described, we need to be “born again” (John 3:3).



Due to the curse of sin, we are all born alive in the physical sense but dead in the spiritual sense. Even for all two of you who actually keep your New Year’s resolutions, just try to do everything else right for the rest of your life and it will become painfully obvious that we’re all hopelessly enslaved to sin. Resolutions can’t rescue us; we need to be reborn entirely.

By the grace of God and the power of the Holy Spirit, we can be born again through faith (trusting in the death, burial, and resurrection of Jesus) and repentance (turning from our sins). Anyone can admire the life of Jesus, but those who are born again experience the life of Jesus and all of its benefits, including:

- 1) New Lord: If you’re born again, your highest authority becomes Jesus rather than yourself. He is a good king who loves his people.
- 2) New life: If you’re born again, you finally get a fresh start. You can’t meet Jesus and not change.
- 3) New identity: If you’re born again, you receive an identity rather than trying to achieve it. A fresh start doesn’t mean we’re perfect from here on out, but it does mean that the thing that defines you is Jesus—his love, his forgiveness, his steadfast presence—rather than your success and failure in life.
- 4) New power: If you’re born again, you get the Holy Spirit. No true change is possible without the work of God’s supernatural presence.
- 5) New mind: If you’re born again, you start to think differently. You begin seeing the world in relation to God and his plan and perspective.
- 6) New community: If you’re born again, you get a new family. God adopts you as a Father, Jesus is a saving big brother, and the church is his family.
- 7) New desires: If you’re born again, your deepest desires change. You start doing things you never wanted to do and stop doing things you used to love. For me, I knew something drastic had changed when I started wanting to read my Bible. It was a miracle.
- 8) New destiny: Finally, if you’re born again, you’re saved from your sin and reconciled to the sinless God, adopted into his kingdom of peace for all eternity. “Truly, truly,” Jesus said, “unless one is born again he cannot see the kingdom of God” (John 3:3).

Go to the gym. Eat your veggies. Use a day planner. But don’t settle for a new version of the old you when you can have new life forever in Jesus.



<https://i2.wp.com/media.premiumtimesng.com/wp-content/files/sites/2/2017/09/New-Creation.png?ssl=1>

About Dr. King



During the less than 13 years of Dr. Martin Luther King, Jr.'s leadership of the modern American Civil Rights Movement, from December, 1955 until April 4, 1968, African Americans achieved more genuine progress toward racial equality in America than the previous 350 years had produced. Dr. King is widely regarded as America's pre-eminent advocate of nonviolence and one of the greatest nonviolent leaders in world history.

Drawing inspiration from both his Christian faith and the peaceful teachings of Mahatma Gandhi, Dr. King led a nonviolent movement in the late 1950's and '60s to achieve legal equality for African-Americans in the United States. While others were advocating for freedom by "any means necessary," including violence, Martin Luther King, Jr. used the power of words and acts of nonviolent resistance, such as protests, grassroots organizing, and civil disobedience to achieve seemingly impossible goals. He went on to lead similar campaigns against poverty and international conflict, always maintaining fidelity to his principles that men and women everywhere, regardless of color or creed, are equal members of the human family.

Dr. King's "I Have a Dream" speech, Nobel Peace Prize lecture and "Letter from a Birmingham Jail" are among the most revered orations and writings in the English language. His accomplishments are now taught to American children of all races, and his teachings are studied by scholars and students worldwide. He is the only non-president to have a national holiday dedicated in his honor, and is the only non-president memorialized on the Great Mall in the nation's capitol. He is memorialized in hundreds of statues, parks, streets, squares, churches and other public facilities around the world as a leader whose teachings are increasingly relevant to the progress of humankind.

– From "About Dr. King Overview", accessed 12 Jan 2019,
<https://thekingcenter.org>

DID YOU KNOW?



1 in 10 people suffer from a Thyroid disorder



1 in 8 women will develop a thyroid disorder during her lifetime



JANUARY IS
THYROID AWARENESS
MONTH

Nutrients for a Happy Thyroid
Iodine ← L-Tyrosine → Selenium → Vitamin C



More than half of the people in America that suffer from a Thyroid disorder are undiagnosed

The Thyroid gland is a butterfly-shaped endocrine gland that stores and produces thyroid hormones. These hormones help the body use energy, keep the body warm, and keep the brain, heart, muscles and other organs working properly.

A healthy thyroid functions without much notice. However, people with thyroid problems can experience several symptoms, including:

- ⇒ Swelling in the neck
- ⇒ Heat or cold intolerance
- ⇒ Unexplained weight loss (or gain)
- ⇒ Constipation or diarrhea
- ⇒ Menstrual irregularity
- ⇒ Muscle or joint pains

Symptoms depend on how the thyroid is malfunctioning.

