



HE IS RISEN

CELEBRATE THE SAVIOR



"Easter is about Hope"

(Matt 28, John 20, Mark 16, Luke 24)

Easter is the season of **hope**. Easter sings and rejoices in **hope**. All of us **hope** in something. Webster defines **Hope** as a feeling what one wants will happen. **Hope** springs eternal, says the poet. **Hope** is why we get out of bed in the morning, ready for another day of life. **Hope** is why couples bring children into the world, in spite of financial situations and the high cost of homes. **Hope** is why we keep getting excited about presidential elections. **Hope** is why we are able to handle the death of a loved one, and face the inevitability of our own death. **Hope** is why refugees flee from political oppression or economic hardship. **Hope** is why people contribute their time and money to churches because they believe the church can make a difference in people's lives and in the world. **Hope** is why we have confidence in the future. We believe God's plan for the creation will be fulfilled. Most of us live by **hope**. **Hope** is a basic motivating force of life. People without **hope** live in despair.

On this Easter morning, there are two vital questions we must answer: What is the basis of your **hope**? And For what do you **hope**? Can get you out of the bed ready to face setbacks, problems, and crises? Can your **hope** sustain you with the rapid changes we face in today's world; Are you able to meet the challenges of life in your every day life? Do you have the ability to cope with the testing of your faith?

What is the basis of your **hope**? What is the

foundation of your **hope**? Is it in your ability to handle whatever happens? Is it confidence in the human race? Is it in the stock market? Is it in the ability of government to provide for you?

What is your ground for **hope**? (Is it adequate?) Perhaps one reason for a widespread sense of **hopelessness** today is that many have their **hopes** misplaced. Their **hopes** are built on the sands of their own resources. And when the winds of change and circumstances blow, their **hopes** are blown away.

In order to withstand the hurricanes and tornadoes, and the strong winds of changing times, moral lapses, cloudy motives, our **hopes** must be built on a solid foundation. Our **hopes** must be founded on the Solid Rock -- Jesus. The only ground for **hope** is a belief in the risen Christ! You must believe in the resurrection of Jesus from the dead. Then, victory is assured. The power of God has been demonstrated in the resurrection of Jesus. We can live with that same power in our lives because of the resurrection of Christ.

When you are asked, "Why are you so happy? Why are you so positive? Why are you so **hopeful**? Why do you not discouraged easily?" You can answer, "I have **hope** because God raised Jesus from the dead, because the Lord is risen" We can rejoice this morning because we have good news. We have a promise. We have faith. We have an everlasting **hope**! We have a God who raised Jesus from the dead! Therefore, your

Inside the Spirit

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hope can withstand all the storms of life.

Here is how everyone can have this **hope**: "*If you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.*" (Romans 10:9) Confess with your lips that Jesus is Lord, Trust Jesus with your very life -- with your eternal soul. Call on Jesus, Invite Him into your heart and life. Confess with your lips. Believe in your heart that God raised Jesus from the dead. You will be saved. When you do that, you are in God's care. You may fail on occasion, at least, according to the world's standards; but you will be a conqueror through Jesus Christ. You can get up every morning with **hope**, and face the future with confidence.

When you call, confess, and believe then and only then will is your **hope** is grounded in the resurrection of Jesus Christ. For what do you **hope**? For what you are willing to give your life? For what are you living? What are your goals and priorities? For what are you willing to sacrifice? In what and for what do you invest your time and your money?

On that Sunday morning, the women went to the tomb of Jesus. They found the tomb open and empty. They were discouraged and frightened. Their **hopes** had been crushed when Jesus died on Friday. Their **hopes** for the coming of God's kingdom, had been shattered by the death of Jesus.

On that Sunday morning, they went to the garden and found the tomb empty. They were bewildered and confused. Why was everything changing? Why was everything disrupted?

Jesus had stirred such **hope** within them. His words burned within them. He had given them **hope**. Now everything was gone. He was dead, He had been crucified. The enemies had conquered, so it seemed and now, even the tomb had been broken into, and His body they thought had been taken.

Their **hope** was gone, all seem lost they probably thought now what would they do? Where would they go? How would they believe? When could they ever **hope** again? While they wept, two angels appeared to the women. They asked a question that is as vital today:

"Why do you seek the living among the dead?"

Why do you look for the living in a cemetery? You cannot find life in that which is dead. If you wish to have a living, dynamic **hope**, you will not have it, if you put your faith in something that is dead. Do you really want to give your life for dead things? Do you really want to invest your money, dreams, energy and **hope** in dead things?

Americans, compared to people in the rest of the world, have the nicest homes, the most cars, the greatest wealth, and yet, write the most books on *how to be happy*! Why put your **hope** in dead things that will never bring happiness? Why put your **hope** in the dead past? The past is dead ; it is gone. We cannot make it live again! We

cannot reclaim the years that are gone. Why put your **hope** in a dead past? Why put your **hope** in bottles, pills, or needles, or drugs? Why put your **hope** in dead things, dead dreams, and dead visions, or allusions? Why cling to old methods that do not work anymore?

