

First Rising Mt. Zion Baptist Church 602 N Street, N.W. Washington, D.C. 20001

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FROM THE PASTOR'S PEN

We are in the midst of an unprecedented time and are experiencing things we have never seen before. The covid 19 crisis has taken the little control we have over our lives. To top it off, we have an ongoing protest in our streets that is waking up the civil rights movement over what some are calling a "racial pandemic." People of all colors are trying to touch the harden heart of the leadership of this country to embrace a vision of an America that truly provides justice for all. This all adds stress of varying degrees to our minds. But there is good news! In Matthew 11:28-30, Jesus says, "Come to me, all you who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." If you feel like you are carrying the burdens of life, turn them over to the Lord and let Him lighten your load.

MINISTRY NEWS

The restrictions in D.C. are being lifted gradually. Pastor Young will let the congregation know of the reopening of First Rising as the decision is made by Mayor Bowser and plans are in place by the Church Officers.

IN THE HOUSE SPOTLIGHT

- Greetings to our birthday babies: Rev. Oran W. Young (July 1), Deaconess Harriett Penny (July 2), Mrs. Verletic Devane (July 9), Deaconess Phyllis Thompson (July 11), Deaconess Annie White (July 11), Mr. Paul Brown (July 16), Mrs. Louise Flemings (July 24), and Mrs. Dorothy Davis (July 28). May your day be filled with the happiest of smiles!
- * Happy Wedding Anniversary to: Deacon and Deaconess Prince and Lillian Jones (July 9), and Rev. and Mrs. William and Dorothy Wells Fowlkes (July 29). Praying that you continue to feel love and good cheer.
- Congratulations to our 2020 Fathers of the Year: Trustee John Holland and Deacon Harold Logan!

ADDITIONAL LEARNING

While the metropolitan area tries to devise a method that will keep our children safe as they learn, channel wjla 24/7 has an hour of learning on weekdays, from 9:00 a.m. until 10:00 a.m. It's called 'Outside the Classroom'. Meteorologist and high school science teacher, Ryan Miller, host the show. The daily lessons are focused on easy STEM projects with some concentration on language arts. To see some of his past shows do an Internet search for 'Ryan Miller Outside the Classroom' or go to <a href="https://video.search.yahoo.com/search/video;_ylt=AwrJ62CWZQpfyycAXDhXNyoA;_ylu=X30DMTByMjBoaG5zBGNvbG8DYmYxBHBvcwMxBHZoaWQDBHNlYwNzYw--?p=ryan+miller+outside+the+classroom&fr=yfp-t&guce_referrer=aHRoc

IT AIN'T OVER

With the quarantine lifted, people across the nation seem to have lost their minds believing that the danger of transmission is over. In actuality, the pandemic is once again on the rise. Even so, there is a segment of the adult population who must go to work and plans are being made to send the children back to school. Only God knows how that will work out. All we can do is pray, go back to basics, and:

- ✗ Shelter in place when you can.
- × Stay home when sick.
- Cover your cough or sneeze with a tissue or into your upper arm. If you use tissues, dispose of them after use.
- * Avoid touching your eyes, nose and mouth with unwashed hands.
- **✗** Wash your hands for 20 seconds or more if you don't have hand sanitizer.
- **✗** Wear a face mask whenever you venture out.
- **✗** Clean your work area periodically with bleach or a cleaning spray like Lysol.

Right now, common sense has to be the guide. The goal is to protect oneself in spite of the situation and thereby protect your family because the corona virus is ever-present. It doesn't look like it's going away any time soon.

THANK YOU ...

Pastor Oran Young for the information in this month's issue! ♥ Vivian Jones Obianyo



SHARE YOUR NEWS! Flash Points is a news sheet developed to point out activities in the church, accomplishments of its members, and opportunities available to all members of First Rising Mt. Zion. Please share your information with me at either of the contacts listed below. "Love bears all things, believes all things, hopes all things, and endures all things." 1 Corinthians 12:7 (ESV)

Send your Flash Point news to vivian.obianyo@gmail.com or leave a message at 301-322-4039.