

OCTOBER 2016

Voices of NZH



We turned pink in honor of all those affected by Breast Cancer

Go Out and Vote!

Whether you are Team Trump or Team Clinton, or neither, you still have an obligation to let your voice be heard on Election Day, November 8th. The ability to vote allows you, a citizen of this great country, to voice your opinion and choice on a variety of issues. In the American political system, voting allows registered citizens to cast their choice for the political leader that they believe can accurately make the choices that will better the country.

However, there are thousands upon thousands of individuals who have the ability to vote, and yet do not. Here are five reasons why voting is important:

- 1) One vote really does make a difference.** This year's congressional and gubernatorial races are expected to be extremely close this year – some may even result in run-offs. Remember, your vote can determine the course of legislative and executive action.
- 2) It's your money.** Your selection of representatives ultimately determines the allocation of resources for a range of public services, putting your tax dollars to work. Not only should you vote for the candidate you believe most effective but it is your duty to make him or her accountable once in office.
- 3) Voting promotes change.** It is our opportunity and responsibility to make a difference in our communities, lives, and our children's future. Our representatives play a vital role in determining the level of support for health care, college funding and small business financing, among other areas. It is their job to advocate on behalf of their constituency – including you.
- 4) It's your public duty.** Your franchise is your voice; it is the basic role that you play in a democratic society. For African Americans, it should hold special significance since generations have fought and died for this right that was promised and protected by the Voting Rights Act of 1965. With voting rights under assault – a Supreme Court ruling weakened VRA in 2013 while a number of states have instituted measures like voter i.d. laws that have made it challenging for a number of African Americans, minorities and women — it is more important than ever to exercise your franchises.
- 5) Voting is tied to your occupational advancement and personal wealth.** The President, congressional representative and governors all influence policies and legislation related to minimum wage, fair employment practices, pay equity, health insurance and workplace safety on the national, state and local level. These issues impact your career advancement and your pocketbooks.

So, on November 8th let your voice be heard!



FELLOWSHIP NEWS

Coming Home

"Homecoming," what is it? One source says it is "an instance of returning home; a time to celebrate." Although "Homecoming" is marked by the return of family and friends that have moved from their ancestral Church, it also involves a coming together of family, former members and the community for a Church service of celebration, commemorating the past, the history of the Church, and reconnecting with family and friends not seen for a while.

In this tradition, New Zion Hill had its annual Homecoming Celebration on September 25, 2016, with one of its daughter churches, Fairview Missionary Baptist Church, in charge of the service. Reverend Chuck Smallwood, Pastor of Fairview Baptist Church, delivered a moving message titled "I've Got to Give God Everything I Got," and he built his sermon around the Scripture: Luke 9:57-62.

Reverend Smallwood did not come solo but was accompanied by his choir, ushers, deacons and many other members, many of whom were former members of New Zion Hill. A number of sons and daughters of the house were in attendance, with some being active participants on the program.

Of course, a celebration or fellowship of this magnitude would not be complete without sharing a meal. Therefore, after being spiritually fed, everyone was treated to a scrumptious meal to satisfy their physical needs.

God Did It Again!

New Zion Hill's Fall Revival was held on October 18-20, 2016 with our friend and anointed messenger, Bishop Dreyfus C. Smith, Senior Pastor and Founder of Wings of Faith Ministries of Conley, GA.

Revivals are intended to uplift, encourage, empower, and reinvigorate the saints for the work of the ministry and their personal growth in the Lord. It is a time to review and reflect upon our relationship with Christ and become reenergized to minister to lost souls. It is our prayer that you will make plans to attend our mid-Winter Revival in January.

CDs are available for a donation of \$5 each. If you missed the revival, you can still hear the powerful messages and/or share with someone else who may need to hear these messages.

FALL FESTIVAL

CELEBRATING

ALL SAINTS DAY EVE

Sunday, October 30, 2016
@ 5:00 P.M.