www.healthline.com

MLK IMPORTANT ACHIEVEMENTS

Word Find

1955
Montgomery Bus
Boycott

1963
Letter from
Birmingham Jail

1963
March on Washington
I Have a Dream

1964
Nobel Peace Prize
Civil Rights Act

1965
Voting Rights Act
Selma

1965 – 1968
Poor Peoples
Campaign

U G B T J I C L Z U Y F R A N T C G J D U B X D V
S O C W W R F I E H Q Z X R O U G Y D N L Q J X Q
E N H J G U T A B C X N K H H R D Z U G I M R R R
Z L M U W H D J M K C O G R X G G M I I C B K J E
B I Z S U R T M H M U T X A X T K D Y A W N R I R
T X L S K A T A Q M V G E C R T U D E P G O E U F
T Q N T Z W R H H Y C N A D W O P T G M Z B U Z S
B L X C W B Q G L Y E I Q F L C K X D A H E Q N R
V N K A E F D N G P F H K O M Y M W I C R L K F Y
L T U S B R C I D G L S Y U J O T D M S B P Z F Z
Y E E T I X L M F A O A T D V B P H B E E E Z U K
N C S H H L H R I P E W I I A S H K B L F A S H E
I M U G N S E I Z E S N M C L U C O E P R C V I C
M T V I M E T B X X M O X L T B G G P O J E Q Y B
K G M R K A N M X Z A H J F O Y Z H H E W P Q W M
S D U L Q R E O B S I C H A B R B Y O P H R W M N
Z E E I O K Q R V Q P R J K J E N D L R U I L G O
J Q F V J Y D F D I A A N X O M O K C O C Z L I D
F Y Z I U I F R E A Y M P D W O W U P O E E N V X
G A X C P S F E R F E S P E H G U C S P C U B O P
X A R T C E U T P V G V O Y R T Z X D I X A M B S
T K Z C R C F T C J E J A I M N Y X M E U R F E C
Q Q Q M K S S E D V X X D H P O N M V D A Y L B F
Z E N S W L R L H L H B B V I M X I F H W M V G Y
A E Z S S U W K V O T I N G R I G H T S A C T F I

SPOTLIGHT ON ZT STARS

**Congratulations to Kathleen Grigsby who was named Wonder Woman
of the Month by the Jackson Alumni of Delta Sigma Theta!**

The Prayer List

Bro. Brishard Aldridge
Mother Loraine Aldridge
Sis. Sylvia Aldridge
Bro. A. J. Alexander
Sis. Arlinda Austin
Bro. Dominic Banks
Mother Banyard
Bro. Franco Beacham
Bro. John Bell
Bro. John Brown
Sis. Olivia Chaney
Sis. Hellen Chisolm
Sis. Lucy Clark
Bro. Reven Clark
Bro. A. J. Clifton
Deacon Curtis Cotton
Sis. Bobbie Crump
Sis. Barbara Davis
Bro. Devon Davis
Sis. Stella Dennie
Sis. Corrine Dixon
Sis. Keisha Dixon
Mother Mattie Douglas
Amir Joelle Easterling
Forest Hill High School Students
Bro. Damarious Gardner
Sis. Conquela Garner
Bro. Jared Goodman

Bro. Walter Goodman
The Gray Family
Bro. Albert Griffin
Sis. Diane Griffin
Bro. Zachary Griffin
Bro. Carl & Sis. Shelia Griffith
Bro. Byron Handford
Deacon Charles Harden
Evangelist Diane Harris & Family
Sis. Tunyah Harris
Bro. Keywone Jackson & Family
Sis. Elois Jacobs & Family
Rev. Willie Jacobs
Sis. Dorothy Jamison & Family
Bro. Justin Johnson
Bro. Curtis Jones
Bro. Demetri Jones
Mother Rose Jones & Family
Bro. Robert Lewis
Bro. Keshone McAllister
Sis. Vanessa McGraw
Sis. Rakiya Montgomery
Sis. Katina Moore & Family
Sis. Lois Nichols
Sis. Christine Norwood
Sis. Genettie Norwood
Sis. Katherine Owens
Sis. Marietta Phillips

Bro. Avis Ragsdale
Sis. Charlene Ray
Sis. Mary A. Robinson
Sis. Vinnie Mae Robinson
Sis. Jayda Ross
Sis. Laura Saddler
Sis. Linda Sanders & Family
Bro. Robert Sanders
Bro. Willie Frank Shannon
Mother Alberta Smith
Sis. Sharon Smith
Sis. Shirley Smith
Mother Thomasine Smith
Mother Clyde Thompson
The Toney Family
The Townsend Family
Sis. Mary Tyler
Bro. Sebastian Waddell
Bro. Charles Walker
Sis. Teri Walker
Bro. Daniel II & Sis. Victoria Watkins
Bro. Jarvis & Krystyna Watkins
Aarione Watts
Sis. Ida Watts
Sis. London Williams & Family
Bro. Enrique Willis
Sis. Ashley Wilson
Sis. Brittney Wilson

CALENDAR

JANUARY

13TH Evening Service
3:00 pm

21ST Martin L. King, Jr. Program
6:30 pm

FEBRUARY

3RD "Rep Your Team"

Super Bowl Sunday

23RD Pelicans v. Lakers Game

Thank you for your generous spirit and continuous support of Stewpot Community Services. With your faithful support, we are able to bless some 750 individuals and those that are homeless in the Metro Jackson area with basic human needs. May you be blessed this year as you have been a blessing.

STEW POT

Community Services
"Faith Meeting Needs in Our Community"

December Sermon Topics

2ND "The Lord Is...."
Psalms 23:1-3

9TH "The Lord Is...Part II"
Psalms 23:4-6

16TH "A Just Man"
Matthew 1:18-21

23RD "Leadership from a Servants Perspective"
Matthew 23:11-15

30TH "Lord, Where Shall We Go?"
John 6:67-69

See Finance for your DVD copies

☞ If you have a death in the family, birth of a child, Christening request, or hospitalization please contact Sis. Tresa Woods at (601) 573-3697.

☞ Please submit all announcements and prayer requests to the Clerical/Program Ministry at ziontravelers@comcast.net.

☞ Watch us on Comcast Channel 18 Wednesdays @ 4:30 & Thursdays @ 6:30!!!!

☞ Check us out on Facebook @ [ziontravelers](https://www.facebook.com/ziontravelers), on Twitter @ [@ZionTravelersMS](https://twitter.com/ZionTravelersMS), and on Instagram @ [ziontravelers](https://www.instagram.com/ziontravelers)

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