

# MT ZION NEWS

THE OFFICIAL NEWSLETTER OF MT. ZION UMC

## BACK TO ROUTINE

*THERE IS A TIME FOR EVERYTHING,  
AND A SEASON FOR EVERY ACTIVITY UNDER THE  
HEAVENS*

*ECCLESIASTES 3:1, NIV*

The lazy days of summer are almost over and it is time to ease back into a normal routine. Vacations and children out of school may have caused life to be hectic at times over the summer. As Fall approaches, let us renew commitment to healthy routines: daily prayer and bible study, quality time with family and friends, exercise, healthy eating, and service in the community. We're here to help: grab a daily devotional off the welcome desk, sign up to be a tutor at Sandy Lane Elementary or volunteer at Uncommon Touch Breakfast, get fit with line dancing starting in September.

## HEALTH & WELLNESS

The color of the month is teal to support those suffering from Food Allergies or Post Traumatic Stress Disorder (PTSD)

Childhood allergies to milk, egg, wheat and soy are often outgrown. But most people do not outgrow peanut, tree nut, fish and shellfish allergies. Children with food allergies are 2-4 times more likely to have asthma.

PTSD is a mental health condition that is triggered by a terrifying event, either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety as well as uncontrollable thoughts about the events. Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. PTSD symptoms may start within one month of a traumatic event but sometimes symptoms may not appear until years after the event. Anyone experiencing these symptoms should see a professional health care provider.

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July's Parents Night Out was a blast!



In Memory of Bro. Alvin Washington  
May 2, 1942 - July 18, 2019

# MARKEIS MCGLOCKTON CELEBRATION 7/19

On the first anniversary of the day his son Markeis McGlockton was shot and killed over a parking space, the father stood outside Mt. Zion and talked about the hard days that came afterward.

But there is one thing that makes Michael McGlockton thankful.

“It’s been a rough year. It’s been really hard,” the 47-year-old said. “It’s a blessing that he has not been forgotten, to see that people still care.”

The speakers at the vigil mourned McGlockton’s death and celebrated his life, remembering him as a caring father, family member and artist.

But the ceremony also focused on the upcoming trial and on the state’s stand your ground law.



*“It’s a blessing that he has not been forgotten, to see that people still care.”*

## *Michael McGlockton*

Local groups such as the Bay Area Defenders, Answer Suncoast and Civil Liberty Law organized the vigil with help from Mt. Zion and also Allendale United Methodist Church. There were poetry readings, singers, Mt. Zion's praise team, and speeches from activists calling for the repeal of stand your ground.

“Tonight’s celebration is an act of resistance, an act of protest,” Rev. Lee Hall Perkins said. “We want to show that hate doesn’t win.”

After the ceremony, more than 50 people marched from the church to the corner of U.S. 19 and Sunset Point Road, chanting “no justice, no peace” and “justice for Markeis.” Then they held a moment of silence at the intersection

# 100TH CHURCH ANNIVERSARY

## Telling Our Stories Videotaping Schedule

Saturday, August 3, 2019, 2:00pm

Saturday, August 10, 2019, 2:00pm

Please contact Annette Faison if you want to share your story about Mt. Zion and on which day. (727) 447-2183

## Anniversary Souvenir Booklet

Ad Prices:

\$100 - Whole Page; \$60 - Half Page;

\$35 Quarter Page; \$25 - Business Card

Email ads to Bro. Robert Young

(robert.young80@verizon.net)

## Anniversary Gala

October 5 @ 6:00pm - Ruth Eckerd Hall

Tickets: \$100 (18 & up) - \$50 (Ages 13-17)

## Anniversary Worship Service

Sunday, November 3 @ 3:00 PM



Gala Speaker: Bishop Ken Carter

## Anniversary Pledges

Pledge cards are on the welcome desk and can be submitted in the offering basket. Your special investment this anniversary will enable us update our technology (projection, video streaming, wi-fi website, etc) to reach more people in creative and relevant ways.

## An Anniversary Poem

by Joel Rambo

My memory of our beginning is not built on personal memories

But I can imagine what happened during the Roaring Twenties

That is when our forerunners took flight and surprised their neighbors

Embracing the notion of a personal God, they said "we can't worship in a house no more-nothing personal", then went to work and built Mt. Zion Methodist Episcopal.

In my re-constructed history, I see Rev. Jackson and the trustees, sawing, nailing, painting, taking a little time to stop eat and pray while on their knees.

Saw dust swirling in the air, the good sisters bringing good food for lunch and praying to show that they care.

Our forerunners sweating under the sun, in the Florida humidity, raised that sanctuary up and kept it going even past the crash of 1929.

God showed up and made it real, that same unity that they had in the twenties, was what was going to get them through depressing thirties. they didn't have to count on President Roosevelt's New Deal They kept chickens, grew potatoes, tomatoes, and greens. Sharing the harvest and thanking God for all things. All the time making Mt. Zion a sanctuary for all people, letting them in to introduce them to Jesus.

I cannot remember the way the seeds of unity were grown back then, but today, if you plant them and another waters them, God will provide the growth, again.

# AUGUST EVENTS

## **Tuesday, August 6 @ 6:30 PM - Worship Committee Meeting**

Location: Fellowship Hall

## **Saturday, August 10 @ 9 AM - Uncommon Touch Breakfast**

Location: Epworth Hall, 411 Turner Street, Clearwater

## **Tuesday, August 13 @ 6:30 PM - Vision Team Meeting**

Location: Fellowship Hall

## **Saturday, August 17 @ 2-4 PM - Senior Ministry's Latin Luncheon**

Location: Fellowship Hall - RSVP by 8/15 with Tyna Middleton (727-458-7236) or Audrey Lyttle (727-810-9368)

## **Thursday, August 22 @ 6:30 PM - Finance Meeting**

Location: Fellowship Hall

## **Saturday, August 24 @ 9 AM - Uncommon Touch Breakfast**

Location: Epworth Hall, 411 Turner Street, Clearwater



## *Birthdays*

Kyla Brown 8/1

Marilyn Shaw 8/2

Tashata Young 8/2

Rose Rutledge 8/3

Jordan Williams 8/3

Christopher Cruder 8/4

Rowland Johnson 8/6

Telyha Patterson 8/7

Kimberly Brown 8/15

Kabre' Hooks 8/16

Frances Mack 8/19

Ryen Lamar 8/22

Margaret D Dayton 8/23

Maurice Washington 8/25

## *Anniversaries*

Lola & Robert Young 8/8

*If we missed your special date or got it incorrectly, please email Kathy the church secretary, [kgrollinger@mzumc.net](mailto:kgrollinger@mzumc.net)*

## *WEEKLY ACTIVITIES*

Sunday School 9:00am

Sunday Worship 10:00am

## *SENIOR MINISTRY*

August 9 @ First UMC 11:00 am

August 16 @ Willa Carson Health Center 11:30 am

## *CHURCH VAN*

The church van is available for rides to church on Sundays. Please call the church office (727-447-0064 ext 301) by noon on Friday if you need a ride.

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## *CONTACT US*

### **Office Hours**

Tuesday-Friday,  
9:30am - 2:30pm

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