"He is not here; for he is risen, as he said"

Put your **hope** in that which is alive! Give your life to the Lord Jesus. That is where you will have lasting **hope**! Invest your life in serving a risen, living Savior! I invite you, on this Easter morning, to examine how you live, and for what you live. To what are you giving your life? For what do you **hope**?

Happy Easter
Mylon L. Burwell

A Short Story

Once I overheard a wise man telling a story. He was telling a group of people how his wife had bought a sowing kit. He watched her while she worked on whatever she was making and in his eyes it looked so terrible. He was praying she wouldn't ask him how it looked because it was just ugly! But, she looked up at him and flipped it over and it looked so magnificent. How could something that just looked like a jumbled up mess turns into something so delicate and beautiful? I think this is the way we should view life.

Everything looks like it's falling to pieces and we don't know what's going on. Well we don't have to understand everything. God is in control and will take care of what aches and hurts us. Our life is like that sowing kit. One day the Lord will flip it over and everything we've been going through will finally make sense.

Devan Davis

CHARLOTTE MILLER SCHOLARSHIP

Information for the Charlotte Miller Scholarship will be available in May. Please contact a member of the committee: Sis Brenda Johnson, Sis Gwendolyn Garth, Sis Ardean Green, Sis Quirante (Missy) Hereford, Sis Pricilla Horton or Pastor Burwell if you have any questions regarding school requirements or scholarship.

Ardean Green, ABR



Healthy Alternatives for Easter Sunday Dinner and other Favorites

By Angela Saxton

Easter is the time when: Nature awakens. The air is fresh. The trees are budding. Daffodils are in bloom. It is the time of renewal. A time when we feel the need to cleanse our bodies, our minds, and our spirits. A part of cleansing is nourishing our bodies with great foods. Eating healthier can be a challenge, but when we do, it is refreshing to our whole being. This Easter Sunday dinner and other special occasions are good opportunities to try preparing lighter, healthier meals not only for ourselves, family, and friends.

Traditionally, a cured ham or roasted lamb is the main dish. If you are like most Southerners, the ham has been the choice menu for years, but **smoked turkey breast** with pineapple glaze is a magnificent substitute. Prepare the smoked turkey breast according to the instructions on the package and top with pineapple glaze (*see recipe below*). If you are carving something a bit lighter, an easy delicious entrée is a low sodium **whole roasted herb chicken**. Simply clean a the chicken and pat it dry. Rub olive oil or canola oil all over the chicken to coat, and then sprinkle it with Mrs. Dash. Stuff the cavity with halved onion, lemon, and parsley.

For a light side, try **fresh green beans** sautéed in 1 tablespoon of canola oil, chopped green onions, and 1 clove of fresh garlic. Season to taste. Broccoli is also a good choice for an energetic side dish. Try it prepared the same way as the green beans or on a platter raw with a veggie dip in the center. If you love **potato salad** and it is a must have, using the newer Olive Oil mayonnaises eliminates more than half the saturated fats. The result is that absolutely irreplaceable and yummy. A new scrumptious potato dish to try is baby red on gold **parsley potatoes** (*see recipe below*). Whole wheat yeast rolls can be found in the freezer section of the grocery store, or check www.delish.com (search *Soft Whole-Wheat Dinner Rolls*) for the recipe to make them fresh at home.

Just like an Easter egg hunt, dessert is always a favorite Easter Sunday tradition. If you like homemade pound cake, Lemon Cream Cheese Pound Cake topped with fresh berries will be a big hit. Use 1/3 less fat cream cheese (Neufchatel Cheese) and a butter substitute suited for baking to cut the fats. If you are diabetic or prefer less sugar, use 1/2 sugar mixed with 1/2 sugar substitute combination. Chocolate cake is also decadent and can be so easy, delicious, and healthier (*see recipe below*).

Pineapple Glaze

1 (9-ounce) can crushed pineapple
Juice of 1 lemon, strained
1/4 cup sugar 1 tbs cornstarch 1 tbs water

In a sauce pan, combine the whole can of crushed pineapple, sugar, and lemon juice. Bring to a boil over med-

high heat. Stir occasionally. In a small bowl, mix the cornstarch and water to make a thicker. Slowly stir the thicker into the pineapple mix and cook on medium heat until the mixture becomes clear. Spoon over the smoked turkey breast. Serve warm or cold.

Lemon Cream Cheese Pound Cake

This cake is light, airy and bursting with flavor!

Ingredients:

1 package cream cheese (*1/3 less fat at room temperature*)
3 sticks butter (*vegan butter or baking margarine with less fats*)
3 cups sugar (*for less sugar use: 1 1/2 cup. sugar, 1 1/2 cup Splenda, or use all Splenda*)
5 large eggs
1 tsp vanilla, 2 tsp Lemon Flavor
3 cups flour (sifted White Lily)

Use electric mixer to cream the cheese and butter until fluffy (about 7 minutes). Add the sugar in a slow steady stream while mixing. Mix until fluffy again (about 7 minutes). Add eggs one at a time (beat 1 min after each). Add flavors and mix. Slowly add in the flour until the batter forms. Be sure to scrap down the sides of the bowl. Bake in large greased bunt or 9x13 pan for 1 hour. Cool completely in pan. Turn out onto a cake plate. Serve as is or top with apricot preserves.