Join Us!

**Trunk
OR
Treat**

**Cake
Walk**

Food, Fun, and Other Activities

Fellowship!

New Zion Hill Missionary Baptist Church
3237 1/2 Deans Bridge Road
Augusta, GA 30906

Reverend Dr. James A. Hogan

SPONSORED BY

**Peach State
Health Plan™**

New Members

We welcome you with open arms and grateful hearts!

Keisha Gibson
Rodriques Gibson
Felicia Griffon
Angelo Nichols
Darryl Riggins
Krystal Tillman

Church Decorum

DURING THE SERVICE

Points of etiquette to remember during the church service generally relate to minimizing distractions to others. Be sure to turn off or silence your cell phone before entering the sanctuary. If you arrive after the service has begun, let an usher indicate when you may enter the sanctuary and, if needed, show you to an available seat. If you must leave or re-enter during the service, make every effort to do so unobtrusively, not during a prayer or Scripture reading and using a back door if possible. Please do not use the center aisle after the sermon has begun.

Memory Verse

"Let all things be done decently and in order."

- 1 Corinthians 14:40

NZH HEALTH CHECK

Breast Cancer Awareness



MYTH: I don't have a family history of breast cancer, so I am not at risk.

FACT: Most women who develop breast cancer have no family history of the disease. You may have heard about other risk factors, such as having someone in your family with breast cancer or having an inherited breast cancer gene. But the truth is that most women with breast cancer don't have these other risk factors. All women are at risk for breast cancer and your risk only increases as you get older.

MYTH: I am too young to worry about breast cancer.

FACT: Except for certain types of skin cancer, breast cancer is the most common form of cancer diagnosed in women of all ages. Although the most confirmed and noteworthy risk factors for developing breast cancer are gender and growing older, younger women diagnosed with breast cancer often experience a more aggressive cancer and a lower chance of survival. The breast tissue of younger women is thicker than that of older women and can make diagnosis difficult. Because of this, it is vital that women begin monthly breast self-examinations at age 20, so that you can become familiar with how your breasts look and how they feel, thereby making it easier for you to notice any changes.

MYTH: I can do a breast self-examination at any time.

FACT: You should perform the self-exams at the same time each month, three to five days after your menstrual period ends, when your breasts are the least tender and lumpy. If you have stopped menstruating, perform the exam on the same day of each month. Report any changes to your doctor or nurse. Go for regular clinical breast examinations and ask about a mammogram.

MYTH: After puberty, my breasts do not change.

FACT: Your breast will go through many natural changes from puberty through menopause. And, like most women, you may experience some common breast changes at some point in your life. These conditions might include lumps, pain, and nipple discharge. The good news is that many of these changes are both common and benign (noncancerous). For instance, your breasts may feel swollen and tender before your period. This is called cyclic breast changes, a breast condition that affects about half of all women. Cyclic breast changes are always related to your period. That's because your breast tissue is influenced by the same hormones that affect your period. Your breasts may even feel tender and heavy. Lumps form when extra fluid collects in the breast. These are normal changes. Both lumps and swelling gen-

erally go away by the end of the period. It's a good idea to tell your doctor about any—even common—changes.

MYTH: Mammograms are harmful because they use radiation.

FACT: A mammogram is an x-ray picture of the breast. It has the ability to detect breast cancers before they can be felt. It uses a very small amount of x-ray radiation that is not harmful. Currently, mammograms are the best screening tool widely available to detect breast cancer at its earliest, most treatable stages.

MYTH: The only way to discover if I have breast cancer is by having a mammogram.

FACT: Sometimes breast cancer will not be seen in a mammogram but can be felt during a clinical examination by your doctor or nurse in an office or clinic. He or she will look at and feel your breasts and under your arms for breast changes. You should have a breast examination when you are 20 years old and at least every three years until you are 39 years old. If you are over age 40, you should have a breast examination every year.