Chocolate Cake

Preheat the oven to 350 degrees F. Grease and flour one 8 x 8 inch pan or line the bottom with wax or parchment paper.

Sift together into a large bowl:

1 1/2 cups all-purpose flour
1 cup plus 2 tablespoons sugar or splenda
6 tablespoons unsweetened cocoa powder
1 teaspoon baking soda
1/8 teaspoon salt

Combine and add:

1 cup warm coffee 1/4 cup olive oil
1 tablespoon white vinegar 2 teaspoons vanilla

Stir until smooth. Scrape the batter into the pan and spread evenly. Bake until a toothpick inserted into the center comes out clean, 25 to 30 minutes. Let cool in the pan on a rack for 10 minutes. Slide a thin knife around the cake to detach it from the pan. Invert the cake and peel off the paper liner, if using. Let cool right side up on the rack. Serve plain, dusted with powdered sugar, or frost with quick frosting.

Recipe Adopted from <http://portlandmonthmag.com/home-and-garden/at-home/articles/easy-best-vegan-chocolate-cake-february-2013-february-2013>

*Mt. Zion at the Fed Express Forum In Memphis
for the Grizzlies .vs. Houston Rockets*



"Women's Spring Fellowship"

Saturday, April 6, 2013

11:00 a.m. - 2:00 p.m.

**AT THE
INDIAN CREEK PRIMITIVE
BAPTIST ASSOCIATION**

Sponsored by the Women's Congress

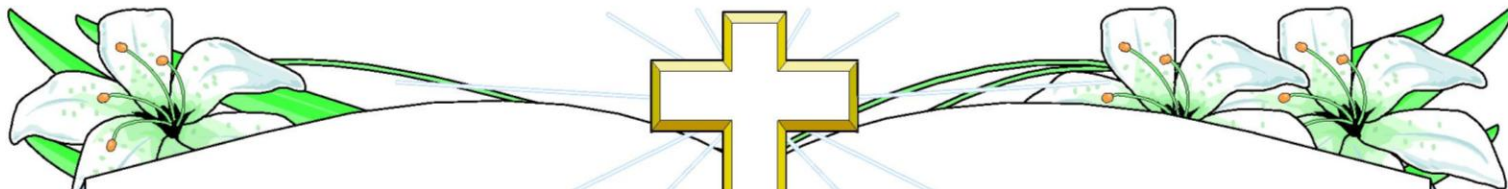
*We would love to have Each
and Every Woman within
Indian Creek Join Us for a
Wonderful Afternoon of
Faith, Fellowship, and Fun.*

**For Additional Information
Please Contact Sister Diane Wilkins @ 256-585-0918
or Sister Wilhemina Burwell @ 256-829-8468**

We are asking the Women of Mt. Zion to Please Help Us with this effort by providing sandwiches and meat trays, sausage balls, wings, etc. - Please See Sister Burwell for Additional Reservation.

Thank You so much!





EASTER BLESSINGS

Blossom

By: Queena Merrimon

Blossom into a beautiful lotus,
because that is what you are.
Bloom with grace and dignity.
And explore your spirituality.

Stand tall and blossom,
into that beautiful
flower that you are.

From a tiny seed
you were conceived.

Into a leaf you sprouted,
then you grew into
a beautiful flower.

How very exciting!

As you grow weeds
will grow around you,
but stand tall and beautiful.

Sway back and forth
gracefully without a care.

Because you are a beautiful lotus,
that has blossomed
beautifully and skillfully.

Again, I say blossom into a beautiful lotus,
because that is what you are.
Bloom with grace and dignity.
And explore your spirituality.

Stand tall and blossom,
into that beautiful flower that you are.

God Grew the Tree

Have you ever marveled at the infinite wisdom of God and stopped to consider how everything in His creation fits into His plan and has a specific purpose to fulfill. God knows every thought in our minds because Jeremiah 1:5 tells us, *"before I formed thee in the belly I knew thee; and before thou comest forth out of the womb I sanctified thee"*. Every detail of our life is of great concern to God.

He has a perfect plan for us that includes acceptance of His son. In the fullness of time, God sent His only Son, Jesus, into the world to demonstrate His perfect love for sinful man, and to be the perfect sacrifice to save men from their sins. *"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life"* - John 3:16. *We are sanctified through the offering of the body of Jesus Christ once for all* - Hebrews 10:10. God's plan from the beginning was perfected. The sacrifice was made. Man would have redemption from his sins by believing on the Lord Jesus Christ.

The cross was hard and cruel for Jesus to bear; but nonetheless, it was all in God's perfect plan. When you consider the cross you have to bear, look to Calvary and remember God grew the tree from which the old rugged cross was made. He planned it from the beginning and He saw it through to victorious completion. All God's purpose toward you is love. - Gospel Society, Inc

Nikita Buckner Lehman



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