MYTH: I am at a greater risk for breast cancer because my breasts feel lumpy and tender at certain times of the month.

FACT: Breast lumpiness with tenderness or pain at certain times of the month is called fibrocystic breast changes. These breast changes do not increase your chance of getting breast cancer. Conduct a breast self-examination each month and get to know the way your breasts look and feel. Learn what is normal for you. If you notice a change, see your doctor right away.

MYTH: There isn't anything I can do to help prevent breast cancer.

FACT: By maintaining good health, you can lower your risk for breast cancer. Eating fruits, vegetables, and grains; maintaining your weight after menopause; exercising; and drinking less than one drink of alcohol a day can improve your overall health and help prevent breast cancer.

MYTH: Birth control pills have no effect on my chances of developing breast cancer.

FACT: If you are currently taking birth control pills, your breast cancer risk is slightly increased. The increased risk from using birth control pills becomes less after you have stopped using them. After about 10 years, your risk returns to normal.

MYTH: Breastfeeding increases my chances of developing breast cancer.

FACT: Once actively debated, there is now solid evidence that breastfeeding can lower the risk of breast cancer.

** Adapted from materials developed by the Susan G. Komen Breast Cancer Foundation.*

The Total Woman: Mind, Body, and Soul Women's Retreat

The first ever New Zion Hill Women's Retreat was experienced October 14-16, 2016 at Myrtle Beach, SC. On the heels of Hurricane Matthew, there was some concern about whether we would cancel the trip but we were blessed with beautiful weather and only two ladies were affected by the aftermath of the storm and could not attend. What an awesome experience it was to have forty-three ladies share in the weekend activities. Upon arriving, the ladies were able to settle into their rooms at the condos, go out to the beach, enjoy a meal delivered from Olive Garden and relax. The ladies were divided into four condos and each group formed beautiful bonds of fellowship.

On Saturday, everyone participated in the workshop sessions and received awesome presentations from Sister Teresa Pratt on The Mind of the Total Woman; Sister Rita Williams on the Body of the Total Woman; and Minister Sharon Fenner (from New Living Well Bible Church, Hampton Virginia) on The Spirit of the Total Woman.

We were also blessed with a panel discussion entitled "Pearls of Wisdom," where First Lady Carrie Hogan, Sister Minnie Bush, Sister Betty Condry and Sister Annie Petty answered various questions that were submitted by the participants. Our souls were filled and we enjoyed a tasty and health conscious lunch.

On Sunday, we were again blessed during our worship service with a meditation from First Lady Hogan and the message brought to us by Reverend Carolyn Windley Braxton, Pastor of St. Peter Missionary Baptist Church, Myrtle Beach, SC. Our hearts were uplifted and encouraged by the messages and songs of praise. After leaving the worship service, the group ended the retreat by enjoying a shopping trip and lunch at one of Myrtle Beach's Tanger Outlet Malls.

God blessed us with safe travels, a great time of fellowship and relaxation, and wonderful memories. Women joined us from Georgia, South Carolina, North Carolina and Virginia this year and we are looking forward to more women joining us on the next retreat.



CHURCH CALENDAR

OCTOBER

30 Fall Festival @ 5:00 PM

NOVEMBER

- 6 Musical Ministry Anniversary @ 2:30 PM
- 8 Voting Opens
- 13 Mt. Zion Missionary Baptist Church Anniversary @ 2:30 PM
- 20 Annual Men's Day Service

NEWSLETTER COMMITTEE

Brother Bobby Swain Carlyle
Sister Jessie Coley
Sister Geraldine Law
Sister Brenda Mathis
Sister Brianna Sessions, Editor
Reverend Millicent West, Advisor

Volunteers are ALWAYS welcome

Articles for the next issue of
Voices of New Zion Hill
Newsletter can be turned in to any
member of the Newsletter
Committee at any time.

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The Voices of New Zion Hill newsletter brings news you can use to all members of New Zion Hill!